



Building Healthy Connections Newsletter October 2023

Neurodiversity Support Groups

NEW Early 20's Neurodiverse Support Group

This support group has been designed to meet the distinctive needs of individuals with neurodivergent diagnosis in their early 20's as they navigate the many obstacles commonly found in young adulthood. With a heavy emphasis on connection, emotional awareness, and the search for identity as an emerging neurodivergent adult, this group provides a safe space to assure self-confidence, create meaningful relationships, and explore one's options in education and career.



High School Neurodiverse Support Group

Navigating relationships and building social confidence can be difficult for any teenager in high school. This can be especially the case for teens who have a neurodivergent diagnosis such as autism, obsessive-compulsive disorder, or attention-deficit/hyperactivity disorder. Rather than over-focusing on what is "normal" connection, this specialized and strength-focused group allows

RECOMMENDED RESOURCES...



Coping with the trauma of war in the Middle East

American Psychological Association

As we all grapple with the horrific realities of a war-torn world, we invite you to read this updated series of blogs by the American Psychological Association on coping with the trauma of war and discussing war and frightening current events with our children and teens.

[Click here to read](#)

[SVPS Blog](#)

neurodivergent teens to explore themselves and others in an empathic, safe, and encouraging way in hopes of creating new social skills and building relational bonds with peers.



[Read More About Our Group Services & Register Here](#)

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Other Fall Featured Support Groups

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](#)

LGBTQ+ Middle School Group



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](#)

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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