



Building Healthy Connections Newsletter

March 2024

Featured Spring Support Groups - Now Enrolling!

LGBTQ+ High School Group

For teenagers who are questioning or confirming their identities within the LGBTQ+ community, navigating high school can bring about added conflicts, needs for support, and a desire for camaraderie. Our weekly 50-minute high 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.



Social Skills Group, 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

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](#)

Suite Renovation Project - Completed!



Construction at our office suite has been fully completed. All of our Therapy & Assessment Offices along with our Waiting Room have been updated & refreshed. We thank you again for your patience and understanding during our renovation project over the past few months.

Recommended Blog...



***Embracing Spring Energy:
Yoga & Mindfulness for the Warmer Days***
SVPS Blog

[Click Here to Read](#)

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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