



SHARED VISION
PSYCHOLOGICAL SERVICES
Building Healthy Connections

Building Healthy Connections Newsletter October 2021

Spotlight on: **Group Therapy Services** **for All Ages!**

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At Shared Vision we strive to provide healthy, skill-building environments to meet the specific needs of individuals in search of support, connection, and clinical engagement. Our group services match individuals with peers within their respective age range and presenting concerns to cultivate meaningful connection and lasting change. We provide group services to all ages that focus on the co-creation of interactive therapeutic spaces for participants to build relational skills in a safe environment. All groups are run by clinicians trained in developmental and attachment-focused clinical psychology with an emphasis on diversity, inclusion, and cultural equity.

Often, individuals who might benefit most from group therapy find the idea of joining a group overwhelming or stressful. We understand this common experience and are here to help. We offer small group sizes and supportive staff to ease the experience of joining our groups. Furthermore, we take careful consideration into finding the best fit between the group and the needs of

the individuals.

Online Groups Accepting New Members:

Social Skills Groups Ages 6-7 & Ages 8-9



Our weekly 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. This group is primarily focused on building healthy social skills, emotional expressiveness, and identifying and empathizing with the emotions of others.

Children 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
- Increased self-esteem in social situations

[Learn More & Register](#)

Adolescent Group Services Ages 11-14



Navigating relationships as a teenager can be difficult. Our weekly 50-minute adolescent 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, familial stress, and identity construction.

[Learn More & Register](#)

High School Groups Ages 14-17



Our weekly 50-minute high school 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, familial stress, and identity construction.

[Learn More & Register](#)

Launching/Emerging

Adults Group, Ages 18+



Launching takes place when a young adult leaves their home of childhood in order to pursue adulthood. Many times this involves 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 or transitioning to new life roles and experiences. Our current Launching/Emerging Adult Group works with those making the transition or preparing to make the transition from High School to college and focuses on topics such as creating new relationships, finding relational self-esteem, working through isolation and loneliness, and expressing excitement of plans for the future.

[Learn More & Register](#)

20-Somethings Group Ages 20-29



This co-ed support group has been designed to meet the distinctive needs of individuals in their 20's as they navigate the many obstacles commonly found in young adulthood. With a heavy emphasis on connection and emotional awareness, this group provides a safe space to process the stressors of finding a career path, building self-confidence, creating meaningful relationships, and exploring one's emerging identity.

[Learn More & Register](#)

Parent Support Group



Often times the stress of parenting can become overwhelming and debilitating. Parents experiencing increased levels of stress can find themselves stuck between the strong desire to remain flexible and responsive to their children while being confronted with the feeling that they're out of gas and struggling to get their own needs met. We have found that this stress can lead parents to isolated places in their lives filled with anxiety and self-doubt. Our parent support group is

aimed at helping parents stay connected in a space that allows them to express their emotions, develop new strategies and tools to help with their parenting skills, and find impactful support from hearing the experiences of others and relating through empathy and encouragement.

[Learn More & Register](#)

Other Groups Seeking Interest:

Parent Stress Management

Parent Support for Children with Special Needs

New Mother's Support Group

New groups are created throughout the year based on the interest we receive from prospective clients. If you are interested in having you or your child participate in one of our groups please feel free to reach out. We would be more than happy to answer any questions and provide more information regarding the group services we provide.

[Interested? Contact Us Today!](#)

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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