



Building Healthy Connections Newsletter

March 2021

Upcoming Webinar:

Understanding and Supporting Girls with Autism



Please join Drs. Fogarty and Holley for a virtual discussion panel aimed at reviewing the unique ways in which Autism can surface in girls. Our presenters will discuss common features of Autism Spectrum Disorder, contrast symptom differences between boys and girls, then conclude with an in-depth conversation about best identifying and supporting girls that may be struggling with an undiagnosed form of Autism. There will also be some discussion of treatment options for girls on the Autism Spectrum, and appropriate referral information can be provided upon request. There will be ample opportunity for audience questions as well.

This webinar will provide guidance to parents, family members, and professionals.

Professionals (Master's Level Social Workers, Professional Counselors, and LMFT's, Ph.D.'s and Psy.D.'s) can receive 2.5 CE Credits for attending!

Day/Time: March 21st, 10:00am- 12:30pm (CST)

In the Blog...

HOW TO SUPPORT A CHILD WITH AN EATING DISORDER



It is important to help children and adolescents develop a positive body image and a healthy, balanced relationship with food. However, that is often more challenging than it sounds. In our society, there is a pressure of unrealistic standards that often impacts body image and self-esteem. From there, it can often be a slippery slope toward these standards having an impact on a child or teen's eating habits and overall relationship with food. How do we support a child or teenager with an eating disorder?

[Read More](#)

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

Presenters: Drs. Anna Fogarty & Ryan Holley
Where: GoToMeeting (link will be provided)

Registration closes 3/19/21, register today!

[REGISTER](#)



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Featured Online Groups:

Social Skills Group, Ages 7-9



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!](#)

High School 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!

View all of our online groups here!

Other Services We Offer

- Individual, Couples, and Family Therapy
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- Community Presentations, Seminars, and Training
- Pre- and Post- Adoption Psychological Services
- Developmental & Special Needs Psychological Services



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