



CONVENTIONS HEALTH

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Welcome to our Winter 2025 Newsletter

Happy Holidays from all of us at Conventions Health! Winter is a season of connection, reflection, and renewal. As the year comes to a close, it's a meaningful time to pause, care for yourself, and focus on what supports your overall well-being.

Whether you're spending time with loved ones, honoring traditions, or simply enjoying quieter moments, we hope this season brings warmth, peace, and balance. At Conventions Health, we're here to support you through every season with compassionate, evidence-based care.

[Contact Us Today!](#)

Provider Spotlight



Meet Rhonda,
TMS Coordinator & Treater

Transcranial Magnetic Stimulation (TMS) is a safe, non-invasive treatment option offered at Conventions Health for individuals seeking additional support in their mental health journey. TMS uses targeted magnetic stimulation to activate areas of the brain associated with mood regulation and has helped many patients find meaningful, long-

term relief. Our team is committed to providing a supportive, comfortable experience throughout every step of treatment.

Meet Rhonda, our dedicated TMS Coordinator. With over six years of experience and nearly 300 patients treated, Rhonda brings compassion, knowledge, and reassurance to every visit. She previously spent 10 years managing a busy neurology practice and is passionate about helping patients feel safe, supported, and understood. Rhonda relocated from Las Vegas to Illinois four years ago and enjoys spending time with her family and exploring local trails.

Patients are always welcome to stop by, take a tour, or say hello. Rhonda is available Monday–Friday, 9:00 am–5:00 pm.

[Schedule Free TMS Consultation](#)



Advanced Care Spotlight: TMS (Transcranial Magnetic Stimulation)

At Conventions TMS in Warrenville, we use advanced technology to support individuals seeking relief from:

- Depression
- Adolescent Depression (ages 15+)
- Anxiety
- Obsessive-Compulsive Disorder (OCD)

Our goal is to provide compassionate, evidence-based care that helps patients move forward with confidence and hope.

[Request a Consultation](#)



Why Patients Choose TMS

- ✓ Non-invasive treatment
- ✓ Targeted brain stimulation
- ✓ Few side effects
- ✓ FDA cleared and well-studied
- ✓ High success rates
- ✓ Long-lasting results
- ✓ No anesthesia or downtime

TMS is covered by most major insurance providers, making it an accessible option for many patients.

[Learn More](#)



A Proven Choice for Depression Treatment

For individuals who haven't experienced the results they hoped for with antidepressant medications, TMS offers an effective alternative. TMS directly targets areas of the brain responsible for mood, it provides support without systemic medication side effects.

TMS therapy is now available at our Warrenville location.

[How It Works](#)



Support & Skills Groups

Men's Recovery Group

Open to men aged 21 and over to provide hope, support, and recovery from compulsive behaviors. This is not a 12-step meeting.

- Every Wednesday
- 6:00pm - 7:30pm
- In-Person



Mindful Moment

Take a gentle pause and notice your breath. Allow your shoulders to relax as you inhale slowly and exhale fully. Winter reminds us that rest is an essential part of growth even a few quiet moments can help restore clarity, calm, and focus.

- \$50/Session Self-Pay

Call 630-416-8289 To Register

Understanding Treatment-Resistant Depression & OCD

Some individuals may need additional or more personalized care when symptoms persist despite traditional treatment approaches. Treatment-resistant depression and OCD often benefit from advanced, individualized options.

At Conventions Health, our team specializes in comprehensive evaluations and innovative treatments tailored to each patient's needs helping individuals move forward with confidence and renewed hope.

[Learn More](#)



Research at AMR Conventions Research

AMR Conventions Research supports innovation in mental health care through clinical research. With over 15 years of experience conducting Phase II and Phase III clinical trials, the team works with pharmaceutical partners to evaluate new treatment options. Current and past studies focus on conditions including depression, treatment-resistant depression, schizophrenia, and anxiety disorders.

- ✓ Participation is always voluntary
- ✓ No cost for study-related care
- ✓ Compensation may be available for time and travel
- ✓ Patient safety is the highest priority

To learn more about research opportunities, call **630.983.2000** or visit our research page.

[More Information](#)

Looking Ahead to the New Year

As we enter a new year, it's a powerful time to set intentions for growth, balance, and well-being. The New Year doesn't require perfection it's about taking meaningful steps forward at your own pace.

Whether your goal is to continue care, explore new treatment options, or simply prioritize yourself more, our team is here to support you in the year ahead.

[Schedule An Appointment](#)



Leave a Review

We would love to hear about your positive experience with Conventions Health or your provider!

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

[Review](#)



Accepting New Patients

If you're worried about someone's mental health, it's important to be proactive. Encourage them to contact Conventions Health, where they can receive top-notch mental healthcare tailored to their needs with warmth and expertise.

[Visit Our Site](#)



Satisfaction Survey

Your input regarding our Patient Satisfaction has been incredibly valuable! We've made several important changes and eagerly await more of your suggestions.

[Survey](#)



Conventions Health

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