



Building Healthy Connections Newsletter

March 2023

Happy Spring!



About Our Group Services

At Shared Vision we strive to provide healthy, skill-building environments to meet the specific needs of individuals in search of support, connection, and clinical engagement. Our group services match individuals with peers within their respective age range and presenting concerns to cultivate meaningful connection and lasting change. We provide group services to all ages that focus on the co-creation of interactive therapeutic spaces for participants to build relational skills in a safe environment. All groups are run by clinicians trained in developmental and attachment-focused clinical psychology with an emphasis on diversity, inclusion, and cultural equity.

Often, individuals who might benefit most from group therapy find the idea of joining a group overwhelming or stressful. We understand this common experience and are here to help. We offer small group sizes and supportive staff to ease the experience of joining our groups. Furthermore, we take careful consideration into finding the best fit between the group and the needs of the individuals.

Recommended Blog



EMBRACING SPRING ENERGY: YOGA & MINDFULNESS FOR THE WARMER DAYS

Spring has arrived! From a movement and biological perspective, this means our bodies are yearning to get outside and get moving again. Just like the buds on trees and animals climbing out of hibernation, we all have an innate desire to be active when the weather warms. This spring in particular, when the past year has felt like an entire winter, many of us may be eager to invite spring energy into our own lives; both physically and emotionally.

[Read More](#)

[SVPS Blog](#)

View all of our groups
here!



Spring Featured Support Groups

Social Skills Groups Ages 8-9 & Ages 10-12

Like us on
Facebook!



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 Here](#)

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](#)

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](#)

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!

Shared Vision Psychological Services, Inc.
(phone) 630.571.5750, ext. 224 | (fax) 630.571.5751
www.sharedvision.org

Shared Vision Psychological Services | 1200 Harger Road, Suite 600, Oak Brook, IL 60523

[Unsubscribe bberent@buildinghealthyconnections.org](mailto:bberent@buildinghealthyconnections.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by bberent@buildinghealthyconnections.org powered by



Try email marketing for free today!