



SHARED VISION
PSYCHOLOGICAL SERVICES
Building Healthy Connections

Building Healthy Connections Newsletter December 2021

Happy Holidays from Shared Vision!



Our team at SVPS wishes you and yours a happy, safe, & healthy holiday season!

Important Insurance Reminder for 2022

Blogs for Your New Year's Goals:



A Beginner's Guide to Self-Care: What It Really Is & How to Start



Meeting Your New Year's Goals: How to Build Healthy Habits



5 Ways to Cultivate Meaningful Change



Check out
more SVPS
Blog content!



Like us on
Facebook!

The start of the new year can often bring new insurance policies and plans, so we ask that you notify our office as soon as possible if your coverage has changed in any way.

Feel welcome to contact our billing specialist, Dorothy Fees, directly at 630-571-5750 x. 236 or via email at dfees@sharedvision.org.

[Contact Us](#)

Featured Support Groups

Social Skills Group Ages 6-7



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](#)

High School Support Groups



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](#)

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](#)

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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