



P.E.A.R. REPORT

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

www.icanflourish.com

Volume 1, Issue 8

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 March 4 & 18

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 second Wednesday of each month. Next meeting on Wednesday, March 11 from 6-7pm. The topic in March is "Starting your own private practice"

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 March 25 from 4:30-7pm

Yoga Classes:

All Levels - Mondays until March 9, 6:30pm, \$10, trishakeni@gmail.com

Kids & Family - Mondays starting March 30, 3:30pm, Kids ages 3-5 & 4:30pm, Family/Kids ages 5+, \$10/child and \$20/parent & child. Contact alexismday@gmail.com

Flourish Speaker Series Launches!

Flourish Studios is excited to announce the formation of its' Speaker Series. We invite individuals who want to educate others on a particular topic with the hopes of helping people flourish in all areas of their lives! We seek individuals to speak from all types of disciplines.

The Flourish Speaker Series programing is hosted in the Art Gallery on weekday evenings and Saturday afternoons. All talks will be FREE of charge for attendees. If you are interested in sharing your expertise with a Flourish audience please contact Special Events Coordinator, Gaby Rodriguez, at gabriela@icanflourish.com.

The March Flourish Speaker Series events include:

Thursday, March 5 - Dr. Margaret Smith, "Turning Ideals Into Action" - 7-8pm

Dr. Smith will teach exercises to help connect with the authentic self within us that is needed to make the changes and respond to the challenges that our nation is facing.

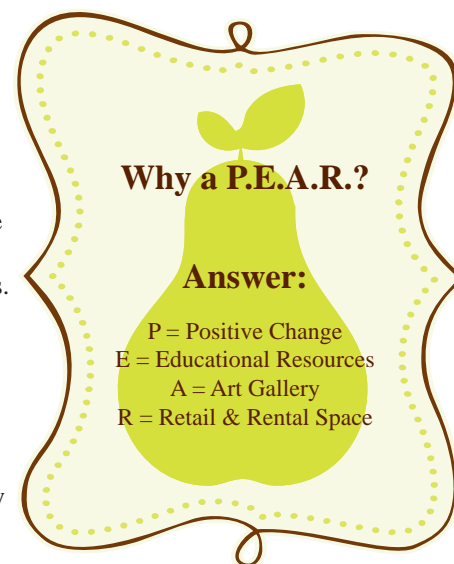
Saturday, March 28 - Rosemary Hurwitz, MA, PS, "Intro to the Enneagram System" - 1-2pm

Experience spring renewal for yourself and your relationships. Join Rosemary to learn your personality type and the patterns and habits associated with the 9 types.

Flourish Celebrates National Women's History Month

March is National Women's History Month. Flourish Studios is dedicated to promoting the following events and organizations to celebrate and honor women over the next 31 days:

- **The Enterprising Kitchen**, a Flourish featured non-profit, provides development and support services to women who are working toward self-sufficiency and economic independence. Visit www.theenterprisingkitchen.org or read more on page 2
- **A Grateful Goddess Workshop** organized by Karen Pulver on March 26 at 7pm
- Featuring Flourish Assistant, Amanda Engborg, and her improv comedy troupe-**The Able Bodied Chaperones**-for a show and workshop on March 18 at 8pm, \$10. Email amanda@icanflourish.com for more information
- **Arianne Vota Smeets**'s fine art exhibit, *Aorta Transformata*, extended throughout March. See www.votameets.com or page 2 for more information
- **Flourish Studios' Speaker Series** on topics related to women's health and personal development. Visit www.icanflourish.com or above for dates, times and topics
- **Coming Soon...**Flourish Studios and musician **Linda M. Smith** to present **Tragedy to Triumph-The Story of Artemisia**. Blending original music by Ms. Smith with video projections of the artistic works by the early Italian female Baroque painter Artemisia Gentileschi. Please stay tuned for more information...



LETTER FROM THE DIRECTOR:



*"You are the only person
on Earth who can
use your ability"*
-Zig Ziglar

Dear Flourish Friends,

Part of the overall Flourish Studios plan has always been to have a bon-a-fide Speaker Series complete with speakers who are experts in their field and have a genuine desire to educate others on how to improve their life. Our speakers come from a wide variety of backgrounds that include: psychology, western and alternative medicine, the arts, education, spirituality, and business. The primary purpose of the **Flourish Speaker Series** is to educate those who want to learn more about a particular matter. Our topics are diverse to ensure that there is "something for everyone", a motto we continue to maintain as part of our overall mission at Flourish Studios. Each monthly newsletter will list the upcoming topics, speaker and date/time the event will take place. Most of the Speaker Series presentations will be free and open to the public. This Speaker Series was organized with you in mind. We hope that you will partake in this experience and look forward to seeing you there!

Enjoy,

Dr. Julia

Featured Non-Profit



The Enterprising Kitchen, a Chicago nonprofit social enterprise, provides workforce development and support services to women who are working toward self-sufficiency and economic independence. Within the context of a business where they manufacture natural soaps and spa products, under the brand name *Choices from The Enterprising Kitchen*. The *Choices* line of wonderful products are proudly sold at Flourish Studios. For more information or to support The Enterprising Kitchen visit www.theenterprisingkitchen.org.

Featured Art Show Extended

Aorta Transformata, by Arianne Vota Smeets, **newly extended** exhibit run is now through March 31. Free admission. The exhibition is a series of thirty-three plus pieces in total.

The "Rebirth Sequence" consists of twenty-four pieces that chronicle the heart through life, death and rebirth. The "Individuals" are nine plus pieces that stand on their own, telling individual narratives. Each piece is exhibited with a song, creating a multi-sensory experience that depicts the complexities and idiosyncrasies of the human heart - bending, splintering, cracking, always mending, and never forgetting to beat. For more information and to see images of *Aorta Transformata* visit www.votasmeeets.com.



Arianne Vota Smeets, "Break"
Clay, Acrylic, 2008

FEATURED EVENTS:

FLOURISH SPEAKER SERIES:

March 5, 7-8pm, Free - Dr. Margaret Smith, Turning Ideas Into Action.

March 28, 1-2pm, Free - Rosemary Hurwitz, MA, PS, Intro to the Enneagram, Improve self-awareness and relationships.

YOGA THERAPY: 4 Wednesdays, February 25 - March 18, 6:30-7:30pm, \$60/session
Email mrichko@backintobalance.biz

PEAK PERFORMANCE HEALTHCARE

WORKSHOP: March 3, 6:30-7:30pm, Free
Do you suffer from fatigue, headaches, back pain, digestive problems, allergies, asthma, or infections? Do not miss this workshop! RSVP www.icanflourish.com

THE VISION SESSIONS: Tuesdays in March & April, 7pm, \$35/week - Register with amylynntherapist@gmail.com

COLLEGE PLANNING WORKSHOP - 7 WAYS

TO SLASH COLLEGE COSTS: March 10, 7pm, Free - College Planning Partners of IL hosts this workshop for parents of college-bound students. Call 888.883.5829 or www.mycollegeplanningpartner.com

IMPROV COMEDY SHOW AND WORKSHOP WITH THE ABLE BODIED CHAPERONES:

March 18, 8pm, \$10 - For more info email amanda@icanflourish.com

MASTERING SELF-TALK WORKSHOP: March 21, 1-5pm, \$35 in advance or \$45 day of - Register at www.livinginattraction.com

AMERICAN HEART ASSOCIATION CPR

CERTIFICATION CLASS: March 23, 5-9:30pm, \$50 (includes materials) - This hands-on class is ideal for professionals, parents or nannies. Earn 2 year certification in adult, child and infant CPR. RSVP by March 16 with dawn@icanflourish.com

INFANT MASSAGE CLASSES: March 23, 30 & April 6, 6-8:30pm, \$100 total - Contact Heather O'Leary at holeary42@yahoo.com

KID & FAMILY YOGA: Starting March 30, 3:30pm, Kids ages 3-5 & 4:30pm, Family, Kids 5+. \$10 per child and \$20 per parent/child; \$5/additional child. Email to register alexismday@gmail.com

INTERPRETING YOUR DREAMS WITH THE "UNIVERSAL LANGUAGE OF THE MIND":

Four Saturdays, April 4-25, 3-5pm, \$125 total Teacher Jay McCormick 20+ years experience interpreting dreams. Explore the mind that is yours and learn to receive the great support your inner mind is giving you! Register at <http://dreams.meetup.com/159/calendar/9694098/>

Flourish Studios Welcomes NPN

Neighborhood Parents Network of Chicago (NPN) is an organization dedicated to offering families information, resources and community support. Our membership represents the wide cross-section of parents within the Chicagoland area. Regardless of where our members live, the parenting needs are quite similar. NPN serves as a main resource for social, childcare and school information.

NPN was founded 29 years ago with the belief that the best information to guide one through the challenges of child rearing came from other parents. NPN has moved their office to Flourish Studios and facilitates a variety of ways for parents to exchange information, whether on-line or in person in one's own neighborhood.

Our services include, but are not limited to the following:

Parent-to-Parent Interaction -

- Social groups for parents organized by neighborhood location
- Support groups such as New Moms, Moms of Multiples, Same Sex Parents, Working Moms, and many more
- On-line discussion boards where members can communicate about everything from childcare to pedicurists

Parent Education Opportunities -

- Parent to Parent News Magazine - written by parents
- 'Parent University' Speaker Series - features professionals in a variety of fields presenting information pertinent to today's families

School Choice Resources -

- School Fairs featuring representatives from Chicago's public and private preschool and elementary schools
- Elementary and Preschool Directories

NPN is the established gateway for parents who want to contribute to and take part in a powerful community of interest that is energized by their own spirit of volunteerism. We believe that strong families build strong communities! Visit www.npnparents.org for more information.

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 1)

Lesley Foreman, MSW

Staff Therapist
lesley@icanflourish.com
Confidential voice mail:
773-281-8130 (mailbox 3)

Debra Steele, MSMFT

Marriage & Family Therapist
debra@icanflourish.com
Confidential voice mail:
773-281-8130 (mailbox 2)

Cathy Hennessy Price, LCSW

Staff Therapist
cathy@icanflourish.com
Confidential voice mail:
773-281-8130 (mailbox 4)



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Chicago, IL 60657

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

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March 2009 Events at a Glance

March 1

Living in Attraction 2 PM

March 2

Music Together 10 AM

Yoga for all Levels 6:30 PM

March 3

Peak Performance 6:30 PM

The Vision Sessions 7 PM

March 4

Music Together 10 AM

Yoga Therapy 6:30 PM

OCD Chicago 7 PM

March 5

Music Together 10 AM

Speaker Series 7 PM

March 9

Music Together 10 AM

Yoga for all Levels 6:30 PM

March 10

College Planning 7 PM

The Vision Sessions 7 PM

March 11

Music Together 10 AM

New Therapists Group 6 PM

Yoga Therapy 6:30 PM

March 12

Music Together 10 AM

March 16

Music Together 10 AM

March 17

The Vision Sessions 7 PM

March 18

Music Together 10 AM

Yoga Therapy 6:30 PM

OCD Chicago 7 PM

Improv Comedy Show 8 PM

March 18

OCD Chicago 7 PM

March 19

Music Together 10 AM

March 21

Living in Attraction 10 AM

Mastering Self-Talk 1 PM

March 23

Music Together 10 AM

CPR & First Aid 5 PM

Infant Massage 6 PM

March 24

The Vision Sessions 7 PM

March 25

Music Together 10 AM

Show & Tell 4:30 PM

March 26

Music Together 10 AM

Grateful Goddess 7 PM

March 28

NPN 'Parent U' 9 AM

Speaker Series 1 PM

March 30

Music Together 10 AM

Kids Yoga 3:30 PM

Family Yoga 4:30 PM

Infant Massage 6 PM

March 31

The Vision Sessions 7 PM

Flourish Partners

N.P.N.

Neighborhood Parents Network of Chicago (NPN) has moved their office to Flourish Studios. NPN offers families information, resources and community support. NPN serves as main resource for social, childcare and school information. Visit the NPN site at 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 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 music, wine and hors d'oeuvres. The next Flourish "Show & Tell" is hosted on March 25 from 4:30-7pm. For more information and to register email Rose Mulrone at rose@blackjadecreative.com