



## Building Healthy Connections Newsletter

### September 2019

### Upcoming Workshop:



### *Special Education 101: Workshop for Parents*

*Day/Time: Saturday, October 5th 9:00am-11:00am*  
*Price: \$35.00 per person (\$50.00 per couple)*

The goal of this workshop is to help familiarize parents with what to expect from schools should they believe their child may qualify for special education services. The presentation will focus on:

- How do you know if your child needs special education?
- Differences between 504 plans and special education
- How the process of special education eligibility works
- What to expect during meetings with school staff
- What is an IEP?
- Parental rights
- Tips for advocating for your child

### In the Blog...

#### **LOVE THE SKIN YOU'RE IN: TIPS FOR CULTIVATING HEALTHY BODY IMAGE IN OUR KIDS**



In today's culture, the media, magazines, and movies depict body images of unattainable perfection. How do we cultivate healthy body image in ourselves and our children when we live in a world bombarded by portrayals of body ideals that are impossible to achieve?

[Read More](#)

#### **REWARDING GOOD BEHAVIOR: THE DANGERS OF INCENTIVE-BASED PARENTING**



Have you ever offered your

If you have any additional questions regarding the upcoming workshop, please contact Dr. Jared Spencer at 630-571-5750 x 252.

[Click here to register today!](#)

## Back-To-School Groups: Groups for School-Aged Children & Teens



### *Social Skills Groups*

Our 50-minute Social Skills Groups have a relational focus that teaches children how to approach others, resolve conflict, and make friends. Our groups aim to help children develop a deeper capacity for relatedness that can be translated into more meaningful relationships, both at home and at school. Kids in our Social Skills Groups often leave with the following tools:

- Increased patience
- Decreased impulsive behavior
- Confidence to initiate conversation
- Ability to resolve conflict
- Greater awareness of social cues
- Capacity to respond to others with understanding and empathy
- Feelings of connection with peers

**Ages 3-4 years:** Wednesday at 2:00pm, starting 9/4

**Ages 5-6 years:** Wednesdays at 4:00pm, starting 9/4

**Ages 7-9 years:** Wednesdays at 5:00pm, starting 9/4

**Ages 10-12 years:** Wednesdays at 6:00pm, starting 9/4

child a reward so they would behave, bribed them so they would finish their vegetables at dinner, or may be even promised an extra hour of screen-time if they would just go to their doctor's appointment without having a complete meltdown? If you have engaged in any of these negotiating tactics with your children, you are not alone.

[Read More](#)

[Check out more  
SVPS Blog  
content!](#)

[Click here to register today!](#)



## *Teen Support Groups*

Navigating relationships as a teenager can be difficult. Our 50-minute teen groups will provide a safe space for teens to discuss their struggles and successes. Leaders help to facilitate group discussions about topics such as bullying, body image, self-confidence, academic achievement, sports, friendships, and more.

***Teen Girls, Ages 12-15:*** Tuesdays at 6:00pm, starts 9/24

***Teen Boys, Ages 12-15:*** Mondays at 6:00pm, starts 9/16

***Teen Support Group, Ages 16-18:*** Tuesdays at 5:00pm, start date TBD

[Click here to register today!](#)

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## **Other Support Groups at SVPS:**

***Young Adult Group, Ages 18-25:***

*Fridays at 3:00pm, starting 10/4*

***Adult Support Group, Ages 25-35:***

*Thursdays at 7:15pm, starting 10/3*

***Women's Stress Management Group, Ages 35+:***

*Thursdays at 5:45pm, starting 9/5*

***Divorced Dad's/Men's Group, Ages 35+:***

*Mondays at 5:00pm, starting 9/2*

***Mother's Coffee & Connections:***

*Saturdays at 10:00am, starting 10/5*

[Click here for more information  
about all groups & to register!](#)



**Featured Clinician:**  
***Pamela McMullin, Psy.D.***

*Director of Adult Psychology Program, Senior Fellow  
Supervisor, Licensed Clinical Psychologist*

Dr. McMullin has 20 years experience working with adolescents, adults and couples. With a special interest in the mind/body connection, she completed her residency at Loyola University Medical Center to develop expertise in health psychology. She has worked with alcoholism and substance abuse, eating disorders, and chronic medical illness in both adolescents and adults. As Director of Adult Psychology Program services, she treats adults across the lifespan, including adults caring for aging parents, dealing with issues of depression and anxiety, and career transitions. Dr. McMullin is also a certified divorce mediator and Circle of Security Parent Educator.

## Other Services We Offer

- Individual, Couples, and Family Therapy
- Comprehensive Diagnostic Evaluations
- Collaboration with Schools
- Consultation to Professionals
- Community Presentations, Seminars, and Training
- Pre- and Post- Adoption Psychological Services

- Developmental & Special Needs Psychological Services



**Contact Us!**

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[www.sharedvision.org](http://www.sharedvision.org)