



SHARED VISION
PSYCHOLOGICAL SERVICES
Building Healthy Connections

Building Healthy Connections Newsletter November 2019

November Featured Groups:



Women's Stress Management Group

Day/Time: Thursdays at 6:00 pm
Starting January 2020

This weekly, process-oriented therapy group is open to women of all ages who are seeking a supportive, relational experience in which to explore presenting areas of distress and to strengthen each individual's strivings towards desired growth, change, and overall sense of well-being. Members that participate in our Women's Group find this environment to serve as a safe, non-judgmental, and collaborative forum in which they are empowered to enhance self-awareness, insight, and healthy coping strategies.

[Click here to register today!](#)

In the Blog...

HOW TO HELP YOUR CHILD OVERCOME TEST ANXIETY: 5 STRATEGIES



In today's school environment, tests have become a prominent part of the academic experience. Between state exams, college entrance exams, and general curriculum exams, children are frequently asked to demonstrate their academic skills. This contributes to the immense amount of pressure that many students face in school, leading to overwhelming feelings of anxiety for some children and adolescents.

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**SCHOOL
ACCOMMODATIONS
EXPLAINED:
IEPs VS. 504 PLANS**



Divorced Dad's/Men's Group

Day/Time: Mondays at 5:00 pm

In recognition that dad's often struggle to find safe spaces where they can freely discuss their feelings, we want to provide a space for dads to gather and support each other through the often difficult and emotionally charged process of divorce.

[Click here to register today!](#)



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



Now that the school year is in full swing, the topic of school accommodations often comes up when children experience difficulties in the classroom. Some children need a range of accommodations and/or services, from extra time on tests, to specialized educational programming. Navigating this can be an overwhelming experience for parents, and it is easy to feel lost amidst all the jargon that surrounds school accommodations and special education.

[Read More](#)

ADJUSTING TO COLLEGE: 3 TIPS FOR A SMOOTH TRANSITION



Going away to college can be a time filled with many emotions...excitement, fear, and stress, just to name a few. Everyone is different and has different experiences, but there are a few ways to stay organized and a few expectations you should keep in mind while adjusting to college to make the transition as smooth as possible. Here is what you should know...

[Read More](#)

- 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: Wednesdays at 2:00 pm

Ages 5-6 years: Wednesdays at 4:00 pm

Ages 7-9 years: Wednesdays at 5:00 pm

Ages 10-12 years: Wednesdays at 6:00 pm

[Click here to register today!](#)

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



Featured Clinician:
Meghan Pasha, Psy.D.

Associate Director of Clinical Training, Licensed Clinical Psychologist

Dr. Meghan Pasha provides treatment services for children, adolescents, adults, couples, and families. Her clinical interests include working with those experiencing difficulty related to depressive and anxiety disorders, adjustment to life transitions, relational struggles, trauma and loss, women's

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SVPS Blog
content!**

issues, and couples' issues.

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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