



# P.E.A.R. REPORT

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

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

Volume 2, Issue 2

## SIGNATURE FLOURISH:

### RETAIL STORE HOURS:

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

### STORIES TO GROW ON:

FREE Children's book reading every **Wednesday** at **10:30am** and **5:30pm\***, ideal for parents that work outside the home. Featuring a reading circle with fun stories in our beautiful space. \*Starting January 2010 evening story time at **4:30pm**.

### OCD SUPPORT GROUP:

Obsessive Compulsive Disorder (OCD) support group meets twice per month on the first and third Wednesday from 7-9pm. Meetings this month on December 2 & 16.

### CHILDREN'S HOLIDAY

**ART DROP-IN:** All supplies included for the age and 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, December 9 from 6-7pm.

## Santa Visits Flourish!

**Saturday, December 12 - Children's Holiday Bazaar**

- 10am-1pm, **Santa visits Flourish Studios**  
Take your picture with jolly St. Nick!
- 10am-1pm, **Personal Shoppers for Children** to help them purchase gifts for family & friends with **Free Gift Wrapping!**
- 11am, Free sample **Holiday Art Class with TotArt** (Ages 3-5 years)
- 1pm, "The Magic of Story Time" storytelling with **Milk & Cookies!**

Hope to see you here to *Flourish through the holidays!*

### Why a P.E.A.R.?

#### Answer:

- P = Positive Change
- E = Educational Resources
- A = Art
- R = Retail & Rental Space

## Flourish Classes for 2010

### ADULTS:

**HEALTH & WELLNESS MONDAYS** - JAN. 4-25, 7-8PM, Topics: Sweet-Tooth Blues, Eating for Energy, Weight Less-Live More, End Emotional Eating  
Instructor: Holly Babich, Certified Holistic Health Counselor

**THE NEXT CHAPTER: DIVORCE SUPPORT GROUP** - WEDNESDAYS, JAN. 6-FEB 24, 6-7:30PM \*Runs simultaneously with children's group - Leader: Lesley Foreman, MA, MSW

**THE ART OF FLOURISHING MONDAYS**, JAN. 11-MARCH 1 7-8:30PM \*FREE Sample Talk Thursday, Jan. 7, 7pm  
Instructor: Julia Rahn, PhD

**GET SOCIAL: USING SOCIAL MEDIA TO MARKET YOUR BUSINESS** - TUESDAY, JAN. 26, 6:30-8:30PM  
Instructor: Tech Whiz, Zach Albright

**MINDFUL MOTHERHOOD WEDNESDAYS**, JAN. 13-MARCH 10, 10-11:30AM (NPN Members receive discount) - Instructor: Melissa Blount, PhD

**NEW YEAR, NEW CAREER: GET YOUR MOJO BACK!** TUESDAYS, FEB. 2-MAR 23, 6:30-7:45PM \*FREE Talk Tuesday, Jan. 12, 6:30pm  
Instructor: Pam Stand, Career & Life Coach

**INTRODUCTION TO THE ENNEAGRAM PERSONALITY PROFILE** - SATURDAY, FEB. 6, 11AM-12:30PM, Cost includes personality profile & reading - Instructor: Rosemary Hurwitz, MA, PS

**THE MIND/BODY CONNECTION** - SATURDAYS, FEB. 6-27, 10-11:30AM - Instructors: Vicki Shanta-Retelny, RD & Marilyn Egel, LCSW

### KIDS:

**CHANGING FAMILIES: A DIVORCE SUPPORT GROUP FOR CHILDREN** - WEDNESDAYS, JAN. 6-FEB. 24, 6-7:30PM \*Runs simultaneously with adult group - Leaders: Cathy Hennessey-Price, LCSW, Debra Steele, MSMFT & Alexa Hartrich

**TOTART** - WEDNESDAYS, JAN. 13-MARCH 3, 3:30-4:30PM, Ages 3-5 years \*FREE Sample class Dec. 12, 11am - Instructors: Susan Apey, MAT & Sheli Hadari, MAT

**COMING SPRING 2010...**  
- Introduction to Filmmaking For Kids!  
-The Mandala Experience  
-Unlock Your Passion

**For more information on classes contact Rachel Bers at [Rachel@icanflourish.com](mailto:Rachel@icanflourish.com) or 773-281-8140**

## LETTER FROM THE DIRECTOR:



Dear Flourish Friends,

Start your new year right by signing up for a Flourish Studios class. You can check out our 2010 line-up of classes at [www.icanflourish.com](http://www.icanflourish.com). Happy Holidays and here's to another blessed new year!

Enjoy,  
Dr. Julia

### *Featured Non-Profit*



## **BOYS & GIRLS CLUBS OF CHICAGO**

The Boys & Girls Clubs Mission: To enable all young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens.

The Boys & Girls Clubs of Chicago have programs that make a difference in the lives of children by providing:

- \* A safe place that they can call their own.
- \* A caring place where professionals serve as role models and positively influence young lives.
- \* A positive place where kids have the freedom to be kids and have fun while learning new skills, cultivating talents, enhancing character and education, and learning how to live healthy and honorable lives.

For more information on the Boys & Girls Clubs of Chicago visit [www.bgcc.org](http://www.bgcc.org).

### *Envision Gallery Featured Artist*



Ranging from quirky and playful to surreal and somber, Cindy Tomczyk's illustration employs a diversity of expression while maintaining a distinctly singular voice. With an emphasis on figurative forms, her work often combines uniquely stylized images that paradoxically convey a strong emotional reality.

Artist statement: "What amazes me is how delicate the world around us is; how one false move could change the course of one's life. We are in this delicate balance, where things shift and turn. I wanted to shed some light into the world we live in. I hope through my paintings and letterpress prints, that I do bring some beauty into it."

Cindy Tomczyk's work will be featured in the Envision Gallery throughout the month of December.

## FEATURED EVENTS &amp; CLASSES:

**EVENTS:**

**DIGESTION DISORDERS: CAUSES AND SOLUTIONS TO ACID REFLUX, IBS, CROHN'S DISEASE, ULCERS, DIARRHEA, CONSTIPATION, BLOATING, ETC - Tuesday, Dec. 8, 6:30pm** - Learn how the healthiest cultures in history have eaten to create healthy digestion, vibrant health & avoid the diseases so many people have. Rsvp with Tiffany at 312-440-0149

**CLASSES FOR KIDS:**

**TOTART** - Wednesdays, Jan. 13-March 3, 3:30-4:30pm, \$180/8 weeks, Ages 3-5  
\*FREE Sample class being held December 12!

**CHANGING FAMILIES: A DIVORCE SUPPORT GROUP FOR CHILDREN** - Wednesdays, Jan. 6-Feb. 24, 6-7:30pm, \$400/6 weeks

**MUSIC WITH ME! BY MUSIC TOGETHER**  
Starting January 2010 - Wednesdays & Thursdays at 10am, \$160/child and \$80/siblings (in same class) - Music class for children age birth to 5 years and the adults who love them! To enroll visit [www.musicwithme.net](http://www.musicwithme.net) or call 773-255-1088

**CLASSES FOR ADULTS:**

**HEALTH & WELLNESS MONDAYS** - Mondays, Jan. 4-25, 7-8pm, \$30/session

**THE NEXT CHAPTER: A DIVORCE SUPPORT GROUP** - Wednesdays, Jan. 6-Feb. 24, 6-7:30pm, \$400/6 weeks, \$400/6 weeks

**THE ART OF FLOURISHING** - Mondays, Jan. 11-March 1, 7-8:30pm, \$250/8 weeks  
\*FREE Sample talk Thursday, Jan. 7, 7pm

**MINDFUL MOTHERHOOD** - Wednesdays, Jan. 13-March 10, 10-11:30am, \$270/9 weeks (NPN Members receive discount)

**GET SOCIAL: USING SOCIAL MEDIA TO MARKET YOUR BUSINESS** - Tuesday, Jan. 26, 6:30-8:30pm, \$85

**INTRODUCTION TO THE ENNEAGRAM PERSONALITY PROFILE** - Saturday, Feb. 6 11am-12:30pm, \$25 (price includes personality profile and written reading)

**THE MIND/BODY CONNECTION** - Saturdays, Feb. 6 - 27, 10-11:30am, \$400/4 weeks

**NEW YEAR, NEW CAREER: GET YOUR MOJO BACK!** - Tuesdays, Feb. 2-March 23, 6:30-7:45pm, \$295/8 weeks \*FREE Sample talk Tuesday, Jan. 12, 6:30pm

## Flourish Studios Featured Therapist



Marilyn Egel, LCSW, brings over 20 years of experience to her practice. She states about her work: "I have a deep respect for my clients, and I am of the firm belief that much healing can take place in a supportive and relaxed environment with an empathic and experienced therapist. There is no journey more powerful or more important than that of self-expression and self-discovery. Life is very demanding and at different stages it becomes important to get some psychological counseling so that we do not become overwhelmed by our feelings. I help clients to gain psychological insight so that they have the freedom to discover that which moves them forward towards a life of fulfillment and understanding.

I look very much forward to helping you feel confident and hopeful about your life's decisions. With keen listening skills, empathy, insight, and integrity, coupled with many years of clinical experience, I will help you to explore your personal power and strengths. Together we will unravel that which confuses you or stalls you in your life, we will look at repetitious patterns that do not well serve you, and finally we will work to satisfy your personal goals.

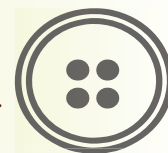
As a therapist -in -residence at Flourish studios I provide treatment services for women in all stages of transition. This includes all relationship issues, pattern repetition, family/parenting issues, goal setting, life-coaching, loss and bereavement, anxiety and depression. Please call me so that we can work together to help you to become more focused and more confident as you learn to express your psychological strengths." To schedule an appointment with Marilyn Egel, LCSW, call 312-617-1788.



PEACE + BUTTON = PUTTON

Watch our new YouTube video at...

[WWW.PUTTONPROJECT.COM](http://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](mailto:DrJulia@icanflourish.com)  
773-281-8130 (#)

**Lesley Foreman, MSW**  
Staff Therapist  
[Lesley@icanflourish.com](mailto:Lesley@icanflourish.com)  
773-281-8130 (mailbox 3)

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

**Cathy Hennessy Price, LCSW**  
Staff Therapist  
[Cathy@icanflourish.com](mailto:Cathy@icanflourish.com)  
773-281-8130 (mailbox 2)

# Entrepreneur The Arts



Entrepreneur The Arts® founder Lisa Canning brings her vast experience and passion for helping artists to the recently launched Flourish Artisan Program. Through this amazing program artists receive free marketing and business courses on creating, branding and selling a viable product in today's competitive marketplace. There is no cost to the program, though creators will be expected to work to promote their art by the marketing and sales learned in the Entrepreneur The Arts® class. Accepted artists are given space on the retail floor to sell their work at a 50/50 profit split.

Entrepreneur The Arts® is driven to help local artists of all disciplines become thriving entrepreneurs. Founder Lisa Canning, is an accomplished entrepreneur, artist and educator herself. Over the last 25 years, Canning has created not one, but six multi-million dollar ventures, ranging from real estate property management to a musical mail-order and rental business.

For more information on this amazing program visit [www.EntrepreneurTheArts.com](http://www.EntrepreneurTheArts.com). To submit materials or find out how to apply to become a resident artist contact Lisa Canning, Founder and Professional Catalyst, at either [Lisa@EntrepreneurTheArts.com](mailto:Lisa@EntrepreneurTheArts.com) or call her at 847-774-2938.

## December 2009 Events at a Glance

### December 2

Stories to Grow On  
10:30 AM

Stories to Grow On Evening  
Edition 5:30 PM

OCD Support Group  
7 PM

Fertility Support Group  
7 PM

### December 3

Flourish Thru the Holidays,  
Holiday Party  
6 PM

### December 4

Children's Holiday Art  
Drop-In 2 PM

### December 8

Causes & Solutions to  
Digestion Disorders  
6:30 PM

### December 9

Stories to Grow On  
10:30 AM

Stories to Grow On Evening  
Edition 5:30 PM

New Therapist Group  
6 PM

### December 12

Santa Visits Flourish  
10 AM - 1 PM

Personal Holiday Shoppers  
for Kids 10 AM - 1 PM

TotArt Sample Class  
11 AM

Magic of Story Time with  
Cookies & Milk  
1 PM

Angola Holiday Friendraiser  
7 PM

### December 16

Stories to Grow On  
10:30 AM

Stories to Grow On Evening  
Edition 5:30 PM

OCD Support Group  
7 PM

### December 18

Children's Holiday Art  
Drop-In 2 PM

### December 19

Creating Success in All You  
Do 10 AM

### December 23

Stories to Grow On  
10:30 AM

Stories to Grow On Evening  
Edition 5:30 PM

### December 24

CLOSED for Christmas  
Holiday

### December 25

CLOSED for Christmas  
Holiday

### December 30

Stories to Grow On  
10:30 AM

Stories to Grow On Evening  
Edition 5:30 PM

### December 31

CLOSED for New Year  
Holiday

## 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](http://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.  
To schedule, please contact:

Pattie Sheehan  
773-525-2228  
[pattie@secondactchicago.com](mailto:pattie@secondactchicago.com)

Or visit:

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