



P.E.A.R. REPORT

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

www.icanflourish.com

Volume 1, Issue 5

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 December 3 & 17.

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. \$5.00 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 second Wednesday of each month. Next meeting on Wednesday, December 10 from 6-7pm.

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 December 10 from 4:30-7pm.

Yoga Class For All Levels:

Every Monday starting at 6:30pm. All ages and ability levels welcome. For more information or to r.s.v.p. please contact trisha@icanflourish.com.

Celebrate with Flourish This Holiday Season!

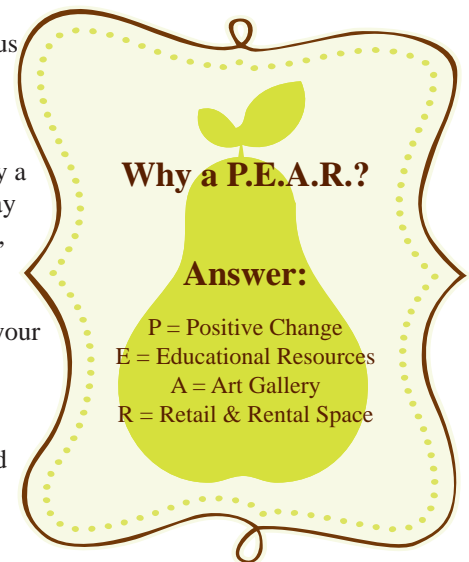
Flourish Studios is excited to host so many wonderful events this December. Please join us to celebrate the holidays!

11th - "No Children Allowed" Parent's Holiday Wine Tasting, 7-9pm. Parents enjoy a relaxing evening over a glass or two of holiday wine. This experience will include live music, wine, cheese with fresh pears, crackers, and Terry's Toffee. Wine provided by WineStyles will be available for purchase to accompany your holiday festivities or gift selections.

16th - "No Parents Allowed" Children's Holiday Bazaar, 4-7pm. Kids eight years and older are invited to celebrate the season and attend a shopping experience. Each child will have a personal shopper to assist him/her purchase gifts. This event features holiday music, gift wrapping, and treats including hot chocolate. RSVP is required, no deadline.

18th - Lakeview Pantry & Flourish Holiday Food Drive Bash, 7-10pm. BYOB; Bring canned goods and 'Puttons' for entrance to the event! Featuring live music, great people, holiday shopping and treats, gift wrapping, and loads of fun!!

31st - Flourish New Years Eve Party! 9pm - 1am. \$45; We would like to welcome the 2009 New Year with you and your family! Everyone is invited to come together and celebrate a new beginning with positive change, resolution, and a "yes we can" attitude. Featured events include: art gallery, lounge, live music, dance floor, games, and much more. Complimentary champagne and soft beverages, party favors, hors d'oeuvres, and dessert will be provided. The Kids Club room will be open for children activities and snacks for little ones!



LETTER FROM THE DIRECTOR:



Dear Flourish Friends,

Here we are with the Holiday Season upon us. We don't want to deny that our struggling economy isn't one of the many stressors we must deal with. But at the same time, we believe the holidays can be just as bright and filled with love and kindness no matter what our financial situation may be. At Flourish we are all about going 'Back to Basics' to make things work as we would like them to be. First, we try to keep in mind our purpose: to help others live their best life. Second, we start each day as if this is our very first day on the job, leaving all baggage from the past behind us. Third, we work together from sharing time in the front of the store greeting customers, to helping with cleaning and being available to lend a hand to whoever may be in need of some extra help. Last, and possibly the most important ingredient, is our willingness to bring humor and laughter into our lives. From fun banter with each other to animal sounds at story time, we are always looking for a good laugh. So far this has been our recipe of success and I urge everyone to adopt this 'Back to Basics' approach, so that your holiday season will be filled with laughter, special moments and peace.

Happy Holidays,

Dr. Julia

Featured Non-Profit



lakeview pantry
EMERGENCY FOOD DISTRIBUTION SINCE 1970

The Lakeview Pantry is a non-profit organization with the mission of eliminating hunger in our community by providing food to fill the basic need of hungry people, increasing the independence of clients through self-help initiatives and other innovative programs, and raising awareness of poverty and its solutions. They provide on-site food distribution, a home delivery service for the homebound, distribute free clothing and have a case management program in order to help clients connect with other services they may need.

JOIN US: Lakeview Pantry & Flourish Holiday Food Drive and Shopping Bash, 7-10 PM, BYOB; Bring canned goods and 'Puttons' for entrance to the event. Gift wrapping will also be available! If you would like to be the next Flourish Studios featured non-profit email Dr. Julia Rahn at drjulia@icanflourish.com

Yoga Classes at Flourish

MONDAYS 6:30PM with Trisha

Classes focus on gaining flexibility, peacefulness, strength, poise, and breath awareness through the flow of poses. Open to all ages and ability levels. For more information contact trisha@icanflourish.com. No need to register just bring a mat! \$10 suggested donation.

WEDNESDAYS 10:00AM with Jessica

Tailored specifically to meet each and every students' needs, the sessions provide safe, fun, challenging, and relaxing yoga to those interested in incorporating yoga into their busy schedules. \$15 fee per class. Wear comfortable clothes and bring your own mat. Contact Jessica at 773-814-8946 or jessica@yogagold.org



Next Art Gallery
Opening Reception
January 10th, 6-9PM.
Details to come!
As always enjoy live
music, wine and
hors d'oeuvres. FREE
and open to the public.

FEATURED EVENTS:**CELEBRATE THE HOLIDAYS WITH STYLE AND MEANING DEC 9:**

6-8 PM, \$25, Great for professional women looking to network; 4 breakout rooms with various themes (financial, meaningful, fashion/wardrobe, etc.); Any profit made to be donated to a woman's non-for-profit.

NO KIDS ALLOWED WINE TASTING DEC 11:

A holiday shopping event for adults with WineStyles wine, 6-8pm; Adults come to enjoy private shopping and socializing at Flourish for a fun-filled, kid-free evening.

JEWELRY SHOPPING EVENT WITH DIAMONDS AND MORE BY LEE MOR DEC 12:

12-7 PM. Includes a wine reception from 5-7 PM. Come by for a one-day only showing of fabulous beaded and costume jewelry as well as diamond and precious stone pieces.

"NO PARENTS ALLOWED" CHILDREN'S HOLIDAY BAZAAR DEC 16:

4-7pm - RSVP to partake; Parents can leave store or enjoy a cup of tea while children shop for gifts for their family/friends with an Flourish volunteer.

LAKEVIEW PANTRY AND FLOURISH HOLIDAY FOOD DRIVE AND SHOPPING BASH DEC 18:

7-10 PM, BYOB; Bring canned goods and 'Puttons' for entrance to the event!

FUNDRAISER FOR SARA FEIGENHOLDZ DEC 20:

6:30-8:30 PM; Please visit our website for more details.

SANTA VISITS FLOURISH DEC 20 & 21:

11 AM-3 PM; Pictures with Santa (for a small fee) and kid crafts available for free. This celebration includes holiday music and treats.

Flourish Studios Provider Profile



Debra Steele is the Assistant Director of Flourish Studios and the Marriage and Family Therapist at the Studio For Change. She graduated in 2007 from The Family Institute at Northwestern University with a Masters Degree in Marriage and Family Therapy. There she gained invaluable clinical experience working as a therapist with individuals, couples, groups, and families. Debra truly enjoys working as part of the Studio For Change, where she has been able to express her passion for therapy working with people to find their voice and resolve to bring a greater sense of peace into their lives.

Debra uses her empathy, humor and integrative training to reach her clients through a variety of therapeutic approaches. Throughout her work she nurtures her belief that cultivating healing within an individual also creates healing in families, and ultimately a greater healing in communities. Debra is currently accepting couple and family clients and works off of a sliding-fee scale. If you are interested in seeking services with Debra or the Studio For Change please email debra@icanflourish.com. She feels truly blessed to work in the very peaceful and supportive Flourish Studios.



FOR UPDATES ON THE PUTTON PROJECT VISIT 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

Licensed Clinical Psychologist
drjulia@icanflourish.com
Confidential voice mail:
773-281-8130 (mailbox 2)

Debra Steele, MSMFT

Marriage & Family Therapist
debra@icanflourish.com
Confidential voice mail:
773-281-8130 (mailbox 3)



3020 N. Lincoln Ave.
Chicago, IL 60657

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

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December 2008 Events

December 1

Yoga Class with Trisha
6:30 PM

December 3

Yoga Class with Jessica
10 AM

Sprout Gifted
2:30 PM

OCD Chicago
7 PM

December 4

Stories to Grow On
10:30 AM

December 6

Jewelry Making Class
I Wish Inc.
11:30 AM

Art Class with Alison Greer
3 PM

December 7

Law of Attraction
Discussion Group
2 PM

December 8

Yoga Class with Trisha
6:30 PM

December 10

Yoga Class with Jessica
10 AM

Sprout Gifted
2:30 PM

Holiday Show & Tell
Networking Event
4:30 PM

New Therapists Group
6 PM

December 11

Holiday Shopping Event
With Winestyles
6 PM

December 12

Jewelry Show
Diamonds & More by
Leemor
12 PM - 7PM

December 15

Yoga Class with Trisha
6:30 PM

December 16

"No Parents Allowed" Holi-
day Bazaar
4 PM

December 17

Yoga Class with Jessica
10 AM

December 17

Sprout Gifted
2:30 PM

OCD Chicago
7 PM

December 18

Lakeview Pantry &
Flourish Food Drive
7 PM

December 20

Sara Feigenholtz
Fundraiser
5 PM

Santa is here!
11 AM - 3 PM

December 21

Santa is here!
11 AM - 3 PM

December 22

Yoga Class with Trisha
6:30 PM

December 24

Yoga Class with Jessica
10 AM

Sprout Gifted
2:30 PM

December 31

New Year's Eve Party!

Flourish Partners

Second Act™:

Second Act at Flourish Studios™ provides individuals affected by cancer treatment or other traumas, a holistic approach to regaining their self-confidence and self-esteem. Products include post-mastectomy bras and prostheses and hair replacement solutions, including full wigs and hair pieces. The unique location within Flourish provides on-site access to the professional services of a range of therapists who, together with Second Act™ treat the whole person.

Hours are by appointment, Monday - Saturday. For more information contact Pattie Sheehan at 773-525-2228, pattie@secondactchicago.com or 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 Studio's "Show & Tell" is holiday-themed with raffle prizes. Hosted on December 10th from 4:30-7pm.

For more information and to register email Rose Mulronee at rose@blackjadecreative.com.