



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

## Building Healthy Connections Newsletter October 2022

### **NEW! Neurodivergent High School Group**



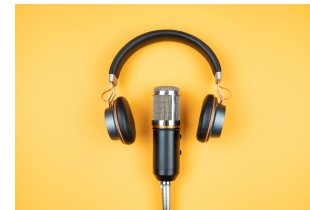
Navigating relationships and building social confidence can be difficult for any teenager in high school. This can be especially the case for teens who have a neurodivergent diagnosis such as autism, obsessive-compulsive disorder, or attention-deficit/hyperactivity disorder. Rather than over-focusing on what is “normal” connection, this specialized and strength-focused group allows neurodivergent teens to explore themselves and others in an empathic, safe, and encouraging way in hopes of creating new social skills and building relational bonds with peers.

[Register Here](#)

### **Other Featured Support Groups**

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

### **RECOMMENDED PODCAST**



**"When We Change"**  
from *How We're Wired*

"What's going on in the brains of teenagers? How does puberty affect the brain? And why might changing the way we talk about teens lead to changes in their brain structure?"

In this episode of *How We're Wired*, join evolutionary anthropologist Dr Anna Machin as she picks apart the neuroscience of puberty and adolescence, from the brain regions responsible for bodily changes to the importance of teens taking risks."

[Listen on  
Spotify](#)

[SVPS Blog](#)



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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 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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[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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