

Building Healthy Connections Newsletter February 2026

NEW Pre-Teen & Early Teen Support Group



We're excited to introduce a new **Pre-Teen & Early Teen Support Group** designed to support youth in grades 7 & 8 (ages 12-14) as they navigate the transition into adolescence.

This developmental period brings rapid physical, emotional, cognitive, and relational changes that can feel confusing or overwhelming for kids and parents alike. The group will offer a supportive, age-appropriate space for participants to build self-awareness, emotional regulation, and peer connection, while normalizing the challenges that come with this stage of growth. Through discussion and interactive activities, the group aims to help tweens and teens to feel more confident and understood during this important transition.

Benefits of Group Therapy at Shared Vision

1. Compassionate Onboarding

We understand that joining a group can be stressful — our staff provides personalized, supportive guidance every step of the way.

2. Tailored Group Matching

Individuals are thoughtfully matched with peers of similar age and presenting concerns to foster meaningful connection and support.

3. Support Across the Lifespan

Our clinicians are trained to create and facilitate support groups for individuals across the lifespan, from early childhood to older adulthood, ensuring age-appropriate care at every stage.

4. Expert-Led Therapy

All groups are led by experienced clinicians trained in developmental, attachment-focused psychology, with a deep commitment to diversity, inclusion, and cultural equity.

5. Safe, Skill-Building Environment

Each group offers a secure space for building relational and emotional skills, guided by developmental and attachment-based practices.

6. Supportive, Small Group Settings

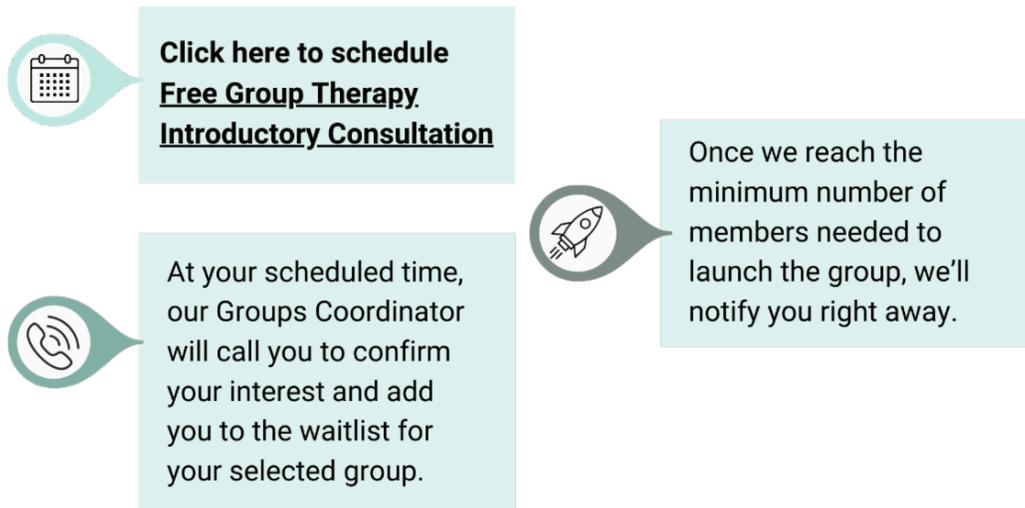
Our groups are intentionally small to reduce overwhelm and maximize individual support.

7. Focused on Lasting Change

Through shared experiences and professional facilitation, participants cultivate long-term growth, connection, and healing.

Interested in Joining?

Speak with your clinician today or schedule a free Group Therapy Introductory call by clicking the image below!



Recommended Reading

How to Support a Child with an Eating Disorder

It is important to help children and adolescents develop a positive body image and a healthy, balanced relationship with food. However, that is often more challenging than it sounds. In our society, there is a pressure of unrealistic standards that often impacts body image and self-esteem.

From there, it can often be a slippery slope toward these standards having an impact on a child or teen's eating habits and overall relationship with food. How do we support a child or teenager with an eating disorder?

[Read More](#)



February 23-March 1st is National Eating Disorders Awareness Week. For more information about eating disorders and providing support, please visit: <https://www.nationaleatingdisorders.org>.

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

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

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



Try email marketing for free today!