



Building Healthy Connections Newsletter

June 2022

Featured Support Groups

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.

[Register Today](#)

[Adolescent Girl's Group,](#)

In the Blog...

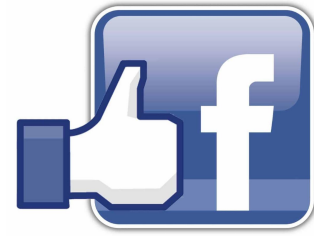
**WHAT WE ALL NEED TO
KNOW ABOUT THE TERM
"INTERSECTIONALITY"**



Multicultural and intersectional aspects of identity are crucial components of human psychology. Yet, properly understanding and accounting for these factors can be challenging. Although we each construct our identities to some extent, society does, too. Our identities affect the way we interact with the world. Our identities affect the way the world interacts with us. Here's what you need to know...

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Facebook!**

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

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

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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