



SHARED VISION
PSYCHOLOGICAL SERVICES
Building Healthy Connections

Building Healthy Connections Newsletter

May 2020

A Message from SVPS:

We at SVPS hope you and your family are well. In accordance with Governor Pritzker's extended shelter-in-place order, our clinic continues to operate remotely to promote the health and safety of our communities. We will continue to carefully monitor all local and federal recommendations throughout the COVID-19 pandemic and will offer telehealth services until further notice.

For a full list of the remote services we offer and helpful resources for coping with the COVID-19 pandemic, please [click here](#).

Take good care,
The SVPS Team



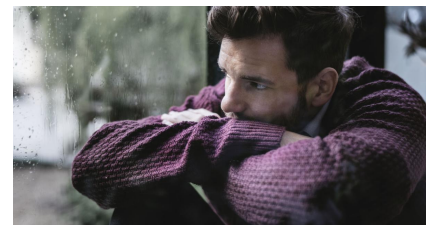
Our Remote Testing Services



SVPS continues to provide services using endorsed practices that ensure your confidentiality and safety, as well as that of our staff. Until we can safely resume operations in our office suite, our

In the Blog...

MENTAL HEALTH IN A PANDEMIC: SIGNS YOU MAY NEED ADDITIONAL SUPPORT



It seems these days that many of us could easily recite a list of physical symptoms of Coronavirus that may prompt a call to the physician—shortness of breath, fever, and a dry cough to name a few. But when it comes to our mental health, are we as able to notice the signs of when it may be time to reach out for additional support? While much of the news is focused on the physical aspects of this virus, it is becoming readily known and supported that the virus is also taking a toll on our mental health as we are required to live social distance-style...

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**YOGA AT HOME:
AN APPROACH TO
MAINTAINING MENTAL
HEALTH**

assessment clinicians are available to provide secure video consultation and screening. For the time being, all services are provided via telehealth platforms.

Some examples of our remote testing services include:

- Autism Spectrum & Special Needs Screening
- Assessment of Emotional & Interpersonal Features
- Homeschooling & Homework Help
- Preliminary Screening for Executive Functioning Concerns

[Click here to request an appointment!](#)

NEW! Online Parent Support Group: Special Needs



*Tuesdays at 7:00pm
Register today!*

Consider joining our weekly support group for parents of children with special needs. Group meetings will be geared towards helping members discuss their experiences at home, identifying effective means of coping with the overwhelming realities of parenting a special needs child, and most importantly, finding a sense of community among other adults with similar parenting circumstances.

Learning that your child has a developmental delay and/or Autism is a challenging and emotional



Let me first begin this post with hopeful wishes that you and your families are faring well during the current global state we are experiencing together. These days and weeks have been filled with plenty of uncertainty and fear, which can be uncomfortable to sit with for long periods of time. The intention behind this post is to offer a physical and mental approach to maintaining your mental health while in your home and perhaps ease some discomfort in these uncertain times...

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process. Parenting a special needs child as they continue to grow and mature, can be even harder. Our weekly support group will be a warm and accepting environment in which parents can receive guidance and realize that they are not alone in their struggles.

[Click here to register 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



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