

THRIVE COUNSELING CENTER

Brighter Together

SPRING BENEFIT 2026



MISSION

To provide community-centered mental health services that empower individuals and families to build resilience and lead lives filled with meaning, connection, and hope.

VISION

We envision a world where mental health is valued, proactively nurtured, and in reach of everyone.

VALUES

Compassion
Curiosity
Collaboration
Community

ORDER OF

events

Honor James Mizgala | Jan Pyrce and Ezra, Gabby, Julian Mizgala

Award Acceptance | James Mizgala

Live Auction | Nicole Kawell

Program Updates | Jenni Rook

Client Story | Video

Paddle Raise | Nicole Kawell

Winners and Farewell | Jason Strietzel



THRIVE AT A GLANCE

Over **2,400 People** Served Across Programs

ADULT &
YOUTH
THERAPY

931

adults and youth received counseling and case management services

PSYCHIATRY

342

adults and youth obtained psychiatric assessment, medication management, and ongoing care

CRISIS
RESPONSE

410

mental health emergencies supported through walk-in, phone, and in-person assistance

SUICIDE
PREVENTION

722

suicide prevention training participants

GROUP
THERAPY

2,289

hours of group therapy provided

HOLISTIC
CARE

25%

of clients access more than one service at Thrive

PROGRAM REVIEW

ADULT, YOUTH, AND GROUP COUNSELING



Thrive's culturally responsive and specialized team provides compassionate care to children, adults, and families.

Our comprehensive therapy services include:

- Individual Therapy for Adults ages 18+
- Individual Therapy for Youths ages 6-17
- Family and Couples Therapy
- Intensive Trauma Treatment for Adults

PSYCHIATRY



Thrive offers psychiatry as part of a holistic approach to addressing mental illness. Diagnosis, prescription access, and medication management are supported by patient education and advocacy.

Our Psychiatric Mental Health Nurse Practitioners treat a wide range of mental health challenges and work with clients ages six and above.

24/7 CRISIS TEAM



Thrive's Crisis Program offers immediate support during mental health emergencies. The two-person crisis response team provides compassionate care, de-escalation, resources, and referrals.

Thrive offers mobile crisis support to Oak Park and River Forest, a walk-in clinic during business hours, and a 24/7/365 crisis telephone hotline.

COMMUNITY EDUCATION AND SUICIDE PREVENTION



Thrive provides free community education on a variety of topics through its *Thrive Talks* series. Thrive is also an accredited suicide prevention provider, delivering suicide awareness and prevention training.

THE IMPACT OF YOUR SUPPORT

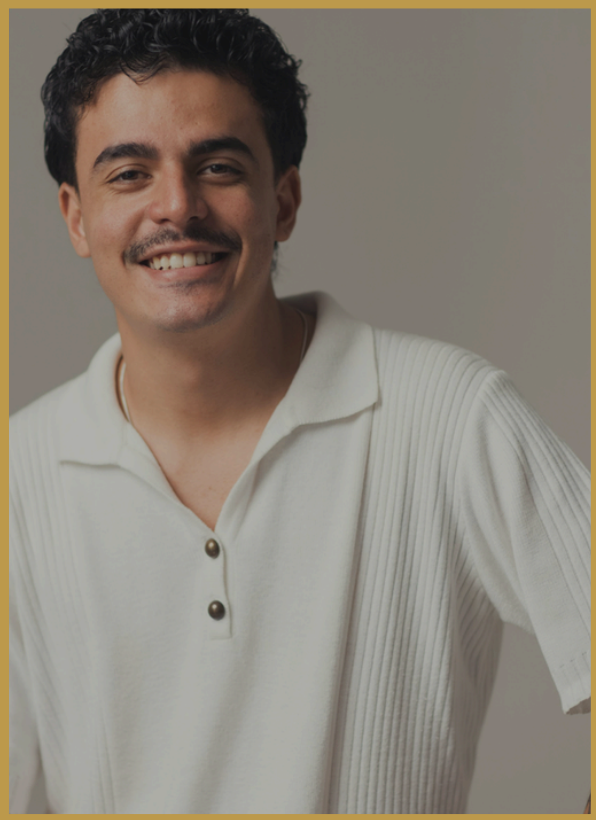
Pete's Story

I don't remember the first time someone said the word bipolar in connection with me, but I remember the feeling, relief tangled up with fear. For years, I had lived inside emotional extremes that didn't make sense. I wanted stability, but no matter how hard I tried to force myself into it, I'd get swept right back into the storm.

By the time I first came to Thrive, I felt like I had done years of group work and was finally ready for more focused, one-on-one help.

Starting therapy at Thrive changed things for me immediately. My therapist gave me space to be open in a way I hadn't experienced before, and the psychiatric team helped me find a medication plan that worked without making me feel like I was losing myself. For the first time, I felt like every part of my care was connected and intentional.

At Thrive, every therapist, every doctor, and every staff person has been kind, professional, and genuinely invested in my progress. Thrive has given me stability, dignity, and hope. They've helped me rebuild the parts of my life that bipolar disorder had shaken loose, piece by piece. And because of them, I'm living a life that feels steady and real, one that I can be proud of.



HONORING

James Mizgala

The Spirit of Hope Award was established by Thrive Counseling Center to recognize individuals whose leadership, compassion, and dedication advance Thrive's mission of expanding access to community-centered mental health care.

In its inaugural year, the Spirit of Hope Award is presented to James Mizgala in recognition of his exceptional service and leadership on Thrive's Board of Directors. A longtime friend and advocate of Thrive, James served on the Board for ten years, including as Board Chair, where he provided exceptional leadership and steadfast dedication to the organization's mission. Through his vision, generosity, and unwavering commitment to community service, he has played a pivotal role in strengthening Thrive's capacity to meet growing community mental health needs and ensuring that hope remains within reach for those who seek care.



Thank you, James, for your dedication and strategic leadership over the years as a board chair, board member, community member and partner. Your strong insight and wisdom have guided us and been instrumental in navigating challenges while propelling us to a brighter future. Thank you very much for your steadfast commitment to our mission.

Congratulations on a well deserved award!

With sincere gratitude,

Thrive Board of Directors 2026



Live Auction

Mountain Getaway for 10 Near Park City, Utah

Welcome to your luxurious mountain retreat! This exceptional townhome offers an expansive 2,638 square feet of elegantly designed living space, perfect for those seeking a sophisticated and comfortable getaway in the mountains!



6-night stay

Located in Deer Park,
Utah

Sleeps 10

4 bedroom, 3.5 bath

Available in August
and part of
September

Generously donated by Ed and Marissa Green

Live Auction

Lake Michigan Luxury Yacht Cruise

You and 9 friends will enjoy a four-hour Lake Michigan cruise on a luxury yacht with hosts Ed Barth and River Forest's Village President - Cathy Adduci!



Choose from either a day trip spent in the Playpen (12pm-4pm) or an evening trip to see Navy Pier fireworks (7-11pm).

This cruise includes appetizers, pizza, beer, and wine.

Generously donated by Cathy Adduci and Ed Barth

Live Auction

Michigan Getaway

Grab your family and friends for a getaway in Michigan! This lake home is nestled in the woods, only a 5-minute walk to its Lake Michigan beach. Features include ping pong and pool tables, a 75" screen tv, screen porch, hot tub, fire pit, grill and outdoor seating!



3-night stay

Located in Sawyer,
Michigan (1hr from
Chicago)

Sleeps 8-10

4 bedroom; 4
bathroom

Near several local
breweries, Vickers
Theater, Historian
Cocktail Lounge,
Journeyman
Distillery, and more!

Generously donated by Kim Fideler Robinson and Kevin Robinson

For many years, James Mizgala has been a dedicated supporter of Thrive Counseling Center and its mission to strengthen mental health and support individuals and families throughout our community. Through his leadership, advocacy, and generous commitment of time and energy, James has helped advance Thrive's work and expand its impact.

At Tucker Ellis, we see those same qualities every day. As our Managing Partner, James leads with integrity, empathy, and a belief that professional success carries a responsibility to serve others.

His example reflects a value we hold across our firm: supporting the communities where we live and work and helping organizations like Thrive continue their vital mission.

We are proud to celebrate this well-deserved recognition and grateful for the leadership James brings to our firm and our community. At Tucker Ellis, we believe strong communities are built through leadership, service, and partnership.

Congratulations, James.

Tucker
Ellis | LLP

*Congratulations James for
this much deserved award!
We are grateful for all you
do for Thrive and for our
community.*

*Enjoy your evening together
with the Thrive community
and all of us who love and
admire you.*

Marian Sassetti &
Bob Kent

*Congratulations James.
Thank you and Dawn for your
generous support of Thrive's
mission. Aligning and helping
us bring mental health
services to the families in
our communities.*

Julie and Pat McKune



Congratulations

James Mizgala

We are grateful for your many contributions to Thrive Counseling Center. Thanks for bringing your intellect, leadership, dedication, hard work, and belief in the importance of behavioral health services for our community.

Jan Pyrce

Gary Kagan

Ali Murphy

Mitch Murphy

Jonathan Kagan

Nicole Retondo



YOU ROCK!





Congratulations, James!

*Your leadership and
friendship have meant
so much to us and to
Thrive. We celebrate
you tonight with
gratitude and
admiration.*

Linda & John Binder



Good Heart  Work Smart
F O U N D A T I O N
Empowering children to build bright futures!

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F O U N D A T I O N
Empowering children to build bright futures!

Tucker
Ellis | LLP

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to support **Thrive Counseling Center**

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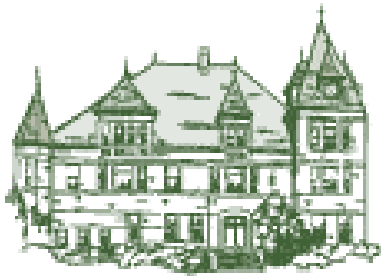
CINCINNATI
513.621.4612

CHICAGO
312.630.9666

LOUISVILLE
502.719.1000

*In appreciation for the
wonderful work of Thrive
counselors and staff.*





Riverside Township

**Inspired by the
things you do.**

We're proud to support Thrive Counseling.

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Where Resilience Blooms

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FAMILIES ACCESS JOY AND CALM AGAIN

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Chicago ✦ Oak Park

WILDFLOWER CENTER FOR EMOTIONAL HEALTH

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+312-809-0298



*James, Congratulations on your
recognition for all you have
done to help Thrive Counseling
Center serve our community.
Your dedication and impact are
truly appreciated.*

The Cappelli Family

*Congratulations James Mizgala.
Thank you for your service to
Thrive and our community.*

Catherine M. Adduci

bespoke
commercial real estate

Bespoke Commercial Real Estate is proud to stand alongside Thrive Counseling Center and the meaningful difference they make by empowering people with accessible, community-centered mental health care filled with compassion and hope.

Visit us at www.bespokecre.com

Congratulations to James Mizgala and Thrive on past, present, and future achievements together.

Brian and Caroline Joss

Our community is fortunate to have the dedication and support from James Mizgala. Well deserved recognition.

Congratulations!

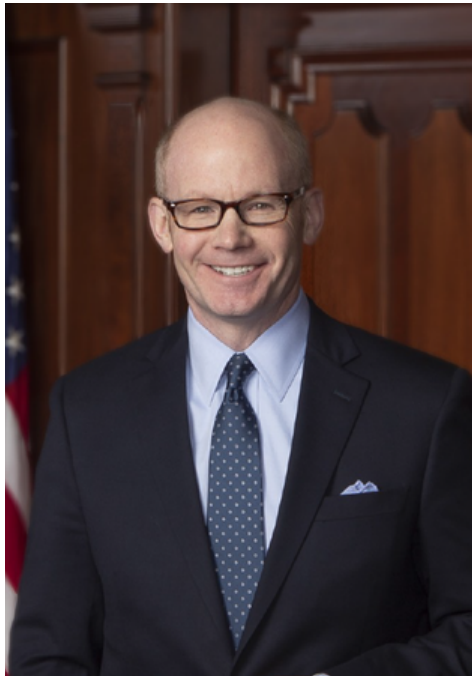
The Engoren Family

*Best wishes to Thrive Counseling
Center and its critically
important mission of providing
community mental health
services.*

David Strom and Suzanne
Haraburd

*Thank you for your steadfast and
unwavering support of Thrive
through the years, James!*

Kim Fideler Robinson
and Kevin Robinson




SENATOR DON HARMON
SENATE PRESIDENT

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**Thrive Counseling
Center Spring
Benefit 2026**

**Thank you for
making our
community
Brighter
Together!**

Kristen and Mark Coe

*Congratulations, James!
Witnessing firsthand
your dedication to
Thrive over the years
has been inspiring.
Proud to celebrate your
well-deserved
recognition together.*

Rosa and John
Costellano

*In honor of Mark
Wallace and in highest
regard for James
Mizgala. Much
appreciation to Thrive
Counseling Center for
all it does for the
communities served.*

Nikki Brown

1706 ADVISORS

*Congratulations James
Mizgala and Thrive
Counseling Center*

hps NONPROFIT
ALLIES

James, thank you for all you have done for Thrive and congratulations for your honor this evening. It is well deserved.

Mark and Evelyn Segal

Thank you for all your creativity, energy, and compassion for the mental health in our community. You have been a shining star for Thrive.

Heidi Hamernik

James (and Dawn),

My great gratitude for all you have done, are doing, and will continue to do for the staff and clients of Thrive. And no less so, for your friendship.

Bill Wallace

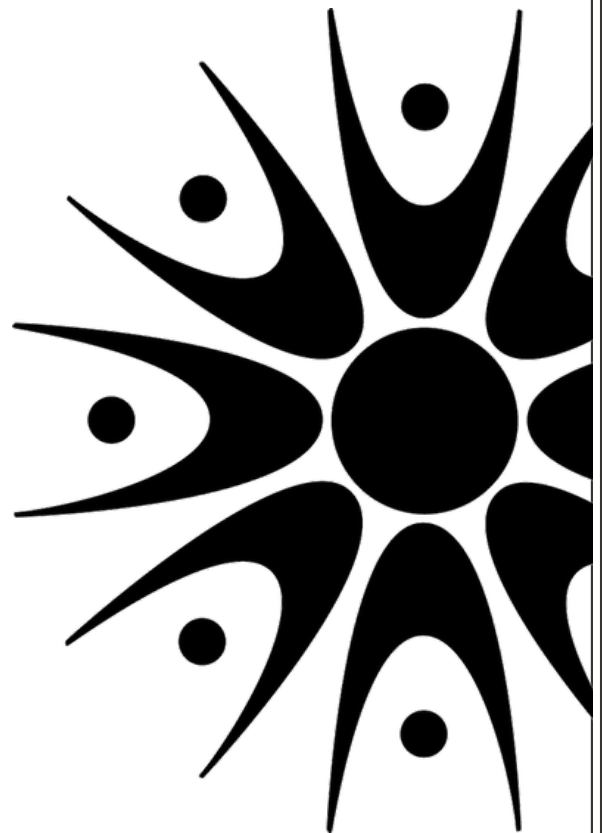
Sue & Dan Arends

*Tammy and Steven
Brenneman*

*James, thank you for your
support and commitment
to Thrive.*

Sally & Lou Nieto

Craig Overmyer



*Thank you for all you do
for Thrive, James.*

Maria Garvy

Jim, We are very proud,
in fact, honored, to
honor you for your
steadfast dedication
and devotion to Thrive
and its mission. You
have raised a high bar
higher.

Jim and John Poppett

*Thanks, James, for all
you've done for Thrive. It
was a pleasure working
with you on the board for
six years.*

Steven Parker

*Thank you for your years of
leadership-
steadfast, always with
humor,
and a whole lot of HEART.*

Love,

Jenni Rook

*Congratulations to Thrive
Counseling Center
2026 Brighter Together Benefit
honoree, James Mizgala.
From the Catholic Communities of
Oak Park & Neighbors.*

Ascension and Saint Edmund Parish
Saint Catherine of Siena-Saint Lucy
and Saint Giles Parish



Vince Scaletta
Scaletta Insurance Agency
Cell: 708-363-6940
vince_scaletta@us.aflac.com

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*Kim Fideler
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Jason Strietzel



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