

Building Healthy Connections Newsletter

September 2025

Supporting Kids in School & Beyond

While settling into a new school year can bring excitement and fresh opportunities, it can also introduce a variety of social, emotional, and academic challenges. To help support you and your child, we've put together a series of blog posts offering guidance and resources for navigating some of the most common concerns families face.

We encourage you to explore the blogs below and reach out to our team if you are in need of additional support- we're here to help.

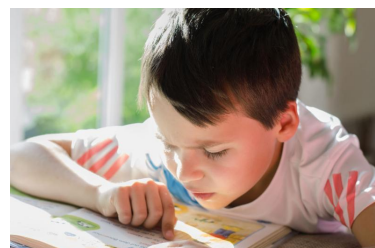
How to Help Your Child Overcome Test Anxiety: 5 Strategies

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School Accommodations Explained: IEPs vs. 504 Plans

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Learning Disabilities: The Four Major Types & Common Signs

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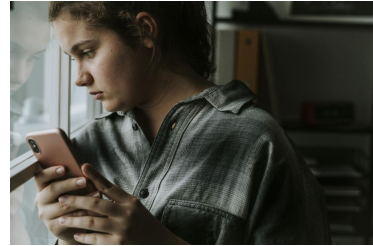
7 Warning Signs of Bullying at School

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Is Your Child Being Cyberbullied? How to Help Your Child Navigate Socializing Online

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New: Adult Gender Identity Support Group

This support group is designed for adults who are navigating questions, changes, or transitions in their gender identity. Whether you are beginning to explore your sense of self, considering or undergoing transition, or seeking a supportive space to reflect on your journey, this group offers a place of connection and understanding.

Grounded in attachment and process-oriented principles, the group emphasizes the importance of safe, affirming relationships as a foundation for growth. Through exploration of identity, emotional expression, and shared experience, participants will have the opportunity to cultivate resilience, deepen self-understanding, and foster meaningful connections with others.

Members of this group may benefit from:

- A supportive community of peers who share similar experiences
- Greater self-acceptance and confidence in one's identity
- Increased capacity to manage complex emotions related to gender exploration
- Tools for navigating relationships and social contexts during transition
- A sense of belonging and connection in a validating space

Interested in Joining? Secure Your Spot!



**Click here to schedule
Free Group Therapy.
Introductory Consultation**



At your scheduled time, our Groups Coordinator will call you to confirm your interest and add you to the waitlist for your selected group.



Once we reach the minimum number of members needed to launch the group, we'll notify you right away.

September is Suicide Prevention Awareness Month

If you or someone you know is in crisis, call the Suicide & Crisis Lifeline at 988 or contact the Crisis Text Line by texting HOME to 741741 to be connected to 24/7 confidential support.

Click here for additional information & resources

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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