



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

## Building Healthy Connections Newsletter September 2021

### **Spotlight on:** **Therapy Services for Adults**



Check out our  
SVPS Blog  
content!



Like us on  
Facebook!

Individual psychotherapy can be a dynamic and rewarding process to gain meaning and bring about lasting change. It's our goal to provide a collaborative and safe environment where you and your therapist work together to achieve your goals. Shared Vision works with adults across the lifespan for a variety of presenting concerns.

Some reasons adults come to Shared Vision:

- Addiction
- Anxiety
- Body image concerns
- Career/ work challenges
- Co-parenting/Blending families
- Depression and mood disorders
- Disordered eating
- Family stress or transitions
- Intimacy and sex
- Life transitions
- Medical illness
- OCD
- Phobias

- Spirituality
- Struggles in caregiving for children and/or aging parents
- Trauma & loss

If you are interested in therapy services, **click here for more information** or **contact us today**.

[REQUEST AN APPOINTMENT](#)

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## Featured Online Groups:

### 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!](#)

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## Teen Girl's 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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## Social Skills Group, Ages 5-6



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!](#)

[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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