

SPRING 2026  
EDITION

# WELLNESS IN BLOOM

CULTIVATING MENTAL WELLNESS FOR ALL



**PRESIDENT'S MESSAGE**

---

**COMMUNITIES SERVED**

---

**PARTNERSHIPS & PROGRAMS**

---

**GOVERNANCE**

---

**GIVE SMARTER**

---

**MENTAL HEALTH AWARENESS MONTH**

---

**UPCOMING EVENTS & FUNDRAISERS**

---

**OUR PARTNERS**

---

[GROWWELLNESSFOUNDATION.ORG](http://GROWWELLNESSFOUNDATION.ORG)

# A MESSAGE FROM OUR PRESIDENT

Please join me in extending our deepest gratitude to Kim Spayer for her dedicated service as President of Grow Wellness Foundation. Alongside our founders, Kim played an instrumental role in establishing this organization to address the growing mental health needs within our community. Her thoughtful leadership and unwavering commitment guided Grow Wellness Foundation with care and purpose for more than three years.

I am honored to step into this role as Kim passes the leadership baton. After more than 30 years leading schools and school districts, I have witnessed firsthand the profound impact mental health challenges can have on children, families, and communities. This experience has inspired my continued commitment to expanding awareness, access, and support for those in need.

As we look ahead, my focus is on building a strong foundation for growth and sustainability. We are currently developing a strategic plan with clear goals in finance, development, and governance—ensuring that Grow Wellness Foundation can expand its reach while maintaining the integrity and quality of our services.

What sets Grow Wellness Foundation apart is our heart—our compassion, our commitment, and the meaningful care we provide to those we serve.

If you are inspired to support our mission, I invite you to visit our website to learn more about donating or volunteering. Together, we can continue to break down barriers to mental health care and make a lasting difference in our community.

Faith Dahlquist, President



# HOW YOUR GENEROSITY IMPACTS LOCAL COMMUNITIES

## GROW WELLNESS FOUNDATION

MAKING A DIFFERENCE IN OUR COMMUNITY

**460+**

Therapy Service Hours Delivered\*

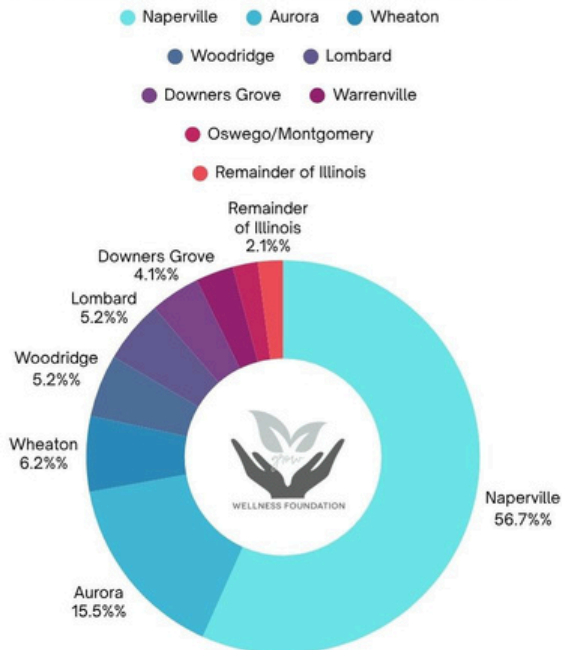
**126**

Individual Clients Served\*



Impact primarily local, but includes clients across Illinois

### COMMUNITIES SERVED



### PARTNERS

In addition to office hours, Grow Wellness Foundation partners with several community organizations to provide mental wellness resources to those needing care:

421 school counseling hours and 97 students served 9/1/25 - 2/20/26

North Central College Title IX Support Services:  
[www.northcentralcollege.edu](http://www.northcentralcollege.edu)

Little Friends: [www.littlefriendsinc.org](http://www.littlefriendsinc.org)

Smart Recovery: assisting those with addiction/obsessive behaviors. Facilitate weekly support meetings, trained 10 group facilitators

Samacare Grief Program: One time event, 49 attendees

“The support I received from Grow Wellness Foundation changed my life. I felt truly heard and supported.”

## NURTURING CHANGE, GROWING IMPACT

[WWW.GROWWELLNESSFOUNDATION.ORG](http://WWW.GROWWELLNESSFOUNDATION.ORG)

\*Office data only, 1/1/25-12/31/25, does not include partnerships

[Click to](#)  
**[Donate Now](#)**

# COMMUNITY PARTNERSHIPS & PROGRAMS

## EXPANDING OUR REACH: SUPPORTING STUDENTS ACROSS DISTRICT 204 AND BEYOND

WENDY HAYUM-GROSS

The 2025–2026 school year started off with us returning for our third year to Indian Prairie School District 204 to continue our partnership and embed therapists in schools one day per week to work with individual students and small groups.

We began the year back at Metea Valley High School and at two middle schools, Granger and Fischer. As word spread about the positive impact of our work at Metea, Nequa Valley High School invited us to bring one of our amazing therapists to their campus one day a week as well. By November, that partnership was underway. Soon after, we received calls from Longwood Elementary, as well as additional requests for support at Fischer and Hill Middle Schools and Owen Elementary.

To meet the growing needs of students, our two dedicated school therapists, Jenille Gunter-Harlan and Tiffany Weisner, were joined by Morgan Baumert and Bailey Behrman. Together, this talented team has expanded our reach and deepened our impact.

In addition to providing individual counseling, our therapists facilitate weekly groups focused on social-emotional learning, executive functioning skills, girls' empowerment, and transition support for sixth graders entering middle school, among other topics. These groups create safe, supportive spaces where students can build confidence, resilience, and meaningful connections with peers.

So far this school year, we have worked with more than 400 students. By the end of the year, we anticipate serving over 500 as we rotate students into new groups and continue connecting with additional individuals across these buildings.

Our school-based program is just one part of the Grow Wellness Foundation's commitment to eliminating barriers to mental health care. Beyond the schools, we offer community groups focused on topics such as grief and trauma, host a weekly SMART Recovery meeting, and provide counseling services in our office for individuals ages three through older adulthood, as well as for couples and families.

We are proud to continue expanding access to care—meeting students and community members where they are and ensuring that mental health support is available to all who need it.

# GOVERNANCE

## WELCOMING NEW LEADERSHIP: MEET OUR NEW BOARD MEMBERS

BRIAN BOLLINGER

Grow Wellness Foundation is proud to welcome two exceptional new members to our Board of Directors. Each brings a unique blend of professional expertise, personal passion, and a deep commitment to expanding access to mental health care in our community.

### Mike Thoma

Mike joins the Grow Wellness Foundation Board with an impressive background in organizational leadership, business transformation, and global team development. Throughout his career, Mike has led large-scale operations and managed multi-billion-dollar P&Ls - experience that directly supports the Foundation's commitment to strong financial stewardship, sustainability, and strategic growth.

Mike's expertise in developing new revenue channels and guiding business development will help strengthen Grow Wellness Foundation's ability to expand funding sources, deepen donor engagement, and build meaningful partnerships. His proven ability to build and lead high-performing teams also brings valuable insight into board governance, leadership development, and organizational effectiveness.

Since retiring, Mike has dedicated himself to giving back. He has served on the board of a domestic violence organization in Chicago and volunteered for many years in a high school adaptive physical education program, supporting students with severe disabilities as they build confidence and skills - including learning to golf.

Mike is especially passionate about helping others understand the value of counseling, particularly in times of grief. His compassion, leadership, and results-driven mindset make him a powerful advocate for Grow Wellness Foundation's mission.



## Judi Ratner

Judi demonstrates a lifelong dedication to community, family, and service through her role on the Grow Wellness Foundation Board. Raised in Munster, Indiana, and maintaining strong connections throughout the Chicago region, Judi consistently values meaningful contributions, compassion, and fostering relationships.



She holds a bachelor's degree in Consumer Affairs and Fashion Merchandising from Indiana University and a master's in Conflict and Dispute Resolution from Southern Methodist University. She has spent over thirty years in the nonprofit sector, working with youth, families, and communities to foster resilience and personal growth, demonstrating strong communication, empathy, and relationship skills.

Judi and her husband Randy, who will commemorate fifty years of marriage in May, retired in 2020. They reside in Dallas, Texas, and also spend time at their lake home near Grayslake, Illinois. They are the proud parents of Adam and Jessica and grandparents to five energetic grandsons.

Judi remains actively involved within her community, notably at Temple Emanu-El in Dallas, Texas, where she has served in numerous leadership roles and volunteers at the Temple Emanu-El Urban Farm. She enjoys outdoor activities, practices yoga, and approaches all endeavors with positivity and thoughtful consideration.

Her personal philosophy is encapsulated in the guiding principles by which she lives:

- "One person can make a difference."
- "Leave the world a bit better through your life and your principles."
- "Gratitude is one of the greatest gifts you can give."

# GIVE SMARTER

## HOW TO SUPPORT THE GROW WELLNESS FOUNDATION WITH MAXIMUM IMPACT (AND MINIMUM TAXES)

ZAC LARSON  
GWF BOARD MEMBER  
FINANCIAL ADVISER  
INTENTGEN.COM

If you care about creating a lasting impact in our community—and you're already giving to local nonprofits like the Grow Wellness Foundation—there may be smarter ways to give than writing a check or swiping a card. With some intentional planning, your generosity can go further while also reducing your tax burden.

At IntentGen, we help people not just accumulate wealth, but use it with purpose. One of the most overlooked strategies is *how* you give. For many donors, the most effective gifts come not from a wallet—but from investment accounts.

### Qualified Charitable Distributions (QCDs)

If you're age 70½ or older, you can make a Qualified Charitable Distribution (QCD) directly from your IRA to a nonprofit like the Grow Wellness Foundation. A QCD counts toward your required minimum distribution (RMD) but does not increase your taxable income. That means your gift supports youth mental health, mentoring, and prevention programs—while also helping your tax return.

### Donor Advised Funds (DAFs)

For donors of all ages, a Donor Advised Fund can be a powerful giving tool. By contributing appreciated assets, such as stocks, you can avoid capital gains taxes, receive an immediate charitable deduction, and then recommend grants over time to support organizations like the Grow Wellness Foundation. This approach allows you to sustain programs that matter most to you while maximizing tax efficiency.

### The Impact of Giving Intentionally

When you give strategically, every dollar can stretch further. Instead of giving \$1 that costs you a full \$1, tax-smart strategies may allow you to give \$1 that only costs you 60 or 70 cents—leaving more capacity to do good, for longer.

At the Grow Wellness Foundation, every gift directly strengthens programs that nurture youth resilience, mental wellness, and prevention. When you align your financial strategy with your philanthropic heart, both you and the community thrive.

**Disclaimer: This information is provided for educational purposes only and should not be considered tax, legal, or financial advice. Please consult your personal tax advisor or financial professional to determine the best giving strategies for your situation.**

# MENTAL HEALTH AWARENESS MONTH

## MAY IS MENTAL HEALTH AWARENESS MONTH

CELESTE WAGNER

As we welcome the spring season of renewal, May offers a meaningful opportunity to shine a light on something that impacts every one of us—our mental health.

Mental Health Awareness Month, recognized nationally each May, is a time to break down stigma, encourage open conversations, and remind our community that support is available and that no one has to navigate their mental health journey alone. At Grow Wellness Foundation, this mission is at the heart of everything we do. Mental health is just as important as physical health, yet far too many individuals and families face barriers to care—whether due to cost, access, or stigma. In our local community and beyond, people are struggling quietly, unsure of where to turn.

Mental Health Awareness Month helps us:

- Normalize conversations around mental health
- Encourage individuals to seek help early
- Highlight the importance of accessible, affordable care
- Remind those who are struggling that they are not alone

At Grow Wellness Foundation, we are dedicated to expanding access to mental health services for individuals, couples, and families—especially those who are uninsured or underinsured. Through subsidized counseling and community partnerships, we are working to ensure that financial barriers never stand in the way of receiving care. Every session supported, every story shared, and every life impacted is a step toward a healthier, more compassionate community.

Because of your support, we are making a difference:

- 460+ Therapy Service Hours Provided
- 126 Individuals Supported
- Serving communities across the western suburbs, including: Naperville, Aurora, Wheaton, Woodridge, Lombard, Oswego/Montgomery, Warrenville, Downers Grove & beyond

This May, we invite you to be part of the movement:

- Start the conversation – Check in with a friend, family member, or colleague
- Share resources – You never know who might need them
- Support the mission – Your donation helps provide access to care for those who need it most
- Join us at upcoming events – Including our Petals, Ponds & Pathways Garden Walk and Summer Solstice Ride this June

Just like a garden in spring, mental wellness requires care, attention, and time to grow. Together, we can cultivate a community where seeking help is seen as strength—and where support is always within reach.

This Mental Health Awareness Month, let's continue to grow awareness, nurture connection, and create lasting change. If you or someone you know is seeking support, or if you'd like to learn more about how to get involved, please visit [www.growwellnessfoundation.org](http://www.growwellnessfoundation.org).

# UPCOMING EVENTS & FUNDRAISERS

SAVE THE DATES

## RIDE FOR A CAUSE: SOLSTICE CENTURY, JUNE 19<sup>TH</sup>

JEFF GROSS

Grow Wellness Foundation is honored to be a beneficiary of the 2026 Solstice Century—an inspiring community cycling event that fuels meaningful impact.

### What Is It?

Held on the summer solstice, this one-day challenge brings together 100 riders to complete 100 miles and raise \$100,000 for charity. The 3rd annual ride takes place on June 19, 2026, at Whalon Lake in Bolingbrook, with scenic 10-mile loop routes designed for all experience levels. It's not a race—it's a day built on purpose, perseverance, and community.

### Why It Matters

In 2025, the event raised over \$105,000 for six charities. This year, your participation helps Grow Wellness Foundation expand access to mental health care and strengthen our community.

### Get Involved

- Ride: Take on the 100-mile challenge and raise funds for a cause that matters
- Volunteer: Support riders and help power this incredible event
- Sponsor: Make a direct impact by supporting a participant

### Reach for the Clouds - Be Part of Something Bigger

The Solstice Century is more than a ride—it's a powerful reminder of what we can achieve together. Your involvement helps Grow Wellness Foundation continue breaking down barriers to mental health care. Ready to ride, volunteer, or sponsor? Click below to learn more and register.

**100 MILES. 100 RIDERS.  
\$100,000 TO CHARITIES.  
ALL DAY TO DO IT.**

3rd Annual Solstice Century Ride  
Friday, June 19, 2026

REACH FOR THE CLOUDS &  
SIGN UP TODAY!

INTENT GEN<sup>®</sup> FINANCIAL PARTNERS Your Feelings of Accomplishment = Incredible  
The Impact on Others = Immeasurable

WELLNESS FOUNDATION

[GET INVOLVED TODAY!](#)

# PETALS, PONDS & PATHWAYS: A GARDEN WALK BENEFITTING MENTAL WELLNESS • JUNE 26<sup>TH</sup> & 27<sup>TH</sup>

FAITH DAHLQUIT & CELESTE WAGNER

*"To plant a garden is to believe in tomorrow," Audrey Hepburn*

We believe in tomorrow and supporting tomorrow through raising mental health awareness and access for the underserved. That is why we are once again partnering with Aquascape to plan a garden walk that supports the Grow Wellness Foundation.

2<sup>nd</sup> ANNUAL

## Petals, Ponds & Pathways

A GARDEN WALK  
BENEFITTING MENTAL WELLNESS

Friday, June 26th • 1PM – 5PM  
Saturday, June 27th • 9AM – 1PM

Rain or shine.  
Explore 5-6 exceptional gardens in  
Naperville at your own pace!

Tickets are \$15 per person if purchased on or before June 23rd.  
\$20 per person on the day of the event.  
Children 10 and under attend FREE.

**Purchase Tickets**

Proceeds benefit the Grow Wellness Foundation,  
a 501(c)(3) nonprofit organization.  
Funds raised support local mental wellness efforts  
by improving access to care.

Learn more at  
[www.growwellnessfoundation.org](http://www.growwellnessfoundation.org)  
or email  
[info@growwellnessfoundation.org](mailto:info@growwellnessfoundation.org)



# PETALS, PONDS & PATHWAYS: SPONSORSHIP INFORMATION

FAITH DAHLQUIST & CELESTE WAGNER



WELLNESS FOUNDATION  
2<sup>nd</sup> ANNUAL

## Petals, Ponds & Pathways A GARDEN WALK BENEFITING MENTAL WELLNESS

### About GROW WELLNESS FOUNDATION

Based out of Naperville, The Grow Wellness Foundation, NFP was established in 2022 to promote mental wellness in the Western Suburbs of Chicago by providing better access to care for the under-served and community outreach, as well as by supporting the future of mental health field.

### Why PARTNER WITH US

- Support mental health access
- Make a local impact
- Align with a meaningful cause
- Engage with community leaders

### Event OVERVIEW

- 5-6 Private Gardens in Naperville
- Self-Guided Experience
- Community Focused Attendees
- Supports Therapy Access

**"ACCESS TO CARE CHANGES LIVES AND STRENGTHENS COMMUNITIES"**

For more information or to secure a sponsorship please contact Faith at (630) 222-8044.

2<sup>nd</sup> ANNUAL

## Petals, Ponds & Pathways A GARDEN WALK BENEFITING MENTAL WELLNESS

### Sponsorship Opportunities

#### Seed Sponsor \$100

A meaningful first step in supporting mental wellness.

- Name listed in event booklet (text only, no logo)
- Recognition as a supporter of mental wellness in our community

#### Sprout Sponsor \$250

Growing your impact while gaining visibility.

- Logo listed in event booklet
- Two (2) complimentary event tickets
- Recognition as a garden walk supporter

#### Bloom Sponsor \$1,000

Strong partnership that helps our mission blossom.

- Half-page advertisement in the event booklet
- Website and social media mentions
- Six (6) complimentary event tickets
- Recognition as a key community partner

#### Flourish Sponsor \$2,500

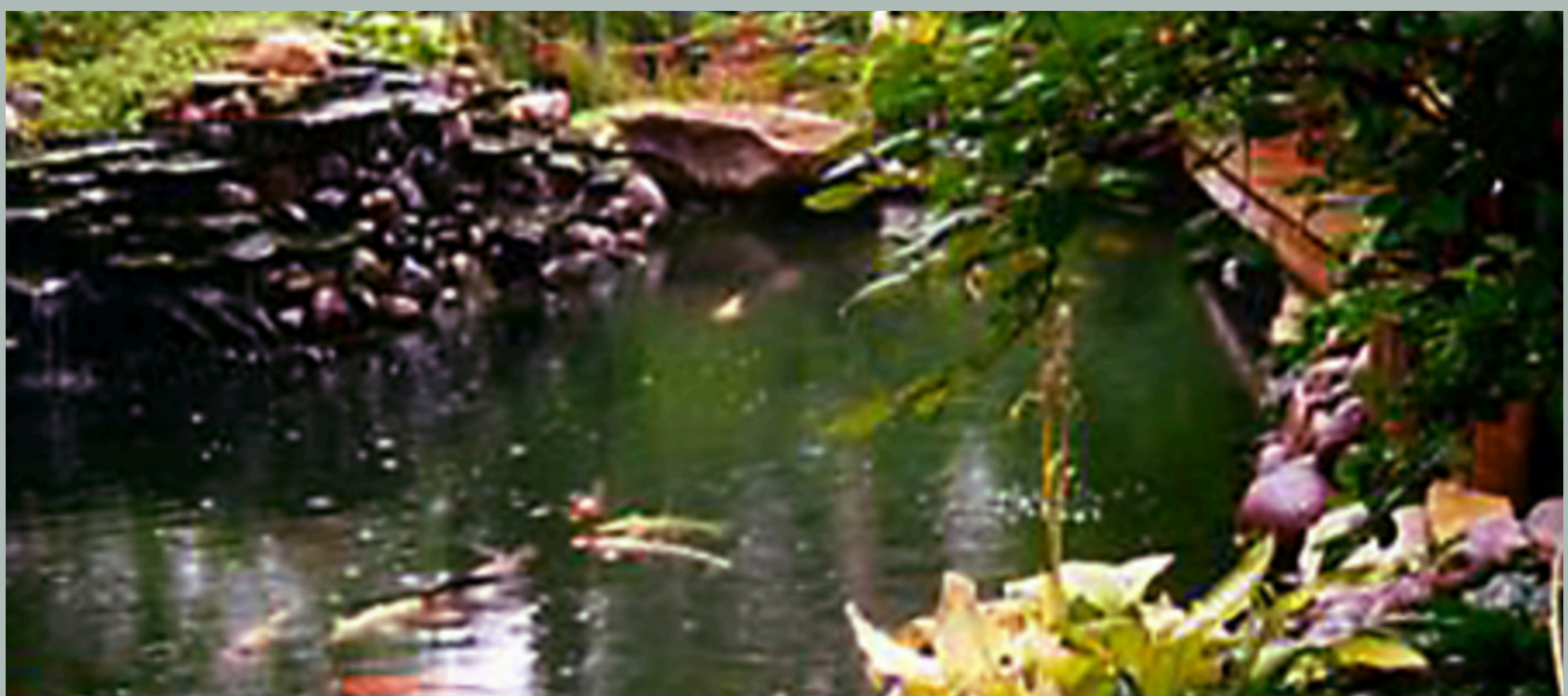
Premier sponsorship with maximum visibility and impact.

- Inside back cover ad/logoplacement in the event booklet
- Website and social media mentions
- Ten (10) complimentary event tickets
- Prominent logo placement and recognition at the event and website
- Recognition as a community leader and presenting sponsor

### Your Impact HELPS MENTAL WELLNESS TAKE ROOT & FLOURISH

Your sponsorship directly supports access to mental health care for individuals and families in our community - helping remove barriers and create opportunities for healing, growth and resilience.

For more information or to secure a sponsorship please contact Faith at (630) 222-8044.



# YOGA FOR RECOVERY

GROW WELL YOGA + BARRE + FITNESS

## Yoga for Recovery.

free, trauma-informed classes  
*designed to support recovery*

Each week offers a structured, supportive space to build skills for nervous system regulation, stress relief, and resilience.

**Who is this class for?** People 18 and older, in recovery, and anyone seeking recovery focused yoga practice

**What to expect?** Breathwork and grounding practices to support regulation, gentle physical yoga practice with options for different bodies and energy levels, a calming wind down

Starting **4/28** | **TUESDAYS** | **6:00-7:00 pm**

at Grow Well Yoga + Barre + Fitness  
200 E 5th Ave, Naperville, IL 60563

**SIGN UP AT [GROWWELLYOGA.COM](https://growwellyoga.com)**



**THANK YOU TO ALL OUR  
CORPORATE SUPPORTERS!**



901 Aqualand Way, St. Charles, IL 60174  
(630) 659-2057  
[construction@aquascapeinc.com](mailto:construction@aquascapeinc.com)



EAGAN & COMPANY  
CERTIFIED PUBLIC ACCOUNTANTS



**Discover meaningful partnership opportunities with the  
Grow Wellness Foundation. Connect with us to explore  
how your company can make an impact.**

**[info@growwellnessfoundation.org](mailto:info@growwellnessfoundation.org)**

**We are a 501 (c)3 organization. All donations may be tax deductible.**