



SHARED VISION
PSYCHOLOGICAL SERVICES
Building Healthy Connections

Building Healthy Connections Newsletter

November 2021



Happy Thanksgiving from all of us at Shared Vision Psychological Services. We hope you have a safe, happy, and healthy Thanksgiving!

Featured Online Support Groups:

Social Skills Groups
Ages 6-7, Ages 8-9, & Ages 10-12

SVPS BLOG:

5 WAYS TO COPE WITH ANXIOUS FEELINGS



Fears, worries, uneasiness, nervousness; we have all experienced anxious feelings at some point in our lives. Anxious feelings often instruct us to keep moving, keep thinking, and keep swirling. Here are 5 ways to cope with these anxious feelings in the moment and find calm again.

[Read More](#)

8 APPS FOR MENTAL HEALTH & WELLNESS SUPPORT





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 Girls Groups Ages 11-14

Here are a handful of applications you can access on most devices in order to best meet your emotional health and wellness needs out more

[Read More](#)

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



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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](#)

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.

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!](#)

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