



# P.E.A.R. REPORT

POSITIVE CHANGE · EDUCATIONAL RESOURCES · ART GALLERY · RETAIL & RENTAL

[www.icanflourish.com](http://www.icanflourish.com)

Volume 1, Issue 9

## Envision Gallery At Flourish Studios

### SIGNATURE FLOURISH:

#### Stories to Grow On:

FREE Children's Book Reading every Monday & Thursday at 10:30am. Featuring a reading circle with books on life lessons and entertaining stories

#### OCD Support Group:

Obsessive Compulsive Disorder (OCD) support group meets twice per month on the first and third Wednesdays from 7-9pm. Meetings on April 1 & 15

#### Children's Art Drop-In:

All supplies included for the age/ability appropriate art projects and a staff member will work with the child while parents enjoy Flourish. \$5 per 30 minute project. Every Friday from 12-4:30pm

#### New Therapists Group:

Open to all new professionals in the mental health field. Held the 2<sup>nd</sup> Wednesday of each month. The next meeting is Wednesday, April 8 from 6-7pm. The topic is a continuance of "Starting your own private practice" from last month

#### Show & Tell:

Each month small business owners network with other entrepreneurs in our art gallery setting. Enjoy live music, wine and hors d'oeuvres. The next Flourish Studio's "Show & Tell" is on April 29 from 4:30-7pm

#### Kids & Family Yoga:

Yoga for the whole family on Mondays!  
 -Kids ages 3-5 at 3:30pm  
 -Families/Kids ages 5+ at 4:30pm  
 \$10 per session/person or \$20 per 1 parent/child combo and \$5/additional family member

Flourish Studios™ is excited to announce it's new vision for the art gallery: Envision Gallery! Envision Gallery at Flourish Studios hopes to inspire, invigorate and challenge individuals to think differently about themselves and art.

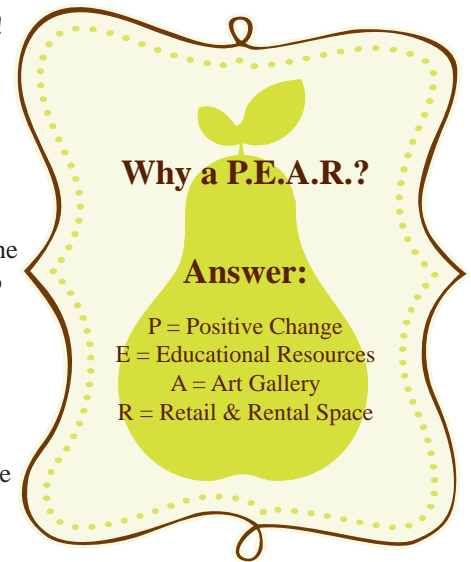
Envision Gallery will feature new, local artists each month whose work aspires to inspire. Art will challenge visitors to think differently, see the word differently and hopefully inspire people to live to their fullest capacities.

All Envision Gallery exhibits will continue to be open and free to the public. Gallery opening nights will offer Flourish visitors the chance to view the art in a relaxed setting, interact with the artist and enjoy a free cultural event in the city. The next featured artist for Envision Gallery at Flourish Studios is Jessey Jansen with her *MyPop* exhibit.

Opening reception for *MyPop* is Friday, April 24 from 6-8pm, free admission. For more information on Jessey Jansen and her amazing work visit [www.littleladystudio.com](http://www.littleladystudio.com).



Jessey Jansen, "Intervention/Action: Access to Resources", Wax painting, Collage on paper



## What's New At Flourish?

The answer: **more space!** Tables have been cleared and comfy chairs have been arranged in a circle so you can bring your friends for a book group, mom's crafting/ sewing circle, after school homework club, discussion group, etc. BYOB (bring your own beverage), enjoy our free tea bar, or make a purchase from our snack counter (behind the register). Floor space is available on a first come, first serve basis or space can be reserved in advance by calling 773-281-8140. Fees for reservation range from \$20.00 - \$35.00 per hour depending on desired location. Looking forward to meeting you and your friends at Flourish Studios.

## LETTER FROM THE DIRECTOR:



*"The wise adapt themselves to circumstances, as water moulds itself to the pitcher"*  
—Chinese proverb

Dear Flourish Friends,

It is pretty clear that all of us must adjust to our current economic times. But instead of getting down and depressed about change, what about adapting an attitude of: "Hooray, I get to change!", "I get to try something new." or "I get to be creative."? Harder economic times allow all of us the opportunity to reorganize our lives. We can take the extra time we might have from job cutbacks and layoffs to organize what we have. It is truly a gift to know where everything is. During this time, we can re-prioritize what is important to us. Directing our attention to family and friends can cost very little but the rewards are priceless. And let's not forget using this time for self-reflection and personal growth. Flourish Studios continues to offer our speaker series for free for all to come and learn something new that could enhance their life. In addition, we are expanding our offerings daily. Flourish Studios aims to be your choice for where to go to learn how to Live, Learn, and Love.

Happy Spring!

Dr. Julia

## Featured Non-Profit



Rape Victim Advocates is an IL not-for-profit organization made up of many individuals with two primary goals: to assure that survivors of sexual assault are treated with dignity and compassion; and to affect changes in the way the legal system, medical institutions and society as a whole respond to survivors.

RVA focuses on both social service and social change. Through our presence in Chicago area emergency rooms, RVA provides non-judgmental emotional support to victims of sexual violence to enable them to become survivors. By providing basic legal and medical information, and referrals to other service organizations, RVA help survivors make informed decisions. RVA also offers survivors continued support through telephone follow-up and our staff of counselors and legal advocates. RVA offers three distinct program areas: Counseling (individual and group), Advocacy (legal and medical) and Education & Training. To get involved and for more information visit [www.rapevictimadvocates.org](http://www.rapevictimadvocates.org).

## Featured Artist

The *MyPOP*, My Print on Poverty, solo exhibition runs April 15-May 29, 2009 in the Flourish Studios' Art Gallery. The installation and campaign uses art as a purpose driven awareness tool to help encourage civic dialogue and action on the important issues circling poverty in the U

Ms. Jansen states about her exhibit: "People often need to see a path before they are able to get on a path, this campaign works to accomplish that task. It represents a path out of poverty by way of visually articulating some of the challenges faced by the poor. It works to empower all people, young and old, by encouraging implementation of individual assessments and critical thinking."

Artist opening reception **Friday, April 24, 6-8pm**, Free. Music, wine and hors d' oeuvres offered. For more information on Jessej visit [www.littleladystudio.com](http://www.littleladystudio.com)



Jessej Jansen, "Step 2: Control Impulsivity", Beeswax, Oil pastels, Collage on paper

## FEATURED EVENTS:

**FLOURISH SPEAKER SERIES:**

**April 4, 1pm, Free - Bonnie Buratto MS, LCPC, Yes, You can Recover from your Eating Disorder!**

**April 9, 7pm, Free - Dr. Stephanie Maj, You Can Be Well! The Five Critical Steps to Wellness**

**April 18, 1pm, Free - Dr. Judith Wright, The One Decision: How to Maximize Your Potential and Live a Life of More!**

**April 25, 1pm, Free - Patrick McWard, MBA, Spiritual Street Smarts - How to find your right work, the right way**

**WORKSHOPS & CLASSES:**

**DREAM VISIONS - Saturdays in April, 3-5pm, \$125 total - Jay McCormick, DD,** hosts a four week Dream Interpretation Course including lesson and symbol study, discussion, exercises, and in-class dream interpretation. Featured is the Universal Language of Mind® that has been taught and applied for 30+ years. All are welcome. To register call 773-930-3002

**MUSIC TOGETHER - Mondays, Wednesdays & Thursdays in April, 10:15am & Infant classes Wednesdays at 11:15am, \$150/child and \$75/siblings (in same class); Monday classes \$140/\$65 -** Offering "Music With Me" Music Together Classes for children birth to age 5 and the adults who love them! Registration is still open for the spring session. Class runs until May 28 and includes songbook and 2 CDs of songs from the course. To enroll call 773-255-1088 or [www.musicwithme.net](http://www.musicwithme.net)

**ANNUAL 10 DAY SPRING DETOX - April 20, 7pm - Dr. Mindy Cramer, DC, CCEP, and Dr. Janet Gutrich, DC,** host a Spring Detox Program kick-off. You will receive your BIA (bioimpedance analysis), symptoms questionnaire health assessment, a specific 10 day dietary guideline and your medical food. Specific breathing and movement exercises, recipes and other tips will also be provided. To register call 773-472-0700 or visit [www.gutrich.com](http://www.gutrich.com)

**ACTIVE NEW MOMS CLUB - Mondays & Wednesdays, 10am, beginning May 4, \$169 for 10 sessions -** Join other new moms to regain your shape, improve your energy, and become part of a new community of parents, without the concerns of childcare (ie: babies welcome). For more information and to enroll call 773-687-9905 or visit [www.activemomsclub.com](http://www.activemomsclub.com)

## Flourish Studios Provider Profile



Cathy Hennessy Price is a Licensed Clinical Social Worker and the newest member of the Studio For Change. She brings with her over twelve years of experience working with individuals, groups and families. Cathy received her Master's Degree in Social Work from Loyola University, Chicago and worked for many years at Jewish Child and Family Services (formerly the Jewish Children's Bureau) in clinical, supervisory and administrative capacities.

Cathy has dedicated her career to supporting children and families. Her focus has been working with children with disabilities, who have experienced trauma or are coping with adjustments. Cathy utilizes a positive, strength-based approach to help children and teens recognize their inner abilities to manage and overcome their challenges. She believes that it is not only important to support individuals in the therapeutic setting, but to also help them develop the confidence and skills needed to consistently live to the best of their ability in everyday life. Cathy values the importance of supporting the child as well as each member of the family! Cathy is very excited to be joining the Studio for Change and she currently accepting new clients including children, teens, parents and families.

For more information about Cathy or her services please call 773-281-8140 or email her at [cathy@icanflourish.com](mailto:cathy@icanflourish.com)



**PEACE + BUTTON = PUTTON**

**WWW.PUTTONPROJECT.COM**



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

**Dr. Julia Rahn, PhD**

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## April 2009 Events at a Glance

### April 1

Music Together 10:15 AM  
& 11:15 AM

OCD Chicago 7 PM

### April 2

Music Together 10:15 AM

### April 4

Speaker Series 1 PM

Dream Interpretation 3 PM

### April 5

Learning & Memory  
Workshop 1 PM

Living in Attraction 2 PM

### April 6

Kids Yoga 3:30 PM

Family Yoga 4:30 PM

### April 8

New Therapists Group  
6 PM

### April 9

Music Together 10:15 AM

Speaker Series 7 PM

### April 11

Dream Interpretation 3 PM

### April 13

Kids Yoga 3:30 PM

Family Yoga 4:30 PM

### April 15

Music Together 10:15 AM  
& 11:15 AM

OCD Chicago 7 PM

### April 16

Music Together 10:15 AM

### April 18

Living in Attraction 10 AM

Speaker Series 1 PM

Dream Interpretation 3 PM

### April 20

Music Together 10:15 AM

Kids Yoga 3:30 PM

Family Yoga 4:30 PM

Annual 10 Day Detox 7 PM

### April 22

Music Together 10:15 AM  
& 11:15 AM

### April 23

Music Together 10:15 AM

### April 24

Art Gallery Opening 6 PM

### April 25

Speaker Series 1 PM

Dream Interpretation 3 PM

### April 27

Music Together 10:15 AM

Kids Yoga 3:30 PM

Family Yoga 4:30 PM

### April 29

Music Together 10:15 AM  
& 11:15 AM

Show & Tell Networking  
Event 4:30 PM

### April 30

Music Together 10:15 AM

## Flourish Partners

### NPN:

Neighborhood Parents Network of Chicago (NPN) is now housed out of Flourish Studios. NPN offers families information, resources and community support. NPN serves as main resource for social, childcare and school information. Visit [www.npnparents.org](http://www.npnparents.org) for listings and resources.

### Second Act™:

Second Act at Flourish Studios™ provides individuals affected by cancer treatment a holistic approach to regaining self-confidence and self-esteem. Products include post-mastectomy bras and prostheses and hair replacement solutions, including full wigs and hair pieces. Hours are by appointment, contact Pattie Sheehan at 773-525-2228, [pattie@secondactchicago.com](mailto:pattie@secondactchicago.com) or visit [www.secondactchicago.com](http://www.secondactchicago.com).

### Show & Tell:

On the last Wednesday of every month small business owners network with other entrepreneurs in an art gallery setting. Enjoy live music, wine and hor' dourves. The next Flourish "Show & Tell" is hosted April 29 from 4:30-7pm. For more information and to register email Rose Mulroney at [rose@blackjadecreative.com](mailto:rose@blackjadecreative.com).

Visit [www.icanflourish.com](http://www.icanflourish.com) to view all upcoming events