



SHARED VISION
PSYCHOLOGICAL SERVICES
Building Healthy Connections

Building Healthy Connections Newsletter

October 2020

Featured Online Groups:

Women Going Through Separation or Divorce Support Group

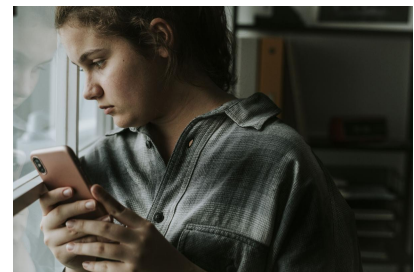


This weekly, process-oriented therapy group is open to women who are seeking support as they go through a divorce or separation process. The group is designed to create a safe and non-judgmental space where women may garner support and explore the often complicated emotions that manifest from a separation. Goals of this group may include but are not limited to emotional processing, exploration of relational patterns, parenting guidance, esteem building, and creating new beginnings all, with an emphasis on women's issues.

[Click here to register today!](#)

In the Blog...

IS YOUR CHILD BEING CYBERBULLIED? HOW TO HELP YOUR CHILD NAVIGATE SOCIALIZING ONLINE



When your child fell down and scraped her knee, you were there to kiss her boo-boo. You were there on his first day of school and organized playdates, birthday parties, and all social events. You were there when your child felt rejected, disappointed, frustrated, and excited to finally find a good friend. The social world is hard to navigate for everyone; it can be filled with hurts, desire, rejection, loss, betrayal, confusion, embarrassment, competition, and frustration...

[Read More](#)

Parent Stress Management Support Group

5 WAYS TO COPE WITH ANXIOUS FEELINGS



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



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.



Fears, worries, uneasiness, nervousness; we have all experienced anxious feelings at some point in our lives. Anxious feelings often instruct us to keep moving, keep thinking, and keep swirling. Here are 5 ways to cope with these anxious feelings in the moment and find calm again...

[Read More](#)

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



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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!](#)

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
- Feelings of connection with peers

[Click here to register today!](#)

Teen Girls Group, Ages 12-15
Teen Boys Group, Ages 12-15
Teen Support Groups, 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

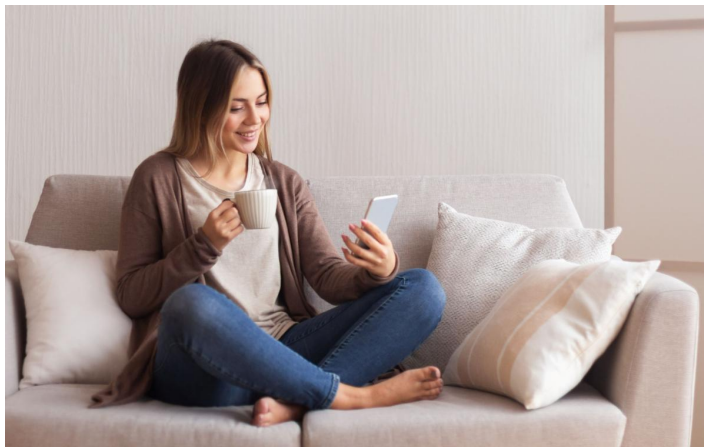


Launching takes place when a young adult leaves their home of childhood in order to pursue adulthood. Many times this involves graduations, going away to college, or obtaining a first full-time

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 Groups, Ages 25+



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!](#)

[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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