



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

## Building Healthy Connections Newsletter May 2023

### May is... Mental Health Awareness Month!

Every May, mental health organizations join the movement to raise awareness about mental health, fight stigma, increase advocacy efforts, and advance mental health education.



[SVPS Blog](#)



### Check out these SVPS blog posts featuring ways to support your mental health & wellness!

[Like us on Facebook!](#)



**A Beginner's Guide to Self-Care: What It Really Is & How to Start**



**Talking with a Friend vs. Therapy: Key Differences You Should Know**

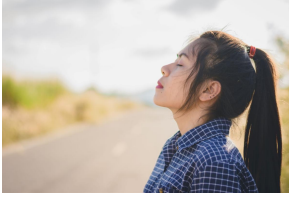


**6 Self-Care Tips to Help Work Feel a Little Less Stressful**



**5 Ways to Cope with Anxious Feelings**

**Breath-Fullness: Breathing Exercises to Find Stillness**



## in Times of Disarray

Our clinical staff is dedicated to supporting the mental health & wellness of you & your family. We offer individual support, group support, family therapy, couples therapy, psychological and neuropsychological evaluations, & more. [Contact our Intake Team to learn more & get started.](#)

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### Featured Support Group

#### Launching/Emerging Adults Support Group



Launching takes place when a young adult leaves their home of childhood in order to pursue adulthood. Many times this involves going away to college or obtaining a first full-time job. While this can be an exciting time, it can also be filled with fear, anxiety, stress, and uncertainty. Sometimes young adults struggle to successfully launch and move into the next developmental stage of adulthood.

This group will aim to provide a safe and supportive environment for young adults struggling with issues related to launching or transitioning to new life roles and experiences. Our Launching/Emerging Adult Support Group works with those making the transition or preparing to make the transition from High School to college and focuses on topics such as creating new relationships, finding relational self-esteem, working through isolation and loneliness, and expressing excitement of plans for the future.

[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.  
(phone) 630.571.5750, ext. 224 | (fax) 630.571.5751  
[www.sharedvision.org](http://www.sharedvision.org)

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

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