Find Your Calm:

Tools to Reduce Stress, Beat Burnout, & Boost Mental Well-Being

Tuesday, February 24, 2026

Presented by OptWell
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Resource Fair Tables and Websites

All Star Pediatrics aspeds.com
The Community House Counseling Center thecommunityhouse.org/what-we-do/thecounselingcenter
Dayrise Wellness dayrisewellness.com
Ellie Mental Health elliementalhealth.com
Fusion Academy Oak Brook fusionacademy.com/campuses/chicago-oak-brook
Get On Track Health & Wellness getontrackillinois.org
Grief Connection Space, LLC griefconnectionspace.com
HelloCollege sayhellocollege.com
Just Lift Fitness jlfitnesstraining.com
The Loft at 8 Corners loft8corners.org
The Meadows - Outpatient Chicago meadowsoutpatient.com/locations/chicago-illinois
The Maley Way themaleyway.com
NAMI Metro Suburban namimetsub.org
No Retreat, No Surrender nrnsfoundation5013c.org
The OCD & Anxiety Center theocdandanxietycenter.com
OptWell optwell.org
Park District of La Grange pdlg.org
Pillars Community Health pillarscommunityhealth.org
Positively Psyched feelingpsyched.com
Rosecrance Behavioral Health rosecrance.org
Senseory livesenseory.com
The Sister Project cozyconversationswiththesisterproject.com
UChicago AdventHealth Behavioral Health uchicagomedicineadventhealth.org/our-services/behavioral-health

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Call **988**, chat via **988lifeline.org,** text **HOME** to **741741**, or chat via **crisistextline.org** for 24/7 mental health support with a trained counselor

A HUGE THANK YOU TO OUR SPONSORS:

Gold: Lyons Township High School, Ellie Mental Health, HelloCollege, The Meadows - Outpatient Chicago, UChicago Medicine AdventHealth La Grange

Silver: All Star Pediatrics, Dayrise Wellness, Fusion Academy Oak Brook, Just Lift Fitness, No Retreat No Surrender, OCD & Anxiety Center, Positively Psyched

In-Kind: Lyons Township Mental Health Commission (food & beverage)