



**SHARED VISION**  
PSYCHOLOGICAL SERVICES  
*Building Healthy Connections*

## Building Healthy Connections Newsletter

### August 2020

### Featured Online Groups:

**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!](#)

### In the Blog...

**KIDS & MASKS: OUR TOP 6 TIPS FOR FINESSING FACE COVERINGS**



Even for adults, mask-wearing was an adjustment in this pandemic. Many of us have little exposure to wearing a mask or insight into the tricks of the trade for avoiding fogging up our glasses. For kids, seeing others in masks can be anxiety-provoking, especially with all of the nonverbal cues that get covered up, and wearing face coverings can be uncomfortable in the summer heat. Here are a few tips for fostering comfort, safety, and cooperation...

[Read More](#)

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

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## Social Skills Group, Ages 7-9 Social Skills Group, Ages 10-12



Like us on  
Facebook!

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

[Click here to register today!](#)

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## Teen Girls Group, Ages 12-15



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!](#)

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## 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!](#)

[View all of our online groups here!](#)

## 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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