



SHARED VISION
PSYCHOLOGICAL SERVICES
Building Healthy Connections

Building Healthy Connections Newsletter

August 2023



SVPS Blog



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Back-to-school season is upon us! While the beginning of a new school year can bring excitement, that excitement can be coupled with anxiety, stress, or new challenges. Here are some resources that can help you and your family navigate the transition back to school:

Helping Kids Back Into the School Routine

Source: The Child Mind Institute

Back to School Anxiety: How to help kids manage worries and have a successful start to the school year

Source: The Child Mind Institute

School Accommodations Explained: IEPs vs. 504 Plans

Source: SVPS Blog

Teenagers and Back-to-School Stress

Source: The Child Mind Institute

How to Help Your Child Overcome Test

Anxiety: 5 Strategies

Source: SVPS Blog

Our clinical staff is here to help you and your students. If you are in need of additional guidance or support, contact our team to get started.

[Contact Us](#)



NEW! Women's Trauma-Focused Support Group



We are currently seeking members for our new trauma-focused group, which is being offered to adult women looking for support and a compassionate space for collective healing. Whether a trauma has occurred recently or years ago, this space is designed to encourage recovery and promote a shared experience of understanding and openness in a safe and confidential environment. If you find yourself desiring empathy and fellowship to work through past experiences, please feel free to reach out for more information.

[Register Here](#)

Other Featured Support Groups

**Social Skills Groups
Available for Ages 6-12**



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](#)

**Adolescent Support Groups
Available for Ages 13-14**



Navigating relationships as a teenager can be difficult. Our weekly 50-minute adolescent 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](#)

High School Support Groups Available for 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](#)

**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!

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