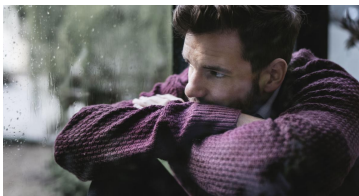




## Building Healthy Connections Newsletter

### March 2022

## Resources for Managing Stress & Anxiety During the Crisis in Ukraine



**How to Cope With Stress and Anxiety Caused by the War in Ukraine**  
by LaKeisha Flemming at [www.verywellmind.com](http://www.verywellmind.com)



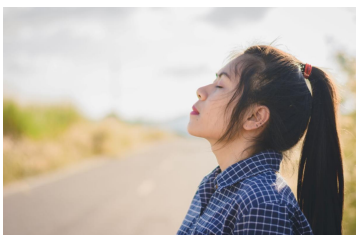
**Talking to Children about the War in Ukraine: 15 Tips for Parents**  
By David Fassler, MD  
AACAP



**Ukraine conflict: How to help yourself, your kids, and others**  
By Lauren Potts  
BBC News



**5 Ways to Cope with Anxious Feelings**  
SVPS Blog



**Breath-Fullness: Breathing Exercises to Find Stillness in Times of Disarray**  
SVPS Blog

### In the Blog...

**3 CONVERSATIONS TO FEEL MORE CONNECTED TO YOUR PARTNER**



Whether you are fostering a new romantic relationship or have been committed to your partner for decades, taking a few moments to tune into each other and build more awareness of your emotional worlds can help to deepen connection and foster more security. Even just a few pointed conversations can have a profound impact on your relationship.

[Read More](#)

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

If you or your family are in need of additional support or

guidance during this time, please contact your clinician or reach out to our Intake Team.

[Contact Us](#)



[Like us on Facebook!](#)

## 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](#)



## Adolescent Girl's Group, Ages 11-12



Navigating relationships as a pre-teen can be difficult. Our weekly 50-minute adolescent groups will provide a safe space for pre-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](#)

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## 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](#)

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# 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.

[Register 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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