



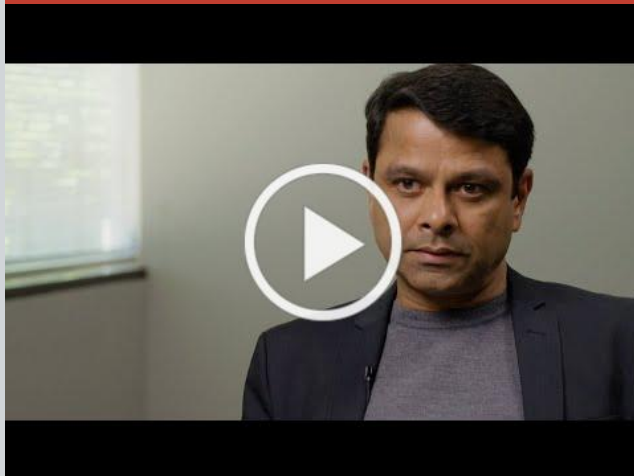
CONVENTIONS HEALTH

CONVENTIONS QUARTERLY: WINTER 2022

Happy Holidays from Conventions Health! We hope you have a safe and happy holiday season. As we near the end of another year, we are grateful for our team and their dedication to our patients' care. We are grateful for a full year in our new office space to provide exceptional service. And most importantly, we are grateful the trust and loyalty from our patients and their families!



The office will be closed 12/24/22-12/26/22 & 12/31/22-1/2/23 for the holidays.



In case you missed it, Conventions had the unique opportunity to discuss our community's mental health needs and our services with local television program The Balancing Act. Check out our featured segment!

MINDFUL MOMENT



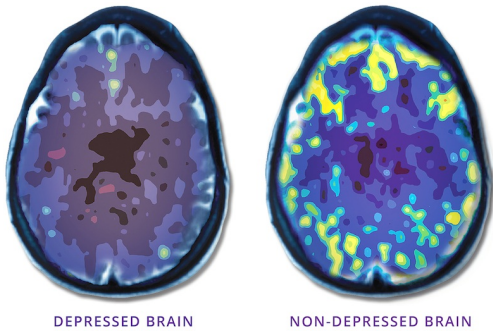
Hot Chocolate Breaths

Enjoy a mindful moment while helping your family learn to calm their bodies and minds. Try this fun game to teach deep breathing. Tell your children to wrap their hands around a pretend warm mug of hot chocolate, but let them know that it's still too hot to drink. Drop in pretend marshmallows for fun! Have them notice how delicious it smells by taking a slow deep inhale through their noses. Then have them blow on the hot chocolate to cool it down, with a slow exhale through their mouths. Encourage them to continue



this for 30 seconds and bring their attention to how their bodies and minds feel after the exercise.

DEPRESSION TREATMENT & BEYOND



Conventions TMS & NeuroStar deliver an advanced and unique form of TMS (transcranial magnetic stimulation), a non-invasive, medicine-free, FDA-approved therapy that uses targeted magnetic pulses to stimulate areas of the brain that are underactive in people suffering from depression and OCD (obsessive-compulsive disorder).

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

[LEARN MORE](#)



Have you trialed two or more medications and still have symptoms of DEPRESSION?

Conventions Health offers Spravato, an FDA-approved medication for treatment-resistant depression. Spravato is a nasal spray used in combination with psychotherapy, oral antidepressants, and/or TMS. Unlike oral antidepressant medication, Spravato has minimal side effects and provides rapid relief of depressive or suicidal symptoms. To learn more about what Spravato can do for you, speak with your psychiatric provider or schedule an appointment with our nurse practitioner, Michelle dela Peña.

[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 particular psychiatric condition, like Major Depressive Disorder, ADHD, PTSD and Borderline Personality Disorder. An independent board of medical and non-medical professionals carefully review all aspects of clinical trials to ensure 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.

PTSD
Depression
Bipolar 1-Depression
Borderline Personality Disorder
Treatment-resistant Depression
ADHD- Child & Adolescent

Call 630.983.2000 or click below for more information.

LEARN MORE

Do you binge or stress eat? Do you have medical or mental health conditions that make it difficult to lose weight? Have you gained weight on medications or lost weight only to gain more back?

Naperville Weightloss Clinic 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 physician assistant, Lauren Williams has an extensive background in nutrition and obesity medicine. She is 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](#), [e-mail](#), or call (630)362-3344.



GROUP THERAPY

Adult Groups

[DBT Skills Training Group](#)

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

[Self-Esteem Improvement Group](#)

1st & 3rd Tuesday of every month
6-7:30pm



Children/Teens/Parent Groups

[Adolescent Anxiety Support Group](#)

1st & 3rd Tuesday of every month
6-7pm

[Parents with Children with Autism Spectrum Disorder Support Group](#)

1st & 3rd Wednesday of every month
6-7:30pm; Virtual

[Adolescent LGBTQA+ Support Group](#)

1st Saturday of every month; 10-11am

[LGBTQA+ Parent Support Group](#)

2nd Saturday of every month; 10-11am

[Depression/TMS Support Group](#)

Every Wednesday; 6-7:30pm

[NAMI DuPage LGBTQ+ Connection Support Group](#)

2nd & 4th Tuesday of every month
6:30pm-8pm

[NAMI KDK BIPOC Support Group](#)

4th Monday of every month
6-7:30pm
Virtual or in-person

REGISTER HERE

Visit our [website](#) for details on all of our events. Call 630.416.8289 or [e-mail](#) for more information.

A LOOK INTO: GRIEF DURING THE HOLIDAYS

With the holidays approaching, not everything is always merry and bright. There are many individuals and families that cope with grief and loss during this time. These losses could be recent, from years ago, or even ambiguous. No matter which type of loss it is, it can heighten the feelings of grief and sadness during a time where many are joyful.

There can be complex emotions that may arise when coping with grief. While the feeling of grief and loss are universal, everyone has their own unique experience. Here are some ways that you or a loved one can survive the holidays.

- Feel your feelings. It is typical for individuals to conceal their grief and feelings in order to align with societal expectations of how we should behave during this time. Be sure to recognize and feel any strong emotions. Some emotions may be conflicting or confusing and that is ok. It is important to allow yourself to feel these emotions and name them. Some ways to identify feelings may be to journal, view feeling vocabulary words, or speak to a trusted friend or family member.
- Don't push yourself. It can be difficult to engage in family functions or visit friends when you are grieving. Some family members may even put pressure on you to attend a certain event. Knowing your own limits and setting healthy boundaries is integral to your own healing. Participate within your ability while being mindful of your limits. Make an exit plan if needed.
- Hold onto memories and create new ones. Pleasant memories of those who are

lost may bring comfort in knowing that the love is never gone. This may also be a time to start a new tradition to honor them. Lighting a candle or preparing a favorite dish of theirs are small but meaningful ways to start a new tradition and honor those who are gone.

- Engage in acts of kindness. It is no secret that helping others makes us feel good and the holidays are an accessible time to do so. Even complimenting a stranger can help brighten your mood. Donating time or items to causes that align with your values can bring joy knowing that you are helping others in need.
- Seek support. Grief support groups and professional help are always avenues to take when coping with grief and loss. Relying on your support system and those closest to you during difficult times may not be enough. Isolation can be detrimental and there is no shame in seeking support.

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

Phone: 630.416.8289 • Fax: 630.416.8306 • contact@conventionspc.com
www.ConventionsPC.com

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