



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

## Building Healthy Connections Newsletter November 2020

### Featured Online Groups For Parents, Children, & Teens:

#### Parent Stress Management Support 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

### In the Blog...

**PREPPING FOR  
PARENT/TEACHER  
CONFERENCES: FOUR TIPS  
FOR PARENTS**



School has changed quite a bit this year. Teachers, parents, and children alike are adjusting to the new ways in which education is being delivered. Remote and hybrid learning present new challenges and responsibilities for children and parents, which may lead to more questions from parents about how their child is managing school. Furthermore, outside of school, families may be dealing with unique sets of stressors right now that they have not had to deal with in years past...

[Read More](#)

**SOMETIMES NO NEWS IS  
GOOD NEWS: A FEW TIPS TO  
AVOID MEDIA OVERLOAD**



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!](#)

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



We are living through extraordinarily difficult times. Whether it relates to COVID-19, politics, racial injustice, e-learning, unemployment, or any number of imminently threatening issues—it can be so easy to spend hours combing through various media platforms each day. Of course, you want to take in as much information as you can, but it's hard to know when to stop. Even more challenging, you may not be able to stop...

[Read More](#)

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



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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**  
**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!](#)

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

## Covid-19 Support



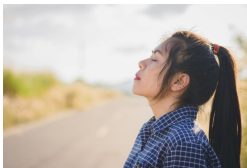
**Tips for Maintaining Mental Health During the Coronavirus Outbreak**



**Yoga At Home: An Approach to Maintaining Mental Health**



**Mental Health in a Pandemic: Signs You May Need Additional Support**



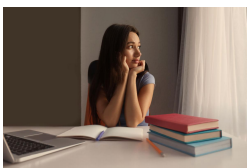
**Breath-Freeness: Breathing Exercises to Find Stillness in Times of Disarray**



**Kids and Sleep During Quarantine**



**Kids & Masks: Our Top 6 Tips for Finessing Face Coverings**



**7 Ways to Support Teens During the Pandemic**



**Homework Help & Remote Learning: 5 Helpful Tips for Parents**

**5 Ways to Cope with Anxious Feelings**



## 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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