



**Building Healthy Connections Newsletter**  
**December 2025**

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**Happy Holidays & Happy New Year  
from Shared Vision!**

As 2025 comes to a close, our clinical team and staff at Shared Vision Psychological Services would like to extend our heartfelt wishes to you and your family for a joyful, healthy, & safe holiday season!

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**2026 Important Insurance Reminder**

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" in the "Documents" tab. You can also update your payment method

anytime by submitting a new "Payment Authorization Form" listed in the same section.

Questions? Feel welcome to contact our billing specialist, Dorothy Fees, at **630-571-5750 x. 236** or via email at [dfees@sharedvision.org](mailto:dfees@sharedvision.org).



## Recommended Readings

### Quick Tips for Managing Stress During the Holidays

While the holiday season can be a wonderful time of connection and celebration, it can often bring about stress or anxiety for many. With busy schedules, changes in routine, and increased social or family commitments, it's easy to feel overwhelmed. To help navigate this time of year, our clinical team has put together some simple, quick tips to support stress management and overall well-being throughout the holidays...



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### Seasonal Affective Disorder (SAD): Signs, Symptoms, & How to Combat It

Life naturally slows down during the colder months, and this can impact everyone to different degrees. As the days get shorter, the light becomes scarce, and many of us respond by avoiding the elements. We more often find ourselves in front of the TV or snuggled under the covers to stay warm – the human version of hibernating. Some people embrace the season's quiet and coziness, while others experience a significant change in mood and behavior...



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## 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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