

Building Healthy Connections Newsletter December 2020

Top 10 Blogs of 2020



**#1. Breath-Fullness:
Breathing Exercises to Find
Stillness in Times of
Disarray**



**#2. Useful Tips for
Overcoming Holiday Stress,
Even in 2020**



**#3. 5 Ways to Cope with
Anxious Feelings**



**#4. How Mindfulness Can
Improve Body Image & Your
Relationship with Food**



**#5. Tips for Maintaining
Mental Health During the
Coronavirus Outbreak**



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



**#7. Meeting Your New Year's
Goals: How to Build Healthy
Habits**

**#8. Kids and Sleep During
Quarantine**

In the Blog...

**A BEGINNER'S GUIDE TO
SELF-CARE: WHAT IT
REALLY IS & HOW TO START**



Ah self-care, the term we may have come to love or loathe, and a phrase many of us may be hearing more and more as the pandemic lingers on. In fact, a quick Google search on self-care in a pandemic yields roughly 716,000,000 returns ranging from articles about rethinking how we care for ourselves, to the importance of self-care, and ideas for activities, tips, and tricks...

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**8 APPS FOR MENTAL
HEALTH & WELLNESS
SUPPORT**



#9. Is Your Child Being Cyberbullied? How to Help Your Child Navigate Socializing Online



#10. Kids & Masks: Our Top 6 Tips for Finessing Face Coverings

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Featured Online Groups For Children, Teens, & Adults:

- 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



Many of us may agree that this year has created an incredible rise in our use of technology. We've been asked to shift most of our lives to a virtual platform without many options to do otherwise. While I'm hopeful that we are becoming more creative in how we tend to ourselves and our wellbeing away from screens, it's true that many of the apps offered for our devices have the potential to provide easily accessible support from the increasing stress of our day-to-day lives (pandemic or no pandemic)...

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- 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!](#)

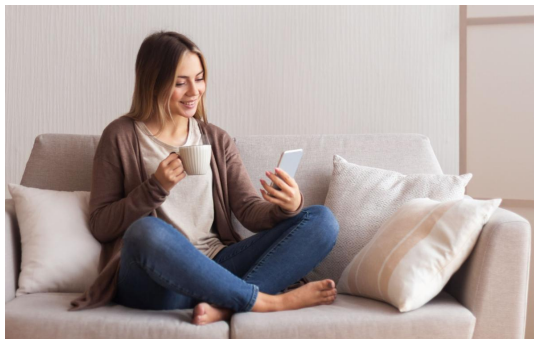
Young Adult/Recent Graduate
Support Group, Ages 18-25



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+



These process-oriented groups aim to provide an open and safe space for adults to process their thoughts and feelings, together. One goal of these groups 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 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



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!](#)

[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!](#)

Shared Vision Psychological Services, Inc.
(phone) 630.571.5750, ext. 224 | (fax) 630.571.5751
www.sharedvision.org

Shared Vision Psychological Services | 1200 Harger Road, Suite 600, Oak Brook, IL 60523

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