



P.E.A.R. REPORT

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

www.icanflourish.com

Volume 2, Issue 4

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 4:30pm**, ideal for parents that work outside the home. Featuring a reading circle with fun stories in our beautiful space.

OCD SUPPORT GROUP:

Obsessive Compulsive Disorder (OCD) support group meets twice per month on the first and third Wednesday from 7-9pm. Upcoming meetings are on January 6 & 20 and February 3 & 17.

CHILDREN'S 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 meetings are Thursday, January 14 and Thursday, February 11 from 6-7pm.

2010: The Year To Organize Your Life

Each January many of us make a list of New Year's resolutions that we are sure will improve our lives. We resolve to lose that last 10 pounds, find a new career, improve relationships – essentially get rid of the old clutter, issues, or things that have been weighing us down to make room for the new, improved version of our life. By February or March, many of us have lost our steam and fall easily back into our old ways.

Here at Flourish we believe that when you create a vision, and space, good things can and will flow into your life. By clearing out the clutter (literally and figuratively) and getting your life organized, positive changes will begin to occur. With this in mind, Flourish Studios has declared 2010 as The Year to Organize Your Life!



Join us for an exciting year of seminars, workshops and fun activities where you will get inspired and learn tips and techniques from some of Chicago's top Professional Organizers. Workshops will focus on paper management, organizing your home, office, cleaning out your closet, getting your children organized and more. We will have fun clutter clearing events where you can donate books, accessories, or other targeted items and raise money for charity by shopping these hidden treasures as well.

Attend the following amazing organizing events this year and feel the *positive change flow*:

- **“Get Inspired to Organize! Creating Your Vision”**- Thursday, January 21, 7pm, \$20: Professional organizer Riv Lynch shows you how create a vision that will keep you inspired, motivated and in action.
- **“Paper Management Made Simple”**- Thursday, February 18, 7pm, \$20: Confused about what to keep or toss? Organizing expert Erin Kelly teaches filing systems, archiving, paper flow, and how to manage your paper clutter.
- **“Clear the Clutter - Toys”** - February 1 - March 6 (store hours): Donate gently used toys and earn 'Flourish Bucks' to shop affordable treasures.



DIVORCE RECOVERY 101: GET YOUR LIFE BACK



Changing Families: A Divorce Support Group for Children Ages 6-10 Years - Wednesdays, Jan. 20 - March 10, 5-6:30pm - Group Leaders: Cathy Hennessey Price, LCSW, Debra Steele, MSMFT, & Alexa Hartrich

The Next Chapter: A Divorce Support Group for Adults - Wednesdays starting Jan. through March, 6-7:30pm - Leader: Lesley Foreman, MA, MSW



To register for these groups contact Rachel Bers at 773-281-8140 or by e-mail at rachel@icanflourish.com.

LETTER FROM THE DIRECTOR:



*"If there is to be any peace it will come through being, not having."
-Henry Miller*

Dear Flourish Friends,

May peace and joy be a part of your new year. Thanks to everyone who made 2009 such a fabulous year filled with new connections, many lessons learned, and positive reminders that we are all living this life together. We are really looking forward to 2010 and introducing you to our new classes, events, retail products, and all the wonderful people that continue to be attracted to work out of our space. This year our #1 mission is to help people find Peace of Mind. With peace of mind, anything is possible.

Peace & Pears,
Dr. Julia

Featured Non-Profit

2010 Peace on Earth Film Festival
Presented by Transcendence Global Media, NFP

February 26 - February 28, 2010

Chicago Cultural Center
Claudia Cassidy Theatre
77 E. Randolph Street

Admission is free and open to the public

...raising awareness of peace, nonviolence, social justice and an eco-balanced world

The 2nd annual Peace On Earth Film Festival (POEFF) begins Friday, February 26, and runs through Sunday, February 28, 2010, in the Chicago Cultural Center's Claudia Cassidy Theater. "The Peace On Earth Film Festival was designed to encourage filmmakers to craft films in the genre of peace, nonviolence, social justice and an eco-balanced world", says POEFF Exec. Director, Nick Angotti, "yet, we have taken the festival beyond showing films and awarding filmmakers."

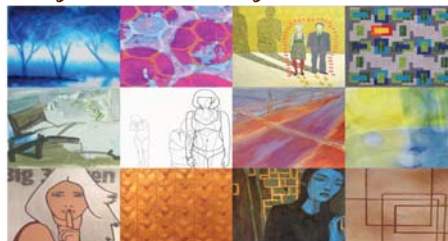
The Festival brings Chicago to the forefront of international efforts for peace and environmental recoveries, while bringing together filmmakers, academics and social activists in discussion panels and educational components in addition to the screenings.

The 2010 POEFF hosts 600 Chicago Public School students and their teachers on opening day, and pilots a year-round program in schools, with selected films to stimulate dialogue on nonviolent solutions and practices, which can be introduced into our own communities.

The Chicago Cultural Center is a free venue. **There is no charge for the Film Festival.** For information visit the website at www.peaceonearthfilmfestival.org or call 773-273-1598.

Envision Gallery Featured Exhibits

January 8 - February 15: *Peace, Be Still*



Peace Be Still: A meditation on quiet spaces by 12 artists:

Brooke Barnett, Ewa Bloch, Jason Fisher, Brandy LaChapelle, Kevin Lahvic, Ebony Love, Lindsay McMenamin, Meredith Siemsen, Deva Suckerman, Jessica Gonacha Swift, Karen Tichy and Mirjana Ursulesku.

Free and open to all. Join us in exploring a peaceful mind while supporting peace on earth. Proceeds from the Jan. 15 Opening Reception will be donated to the Peace On Earth Film Festival.

February 17 - March 6:

Denise Milto's "Living Breast"

Denise Milto's passion is creating a sense of gratefulness and intention either for the individual or community. Her latest work is an entire collection of photographs for **The Living Breast Artist Series.**



"Women in Chicago have contacted me to paint them prior to losing their breasts. Originally, I worked with women who had undergone surgery to honor their 'new' bodies and transform their scars into art. Recently women have asked me to honor their bodies pre-surgery as a way to come to terms with their diagnosis and celebrate their bodies. This has been quite extraordinary work" states the artist.

10% of the proceeds from the Opening Reception on Friday, Feb. 19, 6-8pm, will go to Recovery On Water (ROW). Please visit ROW at www.ignatiuschicago.org/RecoveryOnWater.htm for more info.

FEATURED EVENTS:

EVENTS & WORKSHOPS:

GET INSPIRED TO ORGANIZE! CREATING YOUR VISION - Thursday, Jan. 21, 7pm, \$20 - Organizer Riv Lynch shows you how to create a vision that will keep you inspired. Rsvp at www.icanflourish.com

VALENTINE'S DAY SHOPPING EVENT FOR MEN - Thursday, Feb. 11, 6-8pm - Sample wine as you shop for the women in your life. Bring the kids to find something for Mom and to enjoy free hot-coco and crafts.

DADDY & DAUGHTER DONUT DATE Saturday, Feb. 13, 10-11:30am, \$20/father/daughter, \$5/additional girl- Dads bring your daughters, ages 5-11, for refreshments, face-painting, raffles and crafts. All attendees receive a special discount in the retail store.

PAPER MANAGEMENT MADE SIMPLE Thursday, Feb. 18, 7pm, \$20- Let Erin Kelly of 'Arranged By Erin' teach you paper management. Get tips on everything from filing systems, archiving, medical management, and paper flow. To register visit www.icanflourish.com

COACHING FAIR - Saturday, Feb. 27, 11am-4pm, FREE- Meet up to 10 different life and career coaches, experience complimentary sample sessions and register to win a 3-month coaching package!

MUSIC WITH ME! BY MUSIC TOGETHER Wednesdays & Thursdays at 10am - Music class for children age birth-5 and the adults who love them! To enroll call 773-255-1088 or www.musicwithme.net

CLASSES:

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

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

THE ART OF FLOURISHING - Mondays, Dates TBD, 7-8:30pm, \$250/8 weeks

DIVORCE GROUPS FOR CHILDREN & ADULTS (See front cover for more information)

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

Flourish Studios Featured Therapist



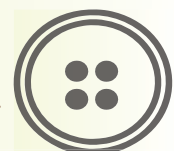
Debra Steele is a passionate and integrative therapist who holds a Masters in Marriage and Family Therapy. She uses clients' strengths to help resolve presenting problems. Debra is ardent about helping people from diverse backgrounds to promote life and relationship satisfaction for individuals, couples and families. Debra graduated from the University of Minnesota with a major in Family Social Science. Both her work as a counselor in a residential home for mentally disabled adults and her personal life's work inspired her to pursue a Master's Degree in Marriage and Family Therapy from Northwestern University.

Debra's therapeutic focus is working with individuals struggling with anxiety and depression, couples wanting to improve their relationship and families struggling with child behavioral issues. This winter she is particularly excited about starting a divorce support group for children on Wednesdays nights entitled 'Changing Families'. Debra takes a holistic approach to all her cases combining elements of mental, physical, spiritual, and emotional wellness to create positive change in her client's lives. Once a month Debra also plays host to therapists new to the field of mental health with the Flourish New Therapist Group.

To set-up an appointment or for more information about Debra Steele and her services visit www.icanflourish.com, call 773-281-8130 or feel free email her at debra@icanflourish.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)

2010 Flourish Classes

KIDS:

CHANGING FAMILIES: A DIVORCE SUPPORT GROUP FOR CHILDREN AGES 6-10 YEARS
WEDNESDAYS, 5:00-6:30PM

THE ART OF FLOURISHING
MONDAYS, DATES TBD, 7:00-8:30PM

THE MIND/BODY CONNECTION
SATURDAYS, FEB. 6-27, 10:00-11:30AM

ADULTS:

HEALTH & WELLNESS MONDAYS
MONDAYS, 7:00-8:00PM

GET SOCIAL: USING SOCIAL MEDIA TO MARKET YOUR BUSINESS
TUESDAY, JAN. 26, 6:30-8:30PM

INTRODUCTION TO THE ENNEAGRAM PERSONALITY PROFILE
SATURDAY, FEB. 6, 11:00AM-12:30PM

THE NEXT CHAPTER: A DIVORCE SUPPORT GROUP FOR ADULTS
WEDNESDAYS, DATES, TBD, 6:00-7:30PM

NEW YEAR, NEW CAREER: GET YOUR MOJO BACK!
TUESDAYS, FEB. 2 - MARCH 23,
6:30-7:45PM

ALSO COMING IN 2010...
UNLOCK YOUR PASSION: THE SENSUAL MIND/BODY EXPERIENCE
INTRO. TO FILMMAKING - FOR KIDS!

FOR MORE INFORMATION ON FLOURISH CLASSES VISIT WWW.ICANFLOURISH.COM OR CONTACT DIRECTOR OF PROGRAMMING RACHEL BERS AT RACHEL@ICANFLOURISH.COM OR 773-281-8140.



January & February 2010 at a Glance

January 6
Music Together 10 AM

Stories to Grow On
10:30 AM & 4:30 PM

OCD Support Group 7 PM

January 7
Music Together 10 AM

Art of Flourishing 7 PM

January 12
New Year/New You
Preview Talk 6:30 PM

January 13
Music Together 10 AM

Stories to Grow On
10:30 AM & 4:30 PM

January 14
Music Together 10 AM

New Therapist Group 6 PM

January 15
Envision Gallery 6 PM

January 20
Music Together 10 AM

Stories to Grow On
10:30 AM & 4:30 PM

OCD Support Group 7 PM

January 21
Music Together 10 AM

Get Inspired to Organize!
Creating Your Vision 7 PM

January 25
End Emotional Eating 7 PM

January 26
Using Social Media 6:30 PM

January 27
Music Together 10 AM

Stories to Grow On
10:30 AM & 4:30 PM

January 28
Music Together 10 AM

February 2
New Year, New Career 6:30 PM

February 3
Music Together 10 AM

Stories to Grow On
10:30 AM & 4:30 PM

OCD Support Group 7 PM

February 4
Music Together 10 AM

February 6
Mind/Body Class 10 AM

Intro to Enneagram 11 AM

February 9
New Year, New Career 6:30 PM

February 10
Music Together 10 AM

Stories to Grow On
10:30 AM & 4:30 PM

February 11
Music Together 10 AM

New Therapist Group 6 PM

Valentine's Day Shopping
Event for Men 6 PM

February 13
Mind/Body Class 10 AM

February 16
New Year, New Career 6:30 PM

February 17
Stories to Grow On
10:30 AM & 4:30 PM

OCD Support Group 7 PM

February 18
Paper Management 7 PM

February 20
Mind/Body Class 10 AM

February 23
New Year, New Career 6:30 PM

February 24
Stories to Grow On
10:30 AM & 4:30 PM

February 25
NPN Mom's Night Out 7 PM

February 27
Mind/Body Class 10 AM

Coaching Fair 11 AM

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.

NPN Member Event:

Mom's Night Out with renowned couples therapist Connie Sheehan, Thurs, Feb. 25, 7-9pm

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
Or visit:
www.secondactchicago.com