



CONVENTIONS HEALTH

Welcome to our Winter Newsletter!

Winter can significantly impact the mental health of many individuals. The cold weather may limit outdoor activities, leading to feelings of isolation and decreased physical activity, both of which can exacerbate mental health issues. During this season, it's important to prioritize self-care, such as maintaining social connections, dressing warm to have fun in the snow, exercising regularly, and seeking professional help. At Conventions Health, we strive to help combat the winter blues.



PROVIDER SPOTLIGHT



Jazzmine Garcia
PA-C

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

Jazzmine Garcia, PA-C, began her career as a certified physician assistant in 2024, bringing a strong educational foundation with a Bachelor of Applied Health Science in Kinesiology from the University of Illinois and a Master of Science in Physician Assistant Studies from North Central College. Bilingual in English and Spanish, Jazzmine is dedicated to serving patients of all ages and backgrounds and welcoming new patients to her practice.

Her clinical interests are centered on comprehensive mental health and wellness, specializing in ADHD, anxiety, behavioral health, depression, eating disorders, gender identity issues, and mood and personality disorders. She is also passionate about supporting patients in the LGBTQIA+ community, addressing women's health concerns, PTSD, and weight management.

Outside of her professional work, Jazzmine is an active lifestyle enthusiast with hobbies of running, tennis, pickleball, and basketball. She also enjoys gym workouts, baking, and spending time with her two beloved shih tzus. Jazzmine's approach is compassionate and inclusive, focused on promoting holistic well-being for each of her patients.

"You have to believe in yourself when no one else does." Serena Williams

"Life is about finding yourself, embracing your strengths and weaknesses, and being true to who you are." Oprah Winfrey

SUPPORT & SKILLS GROUPS

DBT Skills Training Group

Thursdays; 6-7:30pm
\$25/class; In-person

Men's Recovery Group

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

Adult Mindfulness-Based Recovery Group

1st & 3rd Mondays every month
6-7pm
Free; In-person or Virtual

Adult Depression & Anxiety Support Group

Every Tuesday
6-7pm
FREE; In-person

NAMI KDK BIPOC Support Group

2nd Saturday of every month
10-11:30am
Free; Virtual

NAMI DuPage LGBTQ+ Connection

2nd & 4th Tuesday of every month
6:30-8pm
Free; In-person

Call 630.416.8289, **e-mail**, or **click** for more information on all of our groups.



MINDFUL MOMENT



Please take a deep breath, feel the air fill your lungs, and hold it for a moment. As you exhale slowly, let go of any tension or distractions. Focus on the sensations around you—the warmth of the sun, the sound of the wind, or the rhythm of your heartbeat. Allow yourself to be present in this moment, embracing the stillness and clarity it brings.

As you continue to breathe deeply, visualize each inhalation as a wave of calm washing over you. With each exhalation, release any lingering worries or stress. Notice the textures surrounding you, any scents, or the distant chirping of birds outside. Each detail anchors you further into the present moment, creating a tapestry of experience that grounds you in reality.

Take a moment to express gratitude for this pause in your day. Acknowledge the beauty of the world around you—the vibrant colors of nature, the intricate patterns of clouds, or the comforting presence of loved ones nearby. Let this appreciation fill your heart, bringing warmth and joy.



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.



FDA Approves New Use of SPRAVATO™ (esketamine) for Major Depressive Disorder and Acute Suicidal Behavior

To learn more, talk to your psychiatric provider, [click](#), or schedule a consultation.

[REQUEST APPOINTMENT](#)



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.



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.

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
- ✓ Generalized Anxiety Disorder

Call 630.983.2000 or [click](#) for more information.



COMMUNITY EVENTS



Feed My Starving Children

On December 28th, Conventions Health proudly participated at the Aurora Feed My Starving Children to volunteer for the holidays. Feed My Starving Children is dedicated to providing nutritious meals to children worldwide. [#HopeStartsWithFood](#)

Good nutrition plays a crucial role in mental health. The foods we consume can significantly impact our mood, cognitive function, and overall emotional well-being. A balanced diet rich in essential nutrients, such as omega-3 fatty acids, vitamins, and minerals, supports brain health and helps regulate neurotransmitters vital for mood stabilization.

Studies have shown that diets high in processed foods and sugars can lead to increased anxiety and depression, while those rich in fruits, vegetables, whole grains, and lean proteins are linked to improved mental health outcomes. Proper nutrition can also enhance energy levels and stress resilience, making coping with life's challenges more manageable. Overall, prioritizing good nutrition is essential for maintaining physical health and a healthy mind.

A LOOK INTO: Seasonal Affective Disorder (SAD)

Seasonal Affective Disorder (SAD) is a type of depression that occurs at certain times of the year, typically in the fall and winter when daylight hours are shorter. Coping with SAD involves several strategies. Light therapy, which uses a special light box to mimic natural sunlight, can help alleviate symptoms. Regular physical activity, especially outdoors, can boost mood and energy levels. Maintaining a healthy diet rich in omega-3 fatty acids and vitamin D may also be beneficial. Establishing a consistent sleep schedule and practicing relaxation techniques like mindfulness or yoga can improve overall well-being. Additionally, seeking support from friends, family, or a mental health professional can provide valuable assistance during difficult times.

Coping with Seasonal Affective Disorder (SAD) can be enhanced by incorporating additional skills and strategies. Here are some suggestions:

- Cognitive Behavioral Therapy (CBT): Engaging in CBT can help individuals reframe negative thought patterns and develop healthier coping mechanisms.
- Social Engagement: Actively participating in social activities, whether in-person or virtually, can help combat feelings of isolation and improve mood.
- Journaling: Keeping a journal to express thoughts and feelings can provide an outlet for emotions and help track mood changes over time.
- Exposure to Natural Light: Maximizing exposure to natural light during the day, such as sitting near windows or taking breaks outside, can enhance mood.
- Creative Outlets: Engaging in creative activities like painting, writing, or playing music can be a therapeutic way to express feelings and boost happiness.
- Volunteer Work: Helping others through volunteering can create a sense of purpose and connection, fostering positive emotions.
- Mindful Eating: Practicing mindful eating can help individuals become more aware of their dietary choices and promote a healthier relationship with food.
- Gratitude Practice: Regularly reflecting on and writing down things you are grateful for can shift focus away from negative feelings and increase overall well-being.
- Limit Alcohol and Caffeine: Reducing alcohol and caffeine intake can help stabilize mood and improve sleep quality.
- Seek Professional Help: If symptoms persist or worsen, consulting with a mental health professional for tailored treatment options can be crucial.

At Conventions Health, we understand that effective coping strategies, therapy, and psychiatry create the foundation for overall stability.

To schedule a service, please call 630.416.8289, contact us, or [click](#) for more information.

PATIENT SATISFACTION SURVEY



Your feedback on our Patient Satisfaction has

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

LEAVE A REVIEW



Did you have a positive experience with

been invaluable! We've implemented some important changes and look forward to hearing more suggestions from you.

[SURVEY](#)

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!

Conventions Health or your provider?

[REVIEW](#)

Leave us a 5-star review on [Google](#) & [Yelp](#)!

Conventions Health

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