

Building Healthy Connections Newsletter

April 2025



Autism Acceptance & Awareness Month

Autism Acceptance & Awareness Month offers an important opportunity for clinicians and communities to reflect on how we understand and engage with neurodiversity.

Autism is not a disorder to be pathologized, but a distinct neurodevelopmental profile characterized by unique ways of processing, relating, and experiencing the world. Individuals on the autism spectrum often arrive in therapy with histories of misattunement, marginalization, or trauma related to societal responses to their neurodivergence. Our work is to offer an attuned, nonjudgmental space that respects their inner world and fosters co-regulation, mutual understanding, and emotional resilience. As clinicians, we are called to meet neurodivergent individuals not with assumptions, but with openness. This month, we reaffirm our responsibility to cultivate spaces of dignity and belonging for all clients — especially those whose ways of being have too often been misunderstood.

At Shared Vision Psychological Services, we provide therapeutic support, group support, and diagnostic assessment services to neurodivergent individuals and their families.

Resources & Information:

**Learn More About
Autism**

**Recommended
Readings**

**How to Get
Involved**

Contact Our Clinical Team

Now Enrolling Social Skills Group for Ages 10-11



Wednesdays at 5:00pm

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

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



Visit Us Online

Contact Us

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