



Building Healthy Connections Newsletter

January 2022

Spotlight On: Individual Therapy Services for Adults



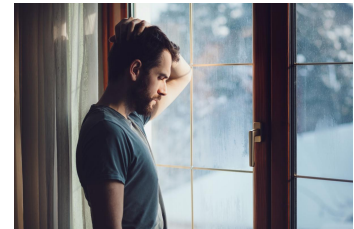
Individual psychotherapy can be a dynamic and rewarding process to gain meaning and bring about lasting change. It's our goal to provide a collaborative and safe environment where you and your therapist work together to achieve your goals.

Our team can provide support for the following areas (not limited to):

- 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

In the Blog...

SEASONAL AFFECTIVE DISORDER (SAD): SIGNS, SYMPTOMS, & HOW TO COMBAT IT



Seasonal Affective Disorder, also known as SAD, is more than just the winter blues. It is a category of depression that emerges during particular seasons of the year. Most people notice SAD symptoms starting in November and increasing during the winter months through March.

[Read More](#)

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

- Medical illness
- OCD
- Phobias
- Spirituality
- Struggles in caregiving for children and/or aging parents
- Trauma & loss

For additional information, or to schedule an appointment, contact us today!



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Contact Us

Important Insurance Reminder for 2022



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

[Register Today](#)

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.

[Register Today](#)

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.

[Register Today](#)

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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