



SHARED VISION
PSYCHOLOGICAL SERVICES
Building Healthy Connections

Building Healthy Connections Newsletter January 2024

* Notice of Upcoming Renovations *



New Year, New Shared Vision!

Beginning on Monday, January 29th and continuing through mid-March, portions of our office space will undergo renovations which may impact scheduling of on-site appointments. If your appointment(s) are impacted by upcoming renovations, you will be notified in advance by your clinician.

As our space is being renovated, we will do our best to minimize any disruptions. We greatly appreciate your understanding & flexibility as we work to create an updated and welcoming space for you and your family.

Insurance Reminder for the New Year

The start of the new year can often bring new insurance policies, plans, HSA cards and/or changes to your deductible. We ask that you notify our office as soon as possible if your coverage has changed in any way so that we can keep your billing information up to date.



If you have a client portal account, you can update your insurance information anytime by submitting a new "Client Insurance Form" listed under Always Available documents. You can also update your payment method anytime by submitting a new "Payment Authorization Form" listed under Always Available documents.

Support Groups Enrolling New Members

Social Skills Group, Ages 10-12

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

High School Coed 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.



20-Something Group, Ages 20-29

This coed support group has been designed to meet the distinctive needs of individuals in their 20's 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 Today](#)

[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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