



P.E.A.R. REPORT

POSITIVE CHANGE • EDUCATIONAL RESOURCES • ART GALLERY • RETAIL & RENTAL SPACE

www.icanflourish.com

Volume 1, Issue 1

SIGNATURE FLOURISH:

Stories to Grow On:

FREE Children's Book Reading every Monday & Thursday at 10:30am. We feature a reading circle for young kids! Each day a member of our staff will be reading one of our books that both entertain and teach children about a variety of the issues they face growing up. Lessons to Learn: good behavior, self-esteem, being true to yourself, bullying, safety, healthy eating, understanding differences, feelings and emotions, first experiences, and more!

OCD Support Group:

Obsessive Compulsive Disorder (OCD) affects 1 in 40 adults and 1 in 100 school children. On the first and third Wednesday of the month, OCD Chicago will bring to you the OCD Support Group. Come by to this safe space to relate to others about the issues you or loved ones are facing with Obsessive Compulsive Disorder.

Children's Art Drop-In:

Every Monday-Friday from 12-4pm parents and guardians are welcome to stop in to do a great age/ability appropriate art project. All supplies and instructions are included with each kit and a staff member will work with the child while the parent enjoys the rest of Flourish. \$5.00 per 30 minute project.

New Therapists Group:

Flourish hosts a beginning therapists group open to all new professionals entering the mental health field. Held the second Wednesday of each month from 5:30-6:30pm the group discusses a relevant topic, networks with the other clinicians, builds contacts, and creates referral sources. Next meeting on Wednesday, August 13th from 5:30-6:30pm.

What is Flourish Studios™?

In short, it is a multi-faceted learning gallery offering therapeutic guidance, inspirational products and change-positive events.

A brief history ...

December 2006 — Future Owner & Director, Dr. Julia Rahn dreams of opening a unique space & begins plans

June 2007— Construction commences on the former antique store, Gold Coast Gallery

December 8, 2007— Flourish Studios retail doors open with products dedicated to:

- Child & Family Development
- Retail Therapy
- Beauty Inside & Out
- Gifts From The Heart

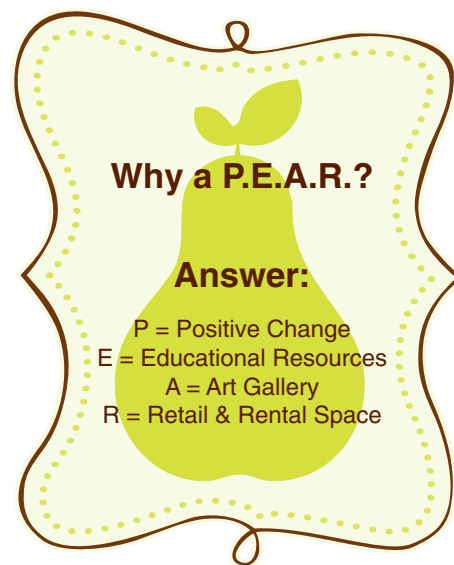
January 2, 2008—Studio For Change™, a branch of Flourish Studios, begins offering therapeutic services including:

- Individual Counseling
- Couples & Family Therapy
- Assessments
- Group Therapy

January 12, 2008—Flourish hosts Community Open House & Art Gallery Opens featuring the fine art of the Flourish Playroom artist Heather Gentile Collins (www.gentiledesigns.com)

February 2008—Flourish On-Line Store goes live! Dr. Julia appears on NBC 5 Chicago showcasing some Flourish products; "Navigating the Underground Railroad" event for children, in honor of Black History Month

March 2008— Spring Fling & Art Gallery opening reception for Anne Leuck Feldhaus (www.annesart.com). *Chicago Social* magazine publishes a feature on Flourish in "The Radar Now!" section



April, 2008— "Stories to Grow On" FREE children's book readings begin; OCD support group opens; "Soul Expressions" Open Mic Poetry event hosted by Aaron Foster

May, 2008—"Explore The Wild" art gallery reception for three young artists; Flourish hosts a booth at Lakeview May Fest where Director, Dr. Julia Rahn receives a "Children's Empowerment Award" from Kids Day America International

June, 2008 — Flourish Studios holds a ribbon cutting with the Lakeview Chamber of Commerce and plays host their large "Wired Wednesday" event on June 4; Soul Spa at Flourish begins its services with its "Mommy Mani" events

July, 2008 — "Natura" Art Gallery opening on July 12 featuring artist Tania Rodamilans (www.taniarodamilans.com) with live music and a Spanish wine tasting; 'Show & Tell' launches its monthly business-to-business networking event on July 30; CPR and First-Aid certification trainings initiated

LETTER FROM THE DIRECTOR



My Hope for Flourish...



Many people have said to me over the last few months that I took on a very ambitious project trying to get Flourish Studios up and running. While to the outside observer, ambition may seem like the driving force, really it is hope and faith that keep me going. I have hope and faith that individuals, couples, and families want to start or continually improve their mental and physical well-being in order to "live their best life". To reach these goals, it is my belief that we need greater understanding of ourselves, our community, and our world. I have created Flourish Studios to be your resource to learn about yourself and our world either through one of our personally researched and selected self-help books, educational seminars, and/or counseling. In addition, Flourish Studios attempts to promote the good work of others by encouraging individual human-service providers and local nonprofit organizations to utilize our space. Furthermore, Flourish Studios is also a place to celebrate all that life has to offer by hosting celebration events for community participation. So if you are wondering what your next best step is...please stop by Flourish Studios and I imagine something we have to offer will speak to you and help guide you in the direction you want to travel.

Enjoy,
Dr. Julia

Featured Non-Profit

Each month, Flourish Studios selects a nonprofit (NFP) organization to highlight and honor. The mission of this work is to both assist the featured NFP and to raise community awareness about relevant nonprofit work. The various promotional opportunities for a NFP at Flourish Studios include: a celebration party honoring the NFP, newsletter and email announcements, related in-store events, and distribution of the NFP's educational and marketing materials (provided by the NFP) throughout the designated month. Nonprofits are selected based on a "goodness-of-fit" model between the NFP's mission and Flourish Studios. Once chosen, the NFP will be contacted and the month to be highlighted will be offered. If interested contact Dr. Julia Rahn at drjulia@icanfourish.com.

Flourish Partners

Soul Spa at Flourish:

Soul Spa at Flourish presents "Mommy Mani" events. Held the second and fourth Thursday of every month from 10am-12pm. Pretty nails and much needed chill out time with social conversation. While moms are in their timeout, the kids will be entertained in the adult-supervised Children's Activity Center with special age-appropriate craft activities and story time. Additional fee of \$5 will be added for each child. Each of the beautifying services is a half hour with \$30 for a manicure and \$50 for a pedicure. Reserve your space at www.soulspaconcepts.com or call 312-731-8094.

Show & Tell:

On the last Wednesday of every month small business owners network with other entrepreneurs in an art gallery setting. Live music, wine, hor' d'ourves and a raffle. Flourish hosts on Wednesday, July 30 from 4:30-7pm. For more information and to register email Rose Mulroney at rose@blackjadecreative.com.

FEATURED PROGRAM:

Body - Beauty - Balance

A Journey to Reclaim Your, Beauty, Inside & Out! Flourish Studios invites you to take part in a potentially life-changing experience through a guided series of self-examination activities including:

- A Body, Beauty, Balance assessment
- One-on-one explorations with an experienced psychologist throughout the entire process
- Professional hair and make-up consultation
- One-on-one development of a customized wardrobe strategy
- Capturing your transformation through a professional photo shoot

Full Package Completion Time:

14-21 days. Your guides are Julia Rahn, PhD, Psychologist, Andrea Bodenstein, Wardrobe Editor, and Angela Garbot, Photographer.

To start your journey contact:

Dr. Julia Rahn
drjulia@icanfourish.com
or call 773-281-8130

FEATURED ARTIST:



Tania Rodamilans

Flourish Studios is proud to host the inspiring works of Spanish artist Tania Rodamilans (www.taniarodamilans.com). Gallery opening reception on Saturday, July 12 featured live music and Spanish wine.

Flourish Studios Provider Profile:



Victoria Shanta Retelny, RD, LDN is a registered, licensed dietitian-nutritionist, speaker and freelance writer. Her articles have appeared in many national publications, such as EatingWell magazine, IDEA Fitness Journal, Chicago magazine, SELF, Delicious Living, Today's Dietitian, Today's Diet & Nutrition, Bariatric Times, Communicating Food for Health, Pilates Style and the Journal of the American Dietetic Association. She has been interviewed as a nutrition expert on WGN-TV, WLS-TV, WMAQ-TV and ABC World News Tonight. For the past three years, Victoria has served on the Executive Committee of the

Nutrition Entrepreneurs (NE), a dietetic practice group of the American Dietetic Association. She was NE's Chair in 2006-2007 and continues to serve in an advisory role to the board. She is a culinary spokesperson who has worked as an adjunct chef at Calphalon Culinary Center. As a graduate of the Roy H. Park School of Communications at Ithaca College in Upstate New York and Loyola University Chicago's Food & Nutrition Program, Victoria combines both of her educational pathways - communications and nutrition, into a dynamic, full-service nutrition communications company, LivingWell Communications.

To schedule a nutrition consultation or speaking opportunity, contact her at victoria@livingwellcommunications.com or 773-551-9882.

Studio For Change:

The Studio For Change™ offers therapeutic guidance to help children, individuals, couples and families live their best lives. Discreetly tucked into the welcoming and calming surroundings of Flourish Studios™, the Studio For Change™ offers experienced therapists to help alleviate new or chronic individual, couple or family issues. Creative interventions, assessments and payment accommodations are all offered.

Areas of specialty include

- Obsessive-Compulsive Disorder (OCD)
- Autism Spectrum Disorders
- Attention Deficit Hyperactivity Disorder (ADHD)
- Anxiety & Depression
- Eating Disorders
- Couple & Family Struggles
- Adjusting to Chronic Illness & Disability

For more information or to set-up an appointment contact:

Dr. Julia Rahn, PhD
Licensed Clinical Psychologist
drjulia@icanfourish.com
Confidential voice mail:
773-281-8130 (mailbox 2)

Debra Steele, MFT
Marriage & Family Therapist
debra@icanfourish.com
Confidential voice mail:
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Studio for Change: 773-281-8130

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August 2008 Events

August 1

Teen Summer Movie Afternoons
3:00 PM

August 5

Art Adventures Art Class for Kids
4:00 PM

August 6

Art Classes for Seniors
10:30 AM

Preteen Body Esteem
3:30 PM

CPR Certification
and First Aid Basics
6:00 PM

OCD Chicago
7:00 PM

August 7

Journaling for Self Discovery
6:00 PM

August 8

Teen Summer Movie Afternoons
3:00 PM

August 12

Art Adventures Art Class for Kids
4:00 PM

August 13

Art Classes for Seniors
10:30 AM

Preteen Body Esteem
3:30 PM

New Therapist Group
5:30 PM

August 14

Soul Spa at Flourish Mommy Mani
10:00 AM

Journaling for Self Discovery
6:00 PM

August 15

Teen Summer Movie Afternoons
3:00 PM

August 19

Art Adventures Art Class for Kids
4:00 PM

August 20

Art Classes for Seniors
10:30 AM

Preteen Body Esteem
3:30 PM

OCD Chicago
7:00 PM

August 21

Journaling for Self Discovery
6:00 PM

August 22

Teen Summer Movie Afternoons
3:00 PM

August 26

Art Adventures Art Class for Kids
4:00 PM

August 27

Art Classes for Seniors
10:30 AM

Preteen Body Esteem
3:30 PM

"Show and Tell" Networking Event
4:30 PM

August 28

Soul Spa at Flourish Mommy Mani
10:00 AM

August 29

Teen Summer Movie Afternoons
3:00 PM

Coming Soon...



Putton Project

(aka Buttons for Peace)

Flourish Studios is collecting 1,000,000 buttons, yes 1 million, as our way to promote peace. To reach this goal, we need your help. Please drop off any unused buttons to Flourish Studios. We are also asking for volunteers, 6 (parents may help) to 104 years of age, to come by and count Puttons. Let's show the world, one Putton at a time, that we support peace.

Not only will we be promoting peace but we also see this project as a way to teach folks new ways to reuse materials, practice getting back in school mode through counting, meet new people, and see what 1 million Puttons truly looks like!

On September 20th we will be celebrating our peace efforts with a pet peace parade and a visit by **Todd Parr**, award winning children's author and artist. Please stay tuned for more on Flourish Studios' "P is for Peace" events.