



SHARED VISION
PSYCHOLOGICAL SERVICES
Building Healthy Connections

Building Healthy Connections Newsletter

March 2020

NEW! **Parent Support Group: Special Needs**



Mondays at 7:30 pm

This group aims to provide a space for parents who are looking for support around topics related to raising children with special needs, developmental disorders, or mental health diagnoses. Topics will vary but have included the following: understanding evaluations, navigating the IEP/504 process, providing resources beyond high school, as well as navigating social development and parent-child relationships.

[Click here to register today!](#)

Social Skills Groups Open for Enrollment:

In the Blog...

HOW MINDFULNESS CAN IMPROVE BODY IMAGE & YOUR RELATIONSHIP WITH FOOD



The term body image refers to the way we think, feel about, and see our body. From a very early age we receive messages about our bodies and how they should look, from friends, family, and media. An unhealthy body image can lead us to struggle with low self-esteem and can adversely affect many different aspects of our lives, including the development of an unhealthy relationship with food...

[Read More](#)

**THE POSITIVE SIDE OF DEPENDENCE:
HOW DEPENDABLE RELATIONSHIPS CAN STRENGTHEN US AS INDIVIDUALS**



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 2:00 pm

Ages 5-6 years: Wednesdays at 4:30 pm

Ages 7-9 years: Wednesdays at 5:30 pm

Ages 10-12 years: Fridays at 5:15 pm

[Click here to register today!](#)

[Click here for more information about all of our support groups!](#)

In The Community...



Dependence is often seen as a bad word and associated with being “needy” or emotionally unstable. However, research on what really helps people become happy, successful, and even independent, shows us that a strong dependable connection is key...

[Read More](#)

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



Ashley Houchin, Psy.D.

Groups Coordinator, Licensed Clinical Psychologist

Dr. Ashley Houchin recently completed a continuing education presentation for over 200 child care workers and educators at The Gardner School in Oakbrook Terrace, IL. The presentation outlined ways employees can manage stress in the workplace, avoid burnout, and utilize mindfulness to improve overall well-being.



Shared Vision offers similar presentations and workshops for parents, schools, and organizations in the community. If you are interested in learning more about what we offer and the mental health-related topics we cover, **give us a call today!**

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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