

Building Healthy Connections Newsletter

June 2023

NEW! **LGBTQ+ Middle School Group**



Within late adolescence, preparing for the jump to high school can already be a stressful yet exciting process. For early teenagers who are questioning or confirming their identities within the LGBTQ+ community, finishing middle school can bring about added conflicts, needs for support, and a desire for camaraderie. Our weekly 50-minute middle school LGBTQ+ group is designed to provide a safe space for teens to discuss their struggles, successes, and ideas regarding their emerging identities. Topics within this support-focused, open-process group will highlight topics such as building self-confidence, surviving bullying, exploration of identity, building support networks, and more.

[Register Here](#)

Recommended Blogs...

HOW TO SUPPORT LGBTQ+ CHILDREN

by Child Mind Institute

When a child is coming out as LGBTQ+, the most important thing for them to know is that their family supports and loves them. As a parent, you might worry about whether they will be accepted. But it's important to stay positive around your child and make sure they know they can count on you

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3 IMPORTANT MESSAGES FOR PARENTS OF GENDER- DIVERSE ADOLESCENTS



Any story of gender variance or transition is, of course, about the person affirming their own identity. But there's also a profound period of

Other Featured Support Groups

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](#)

Launching/Emerging Adults Support Group, Ages 18+



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

questioning and transition necessary for the parents/caretaker/loved ones of these individuals. Add adolescence to the mix, and things can feel pretty chaotic!

[Read More](#)

WHAT WE ALL NEED TO KNOW ABOUT THE TERM "INTERSECTIONALITY"



Multicultural and intersectional aspects of identity are crucial components of human psychology. Yet, properly understanding and accounting for these factors can be challenging. Although we each construct our identities to some extent, society does, too. Our identities affect the way we interact with the world. Our identities affect the way the world interacts with us. Here's what you need to know...

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[SVPS Blog](#)



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.

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Facebook!

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](#)

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](#)

[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



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