BASKET #1

TWO $50 LETTUCE ENTERTAIN YOU GIFT CARDS

JSR Associates has been dedicated to providing compassionate, personalized care since 1995. Every life’s journey presents unique challenges and we are here to help you create your solutions. Our therapists can help you overcome a variety of emotional, behavioral and life difficulties. We serve children, adolescents and adults by providing individual, couples and family counseling.

420 Lake Cook Road Suite 113
Deerfield, Illinois 60015-4914
847.405.0220
BASKET #2

$120 URBAN OASIS GIFT CARD FOR 60 MINUTE MASSAGE
(SERVICE CAN BE BOOKED MONDAY-FRIDAY)

Since 1992, Urban Oasis has been providing massage therapy to the city of Chicago. Our highly-trained therapists are certified graduates of accredited schools and licensed in the state of Illinois.

They hail from 14 states, as well as Japan, Austria, China, Chile, Russia and the Philippines. Urban Oasis has 65 massage therapists on staff offering a wide range and style of massage therapies such as Ashiatsu Oriental Bar Therapy, Deep Tissue Massage, Hot Stone Massage, Oncology Massage, Lymphatic Drainage Therapy, Prenatal Massage, Reflexology, Bamboo Fusion, Shiatsu, Sports Massage, Swedish Massage, TMJ Relief and Thai Massage.

We invite you to visit our Chicago northside location and let us provide you with a customized treatment tailored to your needs! Reserve an appointment today.

939 W North Ave
Chicago, IL 60642
(312) 640-0001
BASKET #3

TEA TRAVEL KIT & DOUBLE WALL INSULATED TEA MUG

DAVIDsTEA

We celebrate the beauty, the magic, the life-changing power of loose leaf tea.

www.davidstea.com
BASKET #4

ANXIETY, MINDFULNESS, AND PANIC RESOURCE PACK

Light On Anxiety’s mission is to provide accessible, practical, empirically supported Cognitive Behavioral Therapy (CBT) to help clients move past anxiety & OCD as rapidly as possible. Light on Anxiety strives to deliver behavioral health treatment that is:

Compassionate | Personalized | Action-Oriented

www.lightonanxiety.com
I am a board certified psychiatrist with over 15 years of experience treating adults with mood and anxiety disorders, Life stressors, medical illness, trauma, addictions and eating disorders. I also have board certification in psychosomatic medicine, which is the branch of psychiatry that focuses on how the mind and body interact in illness and in stress.

I provide both medication management and psychotherapy. My goals in working with patients is to listen and connect, helping to guide effective treatment which is both evidence-based as well as in line with their own values.

www.windycitypsychiatry.com
Rogers Behavioral Health is a non-profit behavioral health hospital serving children, adolescents, and adults. We have all levels of care (residential, partial hospitalization, intensive outpatient, and inpatient) to treat individuals with OCD and other anxiety disorders.

Skokie Location: 224-470-4100 or 844-615-3222
Hinsdale Location: 630-686-4544 or 844-615-3222
BASKET #7

SELF-CARE BASKET

Life Counseling Institute, located in Willowbrook and Park Ridge IL, focuses extensively on the treatment of OCD and anxiety disorders using exposure-based therapy and works with adults, teens, children, and couples. Founder and Clinical Director Marilee Feldman co-facilitates the Rogers Hinsdale OCD Case Consultation for professionals who treat OCD.

Willowbrook and Park Ridge Locations
(630) 348-9287
$100 GIFT CARD TO FRANCESCA'S RESTAURANT GROUP

Redeem at any Francesca’s Restaurant Group location!

Francesca’s
Davanti Enoteca
FAT ROSIE’S
HOLLYGROVE
TAP
disotto

miafrancesca.com

The North Suburban Center for Anxiety specializes in using cognitive behavior therapy to treat individuals of all ages with anxiety disorders, obsessive compulsive and related disorders, and depression. We are committed to providing research-supported and results-oriented treatment. By the end of treatment, our goal is that clients have learned the essential tools to master their anxiety or OCD and are living a more fulfilling life.

North Suburban Center for Anxiety
1500 Skokie Boulevard, Suite 305
Northbrook, IL 60062
224-326-0068
Exposure Therapy Chicago (ETC) is a primarily telepsychology practice delivering evidence-based therapy for anxiety, OCD, stress and trauma. Dr Lisa Conway is a Licensed Clinical Psychologist and is board-certified in Behavioral and Cognitive Psychology. She specializes in Exposure and Response Prevention (ERP), Prolonged Exposure (PE) and Acceptance and Commitment Therapy (ACT).

Please contact Dr. Conway at lisa@exposuretherapychicago.com or 312.471.3910 for further information or to set up an initial appointment.
AMITA Health Behavioral Medicine is located in Chicago and the surrounding suburbs offering over 50 sites of care for mental health and substance use problems. As one of the largest behavioral health systems in the country, AMITA Health offers multiple options for treatment of anxiety and OCD. Foglia family residential treatment center is one of the few treatment facilities that offers assistance for both substance use and anxiety/OCD utilizing multiple clinical approaches including ERP and Virtual Reality treatment. Additional levels of care for anxiety and OCD are available at AMITA Health sites including Partial hospital programs and intensive outpatient therapy.
800.432.5005
We are a team of highly skilled professionals who have dedicated our lives to meeting the mental health needs of our communities in Chicago. Too many people suffer needlessly with treatable conditions, such as Obsessive-Compulsive Disorder (OCD), Post-Traumatic Stress Disorder (PTSD), Eating Disorders, Social Anxiety, and Major Depressive and Bipolar Disorders. It is our mission to make the highest quality care available to all members of our community. We are an inclusive environment, welcoming people from all walks of life and every background.

773-494-5505
Hope for the Day (HFTD) is a non-profit movement empowering the conversation on proactive suicide prevention and mental health education.

www.hftd.org
BASKET #14

SPA BASKET

color STREET

www.colorstreet.com

oasis face bar

WORTHINGTON, OH

www.oasisfacebar.com

Body for Life

MASSAGE & SPA

BETTER YOU, BETTER LIFE

www.bodyforlifemassage.com
NOCD provides online therapy for obsessive-compulsive disorder (OCD), one of the most severe, prevalent, and misunderstood mental illnesses. Inside the NOCD telehealth platform, people with OCD can receive live, face-to-face virtual therapy sessions from a licensed therapist that specializes in OCD, as well as get always-on support between sessions from self-help tools and peer communities.

www.treatmyocd.com
BASKET #16

TASTE OF WORTHINGTON, OHIO

www.oldbagofnails.com

Courtesy of Laura Bommarito and Janelle Daughtery
www.highlinecoffeeco.com

www.peaceloveandlittledonuts.com

www.mypizzaprimo.com

www.sassafrasbakery.com

Feed Your Inner Hippie.

Peace, Love, & Little Donuts

Pizza Primo

Sassafras Tasty & Fresh Bakery

Courtesy of Central Ohio GOALS for OCD
BASKET #17

FALL PHOTO SESSION
*MUST BE REDEEMED OCT 16-19*

Coley & Co Photography is a professional Photographer that has been part of the Columbus, Ohio wedding and photography industry for 8 years. We specialize in wedding photography, engagement photography, boudoir photography, portrait photography, and lifestyle sessions.

www.coleyandco.com
My art reflects my experiences as an adult and as a child. I’ve been based in Ohio for a great part of my life and I love to travel. My fascination with landscapes and alternate worlds comes from both my travels and the diverse communities where I’ve lived such as: the Appalachian hills (WV & PA), the Sonoran Desert (AZ), the east coast (NJ), and India. I was a late bloomer – late to finish college, late to start a career and, when I retired, late to start at the Columbus College of Art and Design (CCAD). I don’t think they offered art classes in my public schools and perhaps one of the best ‘perks’ that came with my AT&T Bell Labs ID was free admission to almost every museum in NYC. It took a few years before I was wondering “how hard can it be to make this ...” and that was my first step toward becoming a painter.

www.danaegrubbe.com
My art reflects my experiences as an adult and as a child. I’ve been based in Ohio for a great part of my life and I love to travel. My fascination with landscapes and alternate worlds comes from both my travels and the diverse communities where I’ve lived such as: the Appalachian hills (WV & PA), the Sonoran Desert (AZ), the east coast (NJ), and India. I was a late bloomer – late to finish college, late to start a career and, when I retired, late to start at the Columbus College of Art and Design (CCAD). I don’t think they offered art classes in my public schools and perhaps one of the best ‘perks’ that came with my AT&T Bell Labs ID was free admission to almost every museum in NYC. It took a few years before I was wondering “how hard can it be to make this ...” and that was my first step toward becoming a painter.

www.dana grubbe.com
BASKET #15

"CONSCIOUSNESS"
PRINT

22X18 PRINT

www.sshinnock.com
BASKET #21

BRAKE THE CYCLE

Johnny VELO Bikes

Congratulations! You are the recipient of a $75 Fleet Feet Gift Card.

Johnny Velo is a local, community-based bike shop that offers new, used, and custom bikes from a variety of brands. We offer road, mountain, city, and hybrid bikes, as well as accessories and clothing to support your cycling needs.

The Gift Card includes:
- Free in-store bicycle fitting
- Free in-store bike tune-up
- Free in-store bike repair
- Free in-store bike maintenance
- Free in-store bike accessories
- Free in-store bike clothing

We are pleased to support the community and our cycling communities.

Thanks,

Alisa
Johnny Velo Bikes
4030 N. High St.
Columbus, OH 43214
614.322.4213

Note: 2013

www.johnnyvelobikes.com  www.fleetfeet.com
BASKET #22

CAR WASH BASKET

www.moomoocarwash.com  www.gianteagle.com
BASKET #23

COLUMBUS FOOD COURT

www.raisingcanes.com

www.donatos.com

www.hotchickentakeover.com

www.weilandsmarket.com

www.roosterswings.com

www.jtspizzacolumbus.com
BASKET #24

DATE NIGHT

aloft HOTELS
www.aloft-hotels.marriott.com

MAKERS SOCIAL
www.makerscolumbus.com

Northstar café
www.thenorthstarcafe.com/

PIADA ITALIAN STREET FOOD
www.mypiada.com

NOTHING bundt CAKES
www.nothingbundtcakes.com

GRANDVIEW THEATER & DRAFTHOUSE
www.grandviewtheater.com
The Center for Anxiety & OCD (CAO), is an outpatient speciality clinic co-directed by Drs. Andrea Mazza, Erica Wagner, and Jennifer Keller and is located in Deerfield, Illinois. At CAO, we have an unwavering commitment to providing compassionate & effective care. We are specialists in Cognitive-Behavioral Therapy (CBT), the gold standard, evidence-based treatment for anxiety & related disorders. We value the accessible & approachable application of science with our patients as we encourage them to face fears head-on, and lead lives unburdened by anxiety. We are experts in the field & partners in treatment. Together with our patients, we engage in hands-on, goal-oriented, & practical skill-building, taking thoughtful steps in manageable increments. As specialists, we apply a unique artistry to treatment rooted in research & tailored to each individual. Retraining the brain is hard work – with an empathetic push, we empower our patients & families to conquer their anxiety & get back into their lives.

www.centerforanxietyandocd.com
BASKET #26

MINDFULNESS & GROWTH BASKET

Sew to speak

www.sewtospeakshoppe.com

www.acuff.me

www.gramercybooksbexley.com
Shala Nicely, LPC is the author of Is Fred in the Refrigerator? Taming OCD and Reclaiming My Life and coauthor with Jon Hershfield, MFT of Everyday Mindfulness for OCD: Tips, Tricks & Skills for Living Joyfully. She’s a licensed counselor and cognitive behavioral therapist in metro Atlanta, GA specializing in the treatment of OCD & related disorders and anxiety disorders. Shala produces the Shoulders Back! Tips & Resources for Taming OCD newsletter and blogs for Psychology Today, offering an inside perspective on life with OCD. She’s a frequent speaker at national conferences and has contributed to coverage about OCD and anxiety in The Washington Post, VICE, 11Alive News in Atlanta, Counseling Today, Psychotherapy.net, the American Psychological Association, and the International OCD Foundation.

www.shalanicely.com
BASKET #28

OCD TOOLKIT 1

Not Alone Notes
Sign up to get a note:
www.NotAloneNotes.org

www.notalonenotes.org

Instagram: @ocddoodles

www.shalanicely.com

www.sshinnock.com
BASKET #29

OCD TOOLKIT 2

www.amandalcpc.com

Instagram: @ocddoodles

www.sshinnock.com
At the OCD & Anxiety Center, we treat OCD, anxiety, PTSD and anxiety related disorders with effective, evidence-based Cognitive Behavioral Therapy and Exposure-Based Therapy. We treat children, teens, and adults and often incorporate parents and caregivers into the treatment process. We are able to do treatment in the home or wherever anxiety happens and can also offer more intensive treatment options. We are located in Oak Brook, IL and Orland Park, IL and are offering both in office and virtual appointments.

Feel free to reach out to us at 630-522-3124!