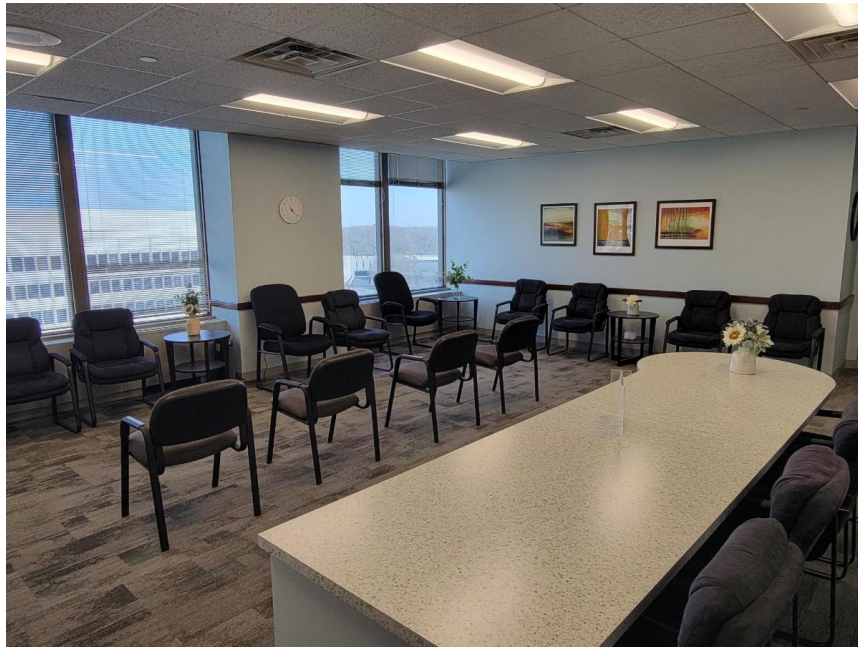


## Building Healthy Connections Newsletter February 2024

---

### Notice: Waiting Room Re-Opened!



Our new & improved Waiting Room is now re-opened!

The final phase of our renovations will continue through mid-March, 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.



# 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



## 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.



## 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!**

Shared Vision Psychological Services, Inc.  
(phone) 630.571.5750 | (fax) 630.571.5751  
[www.sharedvision.org](http://www.sharedvision.org)

Shared Vision Psychological Services | 1200 Harger Road, Suite 600, Oak Brook, IL 60523

[Unsubscribe bberent@buildinghealthyconnections.org](mailto:bberent@buildinghealthyconnections.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by [bberent@buildinghealthyconnections.org](mailto:bberent@buildinghealthyconnections.org) powered by



Try email marketing for free today!