



Building Healthy Connections Newsletter April 2023

April is... Autism Acceptance Month!



Autism Acceptance Month is celebrated throughout April with the goals of improving awareness, support, advocacy, and inclusion for those who have been diagnosed with Autism.

Check out our staff-recommended resources, organizations, and support networks for more information about Autism & Neurodiversity!

A Complete Guide to Autism (article):
www.childmind.org/guide/parents-guide-to-autism

Autism Advocate Parenting Magazine:
www.autismadvocateparentingmagazine.com

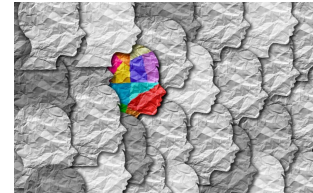
Neuroclastic (publisher of autistic voices):
www.neuroclastic.com

Autism Self Advocacy Network (ASAN):
www.autisticadvocacy.org

Thinking Person's Guide to Autism (online resource):

Recommended Blog

AUTISM ACCEPTANCE MONTH: WHAT IS NEURODIVERSITY



Neurodiversity captures the idea that developmental differences are a result of normal variations in the genome. [It is a movement that focuses on brain differences rather than deficits and challenging one's ideas about "normalcy" and the value placed on conforming to neurotypical ideals.](#) There are many labels that are discussed within the neurodivergent "umbrella," but one of the identities commonly associated with the advocacy movement is [autism](#).

[Read More](#)

[SVPS Blog](#)

www.thinkingautismguide.com

Wrong Planet (online community):

www.wrongplanet.net

Neuroqueer by Dr. Nick Walker:

www.neuroqueer.com

Autistic Women & Nonbinary Network:

www.awnnetwork.org



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Spring Featured Support Groups

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



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](#)

[View all of our groups 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.
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