



P.E.A.R. REPORT

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

www.icanflourish.com

Volume 2, Issue 1

SIGNATURE FLOURISH:

Retail Store Hours:

Monday - Friday 10am-7pm
Saturdays 10am-5pm

Stories to Grow On:

FREE Children's book reading every Wednesday at 10:30am. Featuring a reading circle with fun stories in our Envision Art Gallery.

OCD Support Group:

Obsessive Compulsive Disorder (OCD) support group meets twice per month on the first and third Wednesday from 7-9pm. Meetings on August 5 & 19.

Children's Art Drop-In:

All supplies included for the age/ability appropriate art projects. A staff member will work with the child while parents enjoy Flourish! \$5 per 30 minute project. Fridays, 2-4pm.

New Therapists Group:

Open to all new professionals in the mental health field. Held the second Wednesday of each month. The next meeting is Wednesday, August 12 from 6-7pm. The guest speaker is Pattie Sheehan, owner of Second Act Chicago also a marketing and advertising expert.

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 August 26 from 4:30-7pm.

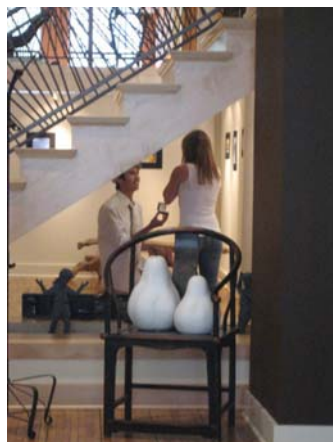
Couple gets Engaged at Flourish!

Fond memories are being made at Flourish Studios every day! In July, Kerry Hermann proposed to his girlfriend of six years, Elsa Anderson, in our Envision Art Gallery! With Event Coordinator Gabriela Rodriguez's help, Kerry planned an afternoon that began with bringing Elsa to our meaning-filled space and hanging pictures of their life together in the art gallery. The final image was covered with red tissue paper and a hidden picture of the ring. As she walked into Flourish Studios, Elsa had no idea what was about to happen next...

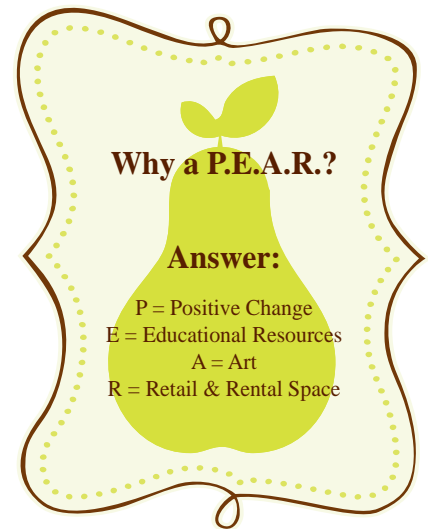


View of Envision Art Gallery

She entered the Envision Art Gallery, viewed each of the photographs, and quickly realized that this was no typical art show. Elsa removed the red tissue paper from the last photograph, revealing the ring, at which point Kerry got down on one knee and proposed. Before he even popped the question, Elsa said... "Yes!"



Kerry proposing to Elsa



A celebration was had by all as Kerry and Elsa's friends and family arrived, enjoyed cupcakes, champagne, and a toast to the new couple. Flourish Studios is honored to be a part of Kerry and Elsa's life journey together!

Flourish continues to create stories that are making differences in peoples lives. If you are interested in bringing your story to life here at Flourish Studios, please contact Event Coordinator Gabriela Rodriguez at gabriela@icanflourish.com or at 773-281-8140.

LETTER FROM THE DIRECTOR:



Dear Flourish Friends,

I have been thinking about the whole idea of self improvement these days. I am not sure this is the best way to think about changes we want to make in our lives. “Self improvement” implies that something about ourselves isn’t good enough and needs to be improved. What about the idea of being able to live your best life rather than constantly trying to be better? Living your best life means you get to choose what *you* think is best, what goals *you* want to achieve, what dreams *you* want to fulfill. There is no need to be better than you are right now. However, you can make changes in your life to increase the number of positive feelings you have each day, get a job that brings you joy, add more health to your day, and the list goes on until you know you are **Living Your Best Life**. You will know when this day has arrived as your negative emotions and periods of longing for more will be replaced by feelings of joy and thoughts of gratitude. You will know peace. Remember, Flourish Studios has all of the resources you need to help you **Live, Learn, and Love**. We have a whole new series of classes set for this fall and adding new products to our shelves daily to help you live your best life. Looking forward to seeing *you* at Flourish!

Enjoy,
Dr. Julia

Featured Non-Profit



CORE/El Centro is a dynamic, grassroots non-profit that offers individuals of all income levels access to natural healing therapies in Milwaukee, WI. The center is a place where healing and transformation occur daily for individuals, families and the community.

They are a volunteer driven organization that relies heavily on the gifts and talents of professionals in the fields of Chinese Medicine, Massage Therapy, Energy Work and Wholistic Exercise. Their programs serve a variety of populations: women, men, children, survivors of trauma, those with chronic health issues, survivors of cancer, and beyond.

For more information on CORE/El Centro visit their web site: www.core-elcentro.org.

*Envision Art Gallery
Featured Artist*



Come celebrate the Envision Gallery opening of Connections, an Original LGB Production, at Flourish Studios. Designed by Chicago-based digital designer Leon Grant Bussinger, This unique exhibit will be displayed in Flourish Studios’ Envision Gallery from July 18 - August 22 for all to see. The gallery show is free and open to all.

Connections seeks to induce and facilitate physical interaction through digital visual design. Using current technology and open source development programs, Connections establishes a physical environment that fosters interpersonal interaction. A percentage of all retail proceeds occurring during this exciting event will benefit Erasing The Distance, Flourish’s featured non-profit. For more information on Leon Grant Bussinger and his work please visit www.originalLGB.com.

FEATURED EVENTS:**FALL FLOURISH CLASSES:**

Register now at www.icanflourish.com or for more information on classes contact Debra Steele at debra@icanflourish.com or 773-281-8130 (mailbox 1)

MINDFUL MOTHERHOOD WORKSHOP
Wednesdays, Starting Sept. 2, 10-11:30am,
\$270/9 sessions - Dr. Melissa Blount

THE ARTIST'S WAY CLASS
Fridays, Starting Sept. 4, or Saturdays,
Starting Sept. 5, 11am-1pm, \$727/12
classes - Michel Rosenthal, LCPC

KNIT 1, PURL 2, RELAX, RELATE, & BREATHE
Wednesdays, Starting Sept. 2, 6-8pm,
\$30/3 classes - Dr. Melissa Blount

"YES I CAN!" GOAL SETTING CLASS
Mondays, Starting Sept. 14, 7-8pm, \$150/6
sessions - Dr. Julia Rahn

BE THE PARENT I WANT TO BE
Mondays, Starting Sept. 16, 7-8:30pm,
\$240/8 sessions - Dr. Julia Rahn

"HELPING PEOPLE FLOURISH" CLASS
Saturday, Oct. 10, 10am-2:30pm, \$325
(includes lunch) - Dr. Julia Rahn

LEARN TO KNIT
Two Saturdays, Oct. 10 & 17, 1-3pm, \$55 -
Tia Booker

EVENTS:

August 6, 7pm, Free - "How To FLOURISH" OPEN HOUSE BY DR. JULIA
FLOUR-ISH: to achieve success, to be in a state of activity or production, to reach a height of development or influence. Rsvp with Dionn at dionn@icanflourish.com

WORKSHOPS:

FLIP BOOK ANIMATION WORKSHOP FOR KIDS- Saturdays, August 1-22, 10-11am, \$95 total - Kids learn to animate using flip books with professional animator George Berlin. Basic animation technique the first week, followed by animating faces, walking & simple effects! Cost includes all supplies; ages 8-12. Register at www.icanflourish.com

LIVING IN ATTRACTION - Sunday, August 2, \$5, 2-4pm & Saturday, August 15, \$25/advance & \$30/at door, 2-6pm - Sunday, Aug. 2 is a discussion group. Saturday, Aug. 15 is "Networking Success: How to Create a Thriving Network". Rsvp at www.LivingInAttraction.com

Flourish Studios Featured Provider

Christy Lindquist is a Licensed Clinical Professional Counselor at Flourish Studios. A graduate of The New College of California, she has over nine years experience working with individuals, couples, families, and groups.

Christy started her career with kids in foster care. She learned from them how to sit with pain, acknowledge trauma and map out positive new strategies.

Christy Lindquist uses a strengths-based perspective to help her clients identify what is working in their lives and to apply these strengths to solve current life issues. She enjoys helping her clients find new ways to cope with stress and anxiety, improve communication skills, and enhance relationships.

For more information or to schedule an appointment, please call Christy at 773-386-4414 or visit www.getbacktobeingyou.com.



PEACE + BUTTON = PUTTON
Watch our new YouTube video at...
WWW.PUTTONPROJECT.COM



Contribute used clothing buttons to our ongoing collection!

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, child, adolescent, 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
Licensed Clinical Psychologist
DrJulia@icanflourish.com
773-281-8130 (#)

Lesley Foreman, MSW
Staff Therapist
Lesley@icanflourish.com
773-281-8130 (mailbox 3)

Debra Steele, MSMFT
Marriage & Family Therapist
Debra@icanflourish.com
773-281-8130 (mailbox 1)

Cathy Hennessy Price, LCSW
Staff Therapist
Cathy@icanflourish.com
773-281-8130 (mailbox 2)



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Events & Retail: 773-281-8140
Studio For Change: 773-281-8130

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August 2009 Events at a Glance

August 1
Flip Book
Animation 10 AM

August 2
Living In
Attraction 2 PM

August 5
Stories To Grow
On 10:30 AM

OCD Support
Group 7 PM

August 6
"How To
Flourish" Open
House 7 PM

August 7
Art Drop-In 2 PM

August 8
Flip Book
Animation 10 AM

August 12
Stories To Grow On
10:30 AM

New Therapist
Group 7 PM

August 14
Art Drop-In 2 PM

August 15
Flip Book
Animation 10 AM

Living In Attraction
2 PM

August 19
Stories To Grow On
10:30 AM

OCD Support
Group 7 PM

August 21
Art Drop-In 2 PM

August 22
Flip Book
Animation 10 AM

August 26
Stories To Grow On
10:30 AM

Show & Tell
Networking Event
4:30 PM

August 28
Art Drop-In 2 PM

Flourish Partners

NPN:

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

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 or visit www.secondactchicago.com.

Show & Tell:

On the last Wednesday every month network with local businesses in an art gallery setting. Enjoy music, wine and hor' dourves. The next Show & Tell is Wednesday, August 26 from 4:30-7pm. Rsvp at rose@blackjadecreative.com.

Visit www.icanflourish.com to view all upcoming events