

WELLNESS IN BLOOM

CULTIVATING MENTAL WELLNESS FOR ALL



**FALL 2025
EDITION**

WELCOME LETTER

COMMUNITIES SERVED

PARTNERSHIPS & PROGRAMS

GOVERNANCE

GIVE SMARTER

EVENT HIGHLIGHTS

GROWWELLNESSFOUNDATION.ORG

LETTER FROM THE PRESIDENT

Welcome to the Grow Wellness Foundation premier newsletter. We're pleased to share that we are "three years young" and we're so excited to share our first newsletter with you.. Please take a look and share your feedback!

Our Mission:

The Grow Wellness Foundation (NFP) started three years ago in 2022 with the express purpose to

- Expand awareness and access to mental health and wellness services for the underserved or marginalized populations through reduced fee and subsidized therapy services
- Collaborate with other mental wellness providers by working in our schools, businesses and community organizations to build mental health awareness and response strategies

In the newsletter you will learn about our programs and discover how your support makes our services possible. We welcome our newest board member and highlight our fundraising events both past and future.

Please join us on this journey!

With deep gratitude,

Kim Spayer, President



HOW YOUR GENEROSITY IMPACTS LOCAL COMMUNITIES

GROW WELLNESS FOUNDATION

MAKING A DIFFERENCE IN OUR COMMUNITY

400+

Therapy Service
Hours Delivered

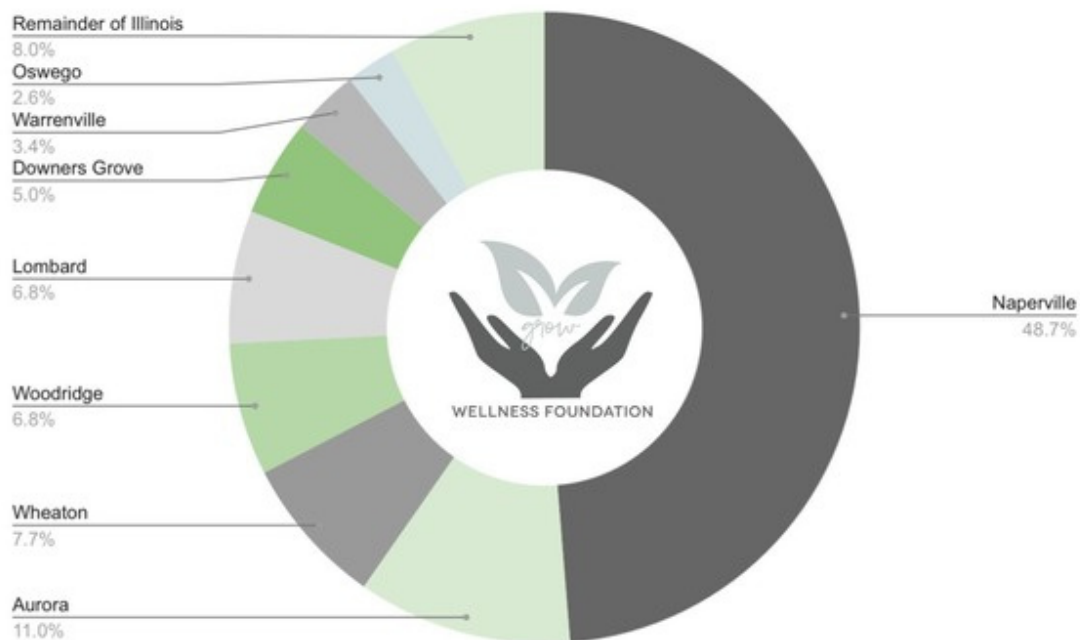
117

Individual
Clients Served



Impact primarily
local, but includes
clients across
Illinois

COMMUNITIES SERVED



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

NURTURING CHANGE, GROWING IMPACT

WWW.GROWWELLNESSFOUNDATION.ORG

Click to
Donate Now

COMMUNITY PARTNERSHIPS & PROGRAMS

WENDY HAYUM-GROSS

Our partnership with District 204 continues this fall with embedded therapists supporting students during the school day at no cost. Jenille Gunter-Harlan, LPC PEL, is at Metea Valley High one day a week, and Tiffany Wiesner, LPC, begins at Fischer and Granger Middle Schools in late September.

In October, Wendy will facilitate Secure and Grow at North Central College - a supportive group for survivors of trauma and interpersonal violence.



We're also excited to welcome Rosa Plaza-Nigaglioni, a bilingual therapist serving adolescents, individuals, and couples both in-office and via telehealth.



SMART RECOVERY FOR INDIVIDUALS

Do you want to address an addiction, problem, or harmful habit? SMART Recovery helps you *make* and *sustain* positive changes that lead to a balanced life.

What is SMART recovery and how does it work?

SMART Recovery helps people change harmful habits and addictive behaviors—whether related to alcohol, drugs, gambling, relationships, sex, spending, eating, exercise, or self-injury.

Using science-based tools and strategies, SMART empowers you to take control of your recovery with a focus on:

- Self-reliance
- Resilience
- Personal choice

SMART and Other Recovery Groups

Although SMART's approach differs from other groups, it does not exclude them. We recognize and support the fact that many people benefit from participating in more than one support community.

LOCAL MEETING INFORMATION

- WEDNESDAYS @ 7:30 PM
- GROW WELLNESS GROUP
200 E. 5TH AVENUE STE 3-105*
NAPERVILLE, IL 60563

NOTE: THERE ARE TWO SUITE 105'S. 3-105 IS NEAR THE ELEVATOR VESTIBULE

LOCAL CONTACT

- FACILITATOR: DANIELLE ANDERSON
- EMAIL: DANIELLE@GROWWELLNESSGROUP.COM

CONFIRM MEETING DETAILS WWW.SMARTRECOVERY.ORG/MEETINGS

SMART Recovery
Life beyond addiction

grow
Wellness Group

Smart Recovery meets Wednesdays at 7:30 PM in our Naperville office, led by Danielle Anderson, LCSW CADC. In October, twelve additional team members will be trained to expand offerings. Smart Recovery supports individuals with addictions, eating disorders, and more—and welcomes family members too.

GOVERNANCE

BRIAN BOLLINGER

One of the key responsibilities of the Grow Wellness Foundation's Governance Committee is to identify potential board members.

We are pleased to welcome Russell Zimmerman to the board. Russell is an attorney at Huck Bouma, where he serves as director of the Wealth Transfer and Estate Planning practice group. He and his wife, Laura, live in Wheaton with their two children. Russell was proposed to the board by Mary Morrissey.



The Governance Committee is also responsible for presenting the slate of Board Officers for the Foundation. The committee is currently working to finalize the candidates who will take office in January 2026. These officers will serve a two-year term. Stay tuned for the announcement in the coming months!

*Cultivating Trust,
Growing Impact*

GIVE SMARTER: HOW TO SUPPORT THE GROW WELLNESS FOUNDATION WITH MAXIMUM IMPACT (AND MINIMUM TAXES)

ZAC LARSON

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.

SUMMER EVENT HIGHLIGHTS & UPCOMING FUNDRAISERS

CELESTE WAGNER

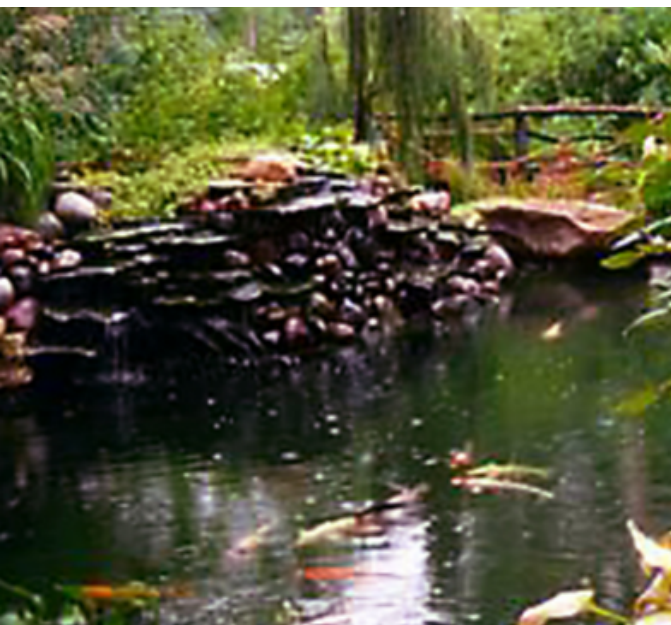
This summer, community spirit was on full display. Whether dining out, raising a glass, pedaling hard, or strolling through gardens, our supporters turned everyday moments into extraordinary impact.

Dining for a Cause

A heartfelt thank you to [Lazy Dog Restaurants](#) and [Alter Brewing Company](#). With every meal and toast, you helped serve more than just food and drinks, you helped serve our mission of expanding access to mental health care.

Solstice Century Ride

On June 20th, riders and supporters came together for the Solstice Century Ride, and the results were nothing short of inspiring. A special thanks to Zac Larson and the entire [IntentGen Financial Partners](#) team for your leadership and dedication.



Petals, Ponds & Pathways Garden Walk

Thank you to [Aquascape Construction](#) and [Wannemaker's Home & Garden](#) for sponsoring an unforgettable Garden Walk. Your generosity created the perfect setting for community, reflection, and connection, while reminding us all of the healing power of nature.

Because of partnerships like these, every dollar raised goes toward real change, local care, and lasting impact.

CELEBRATING WHAT WE ACCOMPLISHED TOGETHER AND LOOKING AHEAD TO WHAT'S NEXT!

Casino for a Cause 2025

Looking to the future the Grow Wellness Foundation is honored to be a participating charity for Casino for a Cause an evening of entertainment, education and impact on October 22nd at the Matrix Club from 7-10 pm.

This is an event for clients of IntentGen Financial Partners and special guests from the community. GWF will be one of 20+ charitable organizations showcasing their cause to the 300-400 attendees who will be asked to donate to the represented causes that they care about. Let us know if you would like an invitation by emailing info@growwellnessfoundation.org.

CLICK FOR
INFO



**SAVE
THE
DATE**

**WEDNESDAY, DECEMBER 17, 2025 • ALTER BREWING
FUNDRAISER - 3PM - 10PM, 2300 WISCONSIN AVE
UNIT 213, DOWNERS GROVE, IL 60515**

**JUNE 26 - 27, 2026 • PETALS, PONDS & PATHWAYS
2ND ANNUAL GARDEN WALK.**

JUNE 19, 2026 • CENTURY SOLSTICE RIDE

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



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(630) 659-2057
construction@aquascapeinc.com



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CERTIFIED PUBLIC ACCOUNTANTS



EVEREVE



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

info@growwellnessfoundation.org

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