

Building Healthy Connections Newsletter

May 2026

Mental Health Awareness Month

This month is about increasing awareness, reducing stigma, and advocating for accessible mental health care. Everyone deserves quality, compassionate support—and no one has to navigate their mental health alone.

At Shared Vision, we're committed to creating a safe, attuned space where healing happens through building healthy connections. Join us this month in deepening understanding and strengthening our communities.



Wear green in support

Green symbolizes hope, renewal, and growth. Wear green this month to show your support, spread awareness, and spark important conversations about mental health.

Check in with friends & family

Check in with friends and family members to see how they are doing. This simple, meaningful act and moment of connection encourages open conversations about well-being and reminds others that support is available.

Learn about common mental health concerns

Click here to explore fact sheets and brochures about various mental health concerns and related topics provided by the National Institute of Mental Health (NIMH)- *available in English and Spanish.*



Advocate for better mental health policies at work, school, or in your community

Click here to read "7 Steps to Becoming an Advocate" by Mental Health America (MHA) for advocacy ideas and tips for getting started.

Share our guided start to therapy with someone in need

Taking the first step toward therapy can feel overwhelming - but it doesn't have to be. Our guided start to therapy begins with a free introductory consultation call where we will:

- Explore why you are seeking services
- Review your insurance benefits
- Walkthrough what to expect
- Help you feel confident about your next steps



No pressure- just support, clarity, and guidance.
Click here to schedule your free call today.

Our Group Services - Now Enrolling

Social Skills Group, Ages 11-12

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

Early 20's Neurodiverse Support Group

This support group has been designed to meet the distinctive needs of individuals with neurodivergent diagnoses in their early 20's as they navigate the many obstacles commonly found in young adulthood. With a heavy emphasis on connection, emotional awareness, and the search for identity as an emerging neurodivergent adult, this group provides a safe space to assure self-confidence, create meaningful relationships, and explore one's options in education and career.

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 or **click here to schedule a Free Group Therapy Introductory Consultation** to get started and secure your spot.



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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