



Building Healthy Connections Newsletter July 2020

Online Support Groups Now Available:

Social Skills Group, Ages 5-6
Social Skills Group, Ages 7-9
Social Skills Group, Ages 10-12



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

In the Blog...

**WHAT WE ALL NEED TO
KNOW ABOUT THE TERM
"INTERSECTIONALITY"**



Multicultural and intersectional aspects of identity are crucial components of human psychology. Yet, properly understanding and accounting for these factors can be challenging. Although we each construct our identities to some extent, society does, too.

*Our identities affect the way we
interact with the world.*

*Our identities affect the way the
world interacts with us.*

Here's what you need to know...

[Read More](#)

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

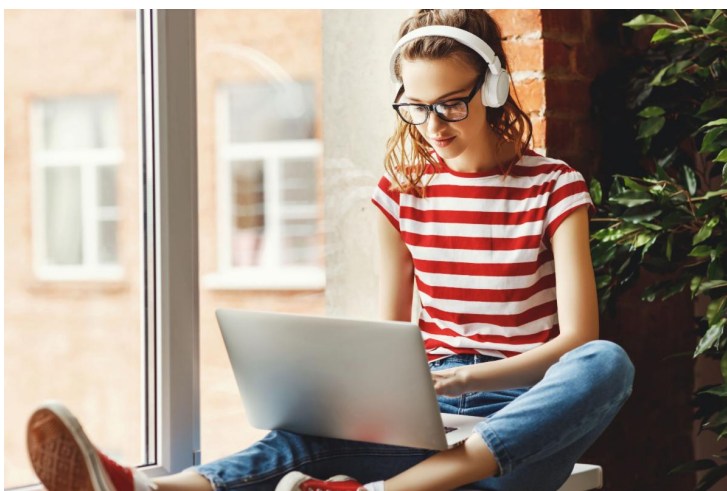
- Feelings of connection with peers

[Click here to register today!](#)



[Like us on Facebook!](#)

Teen Boys Group, Ages 12-15
Teen Girls Group, Ages 12-15
Teen Support Group, Ages 16-18



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.

[Click here to register today!](#)

Young Adult/Recent Graduate Support Group, Ages 18-25



Launching takes place when a young adult leaves their home of childhood in order to pursue adulthood. Many times this involves graduations, going away to college, or obtaining a first full-time job. While this can be an exciting time, it can also be filled with fear, anxiety, stress, and uncertainty. Sometimes young adults struggle to successfully launch and move into the next developmental stage of adulthood. This group will aim to provide a safe and supportive environment for young adults struggling with issues related to launching.

[Click here to register today!](#)

Adult Support Group, Ages 25-35



This process-oriented group aims to provide an open and safe space for adults to process their thoughts and feelings, together. One goal of this group will be to address issues relevant to adults today including (but not limited to): career, work-life balance, raising children, navigating familial relationships, social media and the influence of technology, as well as other topics brought up by participating group members.

[Click here to register today!](#)

Parent Stress Management Group



A group for parents seeking support in raising their children. Topics may include navigating stressors related to the COVID-19 Pandemic, homework, navigating friendships and family relationships, the use of technology, setting limits, and discipline.

[Click here to register today!](#)

Parent Support Group: Special Needs Tuesdays at 7:00 pm



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 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



[Contact Us!](#)

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