



SHARED VISION
PSYCHOLOGICAL SERVICES
Building Healthy Connections

Building Healthy Connections Newsletter November 2023

Today is... World Kindness Day!

In recognition of World Kindness Day, our team has compiled a few simple acts of kindness you can try out today & integrate into your daily life:

Recommended Blog...

6 TAKEAWAYS FOR PARENTS: ENCOURAGING CONFIDENCE AND SELF-COMPASSION WITH TEENAGE DAUGHTERS



The teenage years can be tough; for the teenagers navigating this time of life and the parents doing their best to stay steady amidst the choppy waters. One of the major obstacles that teens face during this time is the development of confidence and an overall strong sense of self. Not only are teens dealing with biological and social changes, but they're also doing their best to try and figure out how to like and be kind to themselves through it all..

[Read More](#)

ACTS OF KINDNESS Ideas

FROM OUR TEAM

Make or send a meal to a friend or family member who is going through a difficult time

Hand-write a note to a friend about how much you appreciate their friendship

Donate to a local food pantry or clothing drive

Reach out to a friend you've been meaning to contact for a while

Buy a coffee/tea for a friend or co-worker

Pick up litter around your neighborhood

Gift some of your time to a soup kitchen over the holidays

Compliment a friend, neighbor, or stranger



Like us on
Facebook!

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.

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 Support 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.

Social Skills Groups Ages 4-5 & Ages 8-9



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

[Click Here To Register for a Group!](#)

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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