



CONVENTIONS HEALTH

Welcome to our Summer Newsletter as we embrace the warmth and vibrancy of the summer season, it's the perfect time to focus on relaxation, rejuvenation, and maintaining a healthy mind.

In this edition, we will explore various ways to enhance your mental well-being during these sunny months and highlight the significance of staying connected with friends and family, practicing self-care, and nourishing your body with proper hydration and nutrition. Additionally, we offer resources and professional support through Conventions Health for those who may need extra guidance in managing stress and anxiety.



Join us in embracing summer as a season of growth and well-being. Let's flourish together in mind and body, and make this summer one of joy and positive change.

SUPPORT & SKILLS GROUPS

DBT Skills Training Group
Thursdays; 6-7:30pm
\$25/class; Virtual or in-person

Men's Recovery Group
Bi-weekly Wednesdays of every month
6-7:30pm
\$50/session; In-person

NAMI KDK BIPOC Support Group
2nd Saturday of every month; 6-7:30pm
Virtual

NAMI DuPage LGBTQ+ Connection
2nd & 4th Tuesday of every month
6:30-8pm; In-person

Call 630.416.8289 or
e-mail for more information on all of our
events.

MINDFUL MOMENT



Close your eyes and breathe deeply. Envision the mantra "I am enough," enveloping your thoughts, illuminating the path through the labyrinth of trials and triumphs in this chapter of life. Reflect on how the art of mindfulness can guide you through the tumultuous seas of youth, fostering understanding and kindness. Immerse yourself in the now before unveiling your eyes, reawakened and rooted in the present.

PROVIDER SPOTLIGHT



Dan Novak LCPC, MS

To schedule an evaluation, please call 630.416.8289 or **contact us.**

Dan Novak obtained a Master of Science in Clinical Psychology in 2019 and a Bachelor of Psychology in 2016 from Benedictine University in Lisle, IL. Dan has adopted a client-centered therapeutic approach that emphasizes empathy, vulnerability, warmth, and genuine kindness without judgment. He values each individual's unique story and believes it should be acknowledged. Joining Conventions in 2022, his focus lies in treating addiction, general mental health for adult women and males 13yrs.+ , and working with adults/adolescents with intellectual disabilities/special needs. With diverse experiences, Dan is proficient in various counseling methods to support clients and their families in achieving their therapeutic objectives.

DEPRESSION TREATMENT & BEYOND



Spravato is an FDA-approved nasal spray medication for treatment-resistant depression. With minimal side effects and used in combination with therapy, oral antidepressants, and/or TMS, Spravato provides rapid relief of depressive or suicidal symptoms. Spravato is self-administered in the office and is covered by most insurance.

Antidepressants not working? TMS can help!

- ✓ FDA Cleared
- ✓ Non-drug
- ✓ Non-invasive
- ✓ No side effects of drugs
- ✓ Not ECT (electroconvulsive therapy)
- ✓ Long-lasting symptom relief
- ✓ Covered by most insurance

Ask your provider, **click**, or call Rhonda at 630.642.1801 for more information.



To learn more, talk to your psychiatric provider, **click**, or schedule a consultation.

[REQUEST APPOINTMENT](#)





Conventions Wellnes will design a plan tailored to you through lifestyle changes and/or medications. We can work together with your medical, psychiatric or therapy provider for a comprehensive approach without jeopardizing progress.

Researchers at AMR Conventions Research conduct clinical trials to determine whether or not a drug is effective, tolerable, and safe in treating a condition. Patient safety is the highest priority. Participation is always voluntary and a subject can withdraw at any time for any reason. No cost to participate. No insurance required. Compensation for time/travel.

Our on-site providers are ready to answer questions and address concerns you have and discuss options to maximize your weight loss for a healthier future.

To schedule an appointment or get more information, please visit our **website** or call 630.362.3344.

- ✓ Depression
- ✓ Schizophrenia

Call 630.983.2000 or **click** for more information.

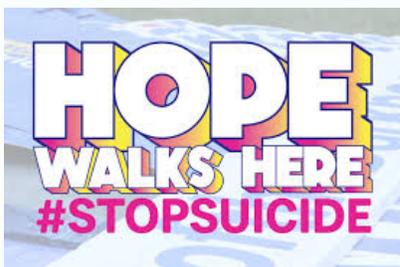


COMMUNITY EVENTS



Conventions Health enjoyed sponsoring and participating in the American Foundation for Suicide Prevention (AFSP) for Hope Walks Here at the Lewis University Campus in May! Our own Vince Cieslak, LSW, CADC, CDVP and Anju Kallan, APRN, FNP, PMHNP were among the participants (pictured left).

It's crucial to open up conversations about mental health and provide support to those who may be struggling. By educating ourselves and others about the signs and symptoms of suicidal thoughts, we can better understand how to offer help. Encourage open dialogue, listen without judgment, and tell people they are not alone. Resources such as crisis hotlines, counseling services, and support groups are invaluable. Remember, reaching out to someone can make a significant difference. Together, we can create a community where everyone feels seen, heard, and supported.



A LOOK INTO: SUMMER RELAXATION

Summer is the time for relaxation and rejuvenation, but it is also essential to be mindful of our mental health during these warmer months.

Connecting with nature, engaging in physical activities, and maintaining a balanced routine can make a significant difference. Whether it's a morning walk in the park, an

afternoon spent gardening, or simply enjoying a book under the shade of a tree, these simple pleasures can boost our mood and reduce stress.

Additionally, staying connected with friends and family can provide emotional support and enhance our sense of belonging. Social activities, even virtual ones, can combat feelings of loneliness and isolation. Remember to set aside time for self-care practices such as meditation, journaling, or taking a break from digital screens.

Hydration and proper nutrition are crucial in maintaining mental clarity and energy levels. Choose refreshing, healthy snacks like fruits and vegetables, and drink plenty of water throughout the day.

Lastly, don't hesitate to seek professional help through Conventions Health if you find yourself struggling. Our many services can offer valuable insights and strategies to manage stress and anxiety. Embrace the summer as a season of growth and well-being, allowing yourself to flourish in mind and body.

PATIENT SATISFACTION SURVEY



Your feedback on our Patient Satisfaction has been invaluable! We've implemented some important changes and look forward to hearing more suggestions from you.

[SURVEY](#)

ACCEPTING NEW PATIENTS

Are you concerned about someone's mental health?

Have a low threshold for seeking mental health treatment. Guide them to Conventions Health for mental healthcare of the highest quality.

Call 630.416.8289 or visit our **website** to learn more or schedule an evaluation or new service today!

LEAVE A REVIEW



Did you have a positive experience with Conventions Health or your provider?

[REVIEW](#)

Leave us a 5-star review on **Google & Yelp!**

Conventions Health

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www.ConventionsPC.com

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