

## Building Healthy Connections Newsletter

### January 2026

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### **NEW: Adult Women's Mood & Seasonal Wellness Group**



This support group has been created for adult women seeking connection and encouragement while navigating mood challenges and seasonal depression. With an emphasis on shared understanding, emotional resilience, and self exploration, the group offers a warm and supportive space to understand the impact of seasonal changes, manage stress and low mood, and strengthen overall well-being. Through guided discussion and mutual support, participants are encouraged to build insight, foster self-compassion, and feel less alone during more difficult seasons.

#### **Interested in Joining?**

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



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.

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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)**.

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## Recommended Readings

### 5 Ways to Cultivate Meaningful Change

With the start of a new year, January is rife with resolutions and the hope of new beginnings. Gyms are filled with new people, grocery store carts are filled with fresh fruits and vegetables, and the hashtag #newyearnewyou is almost certainly trending. Initially, the excitement of change tends to be motivation enough to follow through on our efforts. However, it seems that far too quickly this wears off and we're left feeling disappointed and right back where we started. These are 5 important things to keep in mind as you start your journey toward meaningful change...



**[Read More](#)**

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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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