

OCTOBER 2026 ISSUE

QUARTERLY NEWSLETTER



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Grow Wellness Group is tremendously honored to have the opportunity to provide an unparalleled client mental wellness experience – focused on both the quality of our services and the overall client care you will receive throughout your growth with us.

As a practice, we measure our competency and "success" based on the community impact we are able to make and sustain, and believe you will feel this from the day you reach out to us for the very first time, and throughout your entire relationship with our team based on the care and quality of services you will receive from each of them.

BEYOND THE GAME: GROW WELLNESS GROUP AND METEA VALLEY ATHLETICS INVEST IN THE WHOLE ATHLETE

We're proud to partner with Metea Valley High School Athletics to empower student-athletes to grow stronger mentally, perform with confidence, and prioritize their mental wellness. Together, we're helping athletes build skills that extend far beyond the field, shaping not only better athletes, but healthier, more resilient individuals. At Grow Wellness Group, we believe that when we invest in the whole athlete, we create opportunities for lifelong growth, both in sport and in life.

BLOG

Fresh Insights. Real-Life Strategies.
Life can be complicated, but you don't have to navigate it alone! Our Grow Wellness Group therapists share practical tips, expert insights, and fresh perspectives on mental health, relationships, personal growth, and the topics that matter most. From navigating everyday stress to building healthier relationships, our blog offers ideas and strategies you can put into practice in your daily life.



Men's Mental Health: Why Men Avoid Therapy



A Beginner's Guide to the World of Art Therapy



A Therapist's Take on Teen Academic Pressure & Perfectionism



Social Media and Your Teen's Mental Health: What to Watch For and What to Let Go



Teen Self-Esteem and Body Image: When Comparison Becomes Something Harder



School Refusal in Teens: When "I Don't Feel Good" Happens Every Monday



IEP, 504, or Private Evaluation? A Parent Guide to School Testing



How to Talk to Your Teen About Starting Therapy (Even If They Say No)



"Let's Talk About Sex, Baby" ...Wait, Why Am I Nervous?

Our Services



Counseling & Therapy



Neuropsych Testing



Sport Psychology



Psychiatry & Medication Management

Art Therapy

Art Therapy is a unique way of healing that can bypass some of the limitations of language. Through the creative process, clients can explore emotions, experiences, thoughts, and challenges in a different way.

Art Therapy takes multiple things into account and is not a one-size-fits-all experience. It uses creative art making and combines it with recognized psychological theories and therapeutic approaches. This experience is unique to each individual who chooses to engage in Art Therapy, and I have seen it create deep, powerful, and lasting moments of healing.

CLICK HERE TO LEARN MORE





grow well
YOGA+BARRE+FITNESS

Yoga and Holistic Wellness

Explore Yoga Therapy as a means to connect with yourself and navigate the challenges in your way! Yoga Therapy is a type of therapy, facilitated by a Licensed Yoga Therapist who uses yoga postures, breathing exercises, traditional talk therapy, meditation, and guided imagery to improve mental and physical health.

Our studio provides various styles of yoga and a wide range of yoga and barre classes. Our core values center around the integration of the body and mind and finding balance and peace given the strong relationship between the body and the brain, and how a harmonious relationship between the two tremendously influences our overall wellness and peace.

Community Impact

Where Do Our Profits Go? 100% of the proceeds from our Yoga studio support the **Grow Wellness Foundation, NFP**, helping expand access to mental health services for underserved and marginalized individuals and families in our community.

WELLNESS FOUNDATION

Clinician Spotlight



Eduardo Castillo

Eduardo Castillo is a Licensed Clinical Professional Counselor (Bi-Lingual - Spanish) who combines clinical mental health and sport/performance psychology to support adolescents, adults, and athletes. His collaborative, judgment-free approach helps clients build confidence, manage challenges, and develop the skills needed to thrive both in and outside of sport. **LEARN MORE**



Zach Schmidt

Zach is a Licensed Clinical Professional Counselor who completed a dual degree master program for Clinical Mental Health Counseling as well as Human and Sport Performance from Adler University. He enjoys working with adolescents, transitioning youth adults, and adults. He specializes is working with individuals with depression, anxiety, ADHD, OCD, ASD, grief, adjustment issues, sport performance issues **LEARN MORE**



Connor Brown

Connor is a Licensed Professional Counselor working primarily with teens and adults navigating the complexities of depression, anxiety, life and job transitions, questions of religion/spirituality, gender/sexual identity, grief, and relationships. He takes a curious, compassionate approach to counseling—an approach he invites his clients to take as well. **LEARN MORE**

MEET OUR MASTERS-LEVEL CLINICAL INTERNS



MARK MAHONEY

- Adler University - dual degree in Clinical Counseling & Sport + Human Performance
- Works with teens and adults (ages 12+) navigating anxiety, depression, life transitions, relationships, self-esteem, sport performance and identity development.



ALYSSA DECORREVONT

- University of Kentucky - Masters of Social Work - Clinical Practice
- **Board Certified Music Therapist**
- Works with clients (ages 3+) navigating anxiety, trauma, behavioral concerns, confidence and self-esteem issues, and family-related stressors.



AUSTIN WOLFGRAM

- Concordia University Chicago - Masters in Clinical Counseling
- Works with teens and adults (ages 12+) navigating anxiety, depression, sports and performance psychology, life transitions, addiction, divorce, family transitions, and trauma.

FAQS ABOUT INTERNS

What is a therapist intern? A therapist intern is a graduate student completing supervised clinical training as they complete their degree and work towards professional licensure. Similar to a doctor completing their residency.

Are therapist interns qualified to provide therapy? Absolutely! Therapist interns have completed required graduate-level coursework and are gaining hands-on experience under the guidance of experienced, licensed clinicians. They receive weekly supervision and ongoing support to discuss cases, refine treatment approaches, and strengthen their clinical skills. This collaborative approach helps ensure you receive thoughtful, personalized care while your therapist continues to grow professionally.

Is therapy with an intern less effective than working with a licensed therapist? Not at all. Therapist interns bring current training, enthusiasm, and a commitment to learning and growth. Research on psychotherapy training and outcomes suggests that a therapist's effectiveness is not determined by licensure status alone. The quality of the therapeutic relationship, treatment approach, and individual needs all matter.

Can a therapist intern help with my specific concerns? Therapist interns work with a variety of mental health concerns, including anxiety, depression, stress, relationships, life transitions, and self-esteem. Their experience and areas of focus vary based on their training and clinical interests. Our team can help determine whether an intern's experience is a good match for your needs.

Will I be working with a student instead of an experienced therapist? You will work directly with your therapist intern during sessions, with support from their clinical supervisor behind the scenes. Interns regularly consult with their supervisors to discuss treatment approaches, develop clinical skills, and ensure clients receive thoughtful, appropriate care.

At Grow Wellness Group, providing the best possible care for our clients is always at the heart of what we do. Our Clinical Internship Program is designed to help future therapists grow into confident, compassionate, and skilled clinicians through quality training, ongoing supervision, and meaningful professional development while ensuring that our clients feel supported, understood, and cared for every step of their journey.

OUT IN THE COMMUNITY

MENTAL HEALTH for all
NAMIWalks





BEAT THE STREETS CHICAGO WRESTLING

CAREER MOTIVE
Naperville 203

100 MILE RIDE / $100K FUNDRAISER
SOLSTICE CENTURY

ALMAS
Alliance of Latinos Motivating Action in the Suburbs
Alianza de Latinos Motivando Acción en los Suburbios

NOW ACCEPTING NEW CLIENTS!

Immediate availability for new client appointments.
Reach out to learn more or schedule an appointment.

Insurances Accepted

BlueCross BlueShield · Cigna · aetna · UnitedHealthcare · Medicare · TRICARE

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