



**SHARED VISION**  
PSYCHOLOGICAL SERVICES  
*Building Healthy Connections*

## Building Healthy Connections Newsletter September 2022

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### Resources for Students & Parents

While fall means the return of pumpkin spice, football, and sweater season, fall also means the school year is in full swing and certain challenges may arise. Check out some of our resources below for students & parents featuring guidance on how to navigate some common school-year situations.



**How to Help Your Child Overcome Test Anxiety:  
5 Strategies**  
*SVPS Blog*



**7 Warning Signs of Bullying at School**  
*SVPS Blog*



**School Accommodations Explained:  
IEPs vs. 504 Plans**  
*SVPS Blog*

**Adjusting to College: 3 Tips for a Smooth Transition**  
*SVPS Blog*



**College Students' 4 Biggest Self-Care Tips**  
*BestColleges.com*



**Prepping for Parent/Teacher Conferences:  
Four Tips for Parents**  
*SVPS Blog*



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## Featured Support Groups

### Adolescent Social Skills Group, Ages 11-13



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 Here](#)

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**Support for Body Image and/or Disordered Eating  
Difficulties**



This group for teens is specifically designed to support those who have struggled with body image and/or disordered eating difficulties. While providing a safe, private, and engaging space, this group aims to help individuals find camaraderie with each other as they embark on learning to work on these isolating, yet all too common struggles.

[Register Here](#)

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### **High School Co-ed Group, Ages 14-17**



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 Here](#)

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### **20-Something Group, Ages 20-29**



This co-ed support group has been designed to meet the distinctive needs of individuals in their 20s 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 Here](#)

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## 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 Here](#)

## 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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