



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

## Building Healthy Connections Newsletter

### December 2022



Happy Holidays & Happy New Year from our team at Shared Vision!

### Important Insurance Reminder



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

### In the Blog...



#### **SEASONAL AFFECTIVE DISORDER: SIGNS, SYMPTOMS, & HOW TO COMBAT IT**

Life naturally slows down during the colder months, and this can impact everyone to different degrees. As the days get shorter, the light becomes scarce, and many of us respond by avoiding the elements. We more often find ourselves in front of the TV or snuggled under the covers to stay warm – the human version of hibernating. Some people embrace the season's quiet and coziness, while others experience a significant change in mood and behavior. If you find yourself feeling different and struggling more significantly during the winter months, it's important to consider that you might be dealing with [Seasonal Affective](#)

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## Featured Support Groups

### Women's Support Group



This weekly, process-oriented therapy group is open to adult women who are seeking a supportive, relational experience in which to explore presenting areas of distress and to strengthen each individual's strivings towards desired growth, change, and overall sense of well-being. Members that participate in our Women's Group find this environment to serve as a safe, non-judgmental, and collaborative forum in which they are empowered to enhance self-awareness, insight, and healthy coping strategies. The group consistently maintains a confidential, open-ended format, with discussion topics ranging from but not limited to:

- Relationship/Marital Struggles
- Work-Related Stressors
- Difficulties with Divorce/Separation Process
- Stress Management Difficulties
- Parenting Problems
- Chronic Medical Issues
- Anxiety & Depression
- Self-Esteem Issues
- Trauma/Abuse History
- Mourning & Loss
- Family Distress
- Adjustment to Life Transitions
- Goal-Setting Challenges
- Adult Identity Development
- Social Isolation

[Register Here](#)

[Read More](#)

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[SVPS Blog](#)



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## 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](#)

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## 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](#)

## 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](#)

## 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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