



# P.E.A.R. REPORT

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

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

Volume 1, Issue 10

## SIGNATURE FLOURISH:

### Stories to Grow On:

FREE Children's Book Reading every Tuesday at 2pm - NEW Day & Time! 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 May 6 & 20

### 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. Fridays - NEW Time - 2-5pm

### New Therapists Group:

Open to all new professionals in the mental health field. Held the 2<sup>nd</sup> Wednesday of each month. The next meeting is Wednesday, May 13 from 6-7pm. The topic is a continuance of "Starting your own private practice" from last month with a guest speaker

### 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 May 27 from 4:30-7pm

### Kids & Family Yoga:

Yoga for the whole family on Mondays!  
 -Kids ages 2-4 at 3:30pm  
 -Families/Kids ages 5+ at 4:30pm  
 \$10 per session/person or \$20 per 1 parent/child combo and \$5/additional family member

## New Classes At Flourish Studios

You've Asked...We're Making It Happen! Wondering what goes on at Flourish Studios these days? The answer is...Classes. Dr. Julia Rahn, clinical psychologist and founder of Flourish Studios, and her staff are putting together classes designed to help people learn how to live more prosperous and fulfilling lives. This new development fits with our primary mission of helping people to Live, Learn, & Love. At the end of May, Flourish will start several different classes and will continue to add new classes throughout the summer. Flourish Studios is currently accepting registration for the following:

### CPR Training & Certification by Kathy Schroeder, MS

- May 18, 5:30-9:30pm
- Cost: \$50.00
- Maximum enrollment: 10 participants

### New Moms Group by Cathy Hennessy Price, LCSW & Debra Kissen Kohn, Doctoral Candidate

- Beginning May 27
- Wednesdays 11am-12:30pm or Saturdays 10-11:30am
- Cost: \$100/6 sessions
- Open enrollment

### Be The Parent That I Want to Be

by Julia M. Rahn, PhD

- Beginning May 27
- Wednesdays 7:00-8:30pm
- Cost: \$240.00/8 sessions
- Maximum enrollment: 10 participants

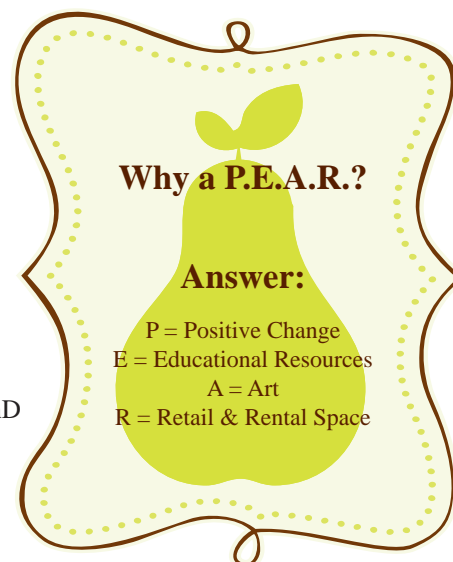
### Working With People by Julia M. Rahn, PhD

- Beginning May 29
- Fridays 12-1:30pm
- Cost: \$240.00/8 sessions
- Includes boxed lunch and beverage
- Maximum enrollment: 20 participants

### I Can Reach My Goals by Julia M. Rahn, PhD

- Beginning June 1
- Mondays 4-5pm
- Cost: \$120.00/8 sessions
- Maximum enrollment: 20 participants

Additional information on each class can be found at [www.icanflourish.com](http://www.icanflourish.com).



## LETTER FROM THE DIRECTOR:



*“Never be afraid to try something new. Remember that a lone amateur built the Ark. A large group of professionals built the Titanic.” -Dave Barry*

Dear Flourish Friends,

What does it take for all of us to try something new? By new I mean doing something that you have never done before. This could be taking a class on something that you have never had any experience in, developing a new friendship, or just absolutely sticking to working on reaching a personal goal. Imagine the possibilities with me if we all did only one of the above examples. I believe the world would be a new place. People would smile more, feel stronger on the inside, and continue to broaden their interests and connections. It just works like this. We take a risk to connect to something new, manage the uncomfortable feelings around trying something new, make progress reaching our goals, feel better, have more energy to reach our goals and before we know it, we have done what we set out to do. Life just keeps getting better and better but it all starts with trying something new!

Enjoy,

Dr. Julia

## Featured Non-Profit



Chicago Adventure Therapy (CAT) is a non-profit that offers therapeutic outdoor programs for at-risk youth. The programming is designed to:

- ENHANCE their social and problem-solving skills
- INCREASE their sense of possibility
- FOSTER the idea of empowerment and personal responsibility, and leave a lasting...
- POSITIVE IMPACT on the surrounding community.

Using a modified wilderness therapy model in an urban setting, Chicago Adventure Therapy is currently the only organization in Chicago that serves the general youth population with this type of programming. “A Night of Improv” benefit at Flourish Studios on May 1, \$50, 6-9pm. All proceeds going to CAT.

For more information on Chicago Adventure Therapy please visit [www.chicagoadventuretherapy.org](http://www.chicagoadventuretherapy.org).

## Featured Artist



The *MyPOP*, My Print on Poverty, solo exhibition by Jessey Jansen, runs through May in the Flourish Studios’ Envision Art Gallery. The installation and campaign uses art as a purpose driven awareness tool to help encourage civic dialogue and action on the important issues circling poverty in the U.S.

Jessey Jansen states: “People often need to see a path before they are able to get on a path, this campaign works to accomplish that task. It represents a path out of poverty by way of visually articulating some of the challenges faced by the poor. It works to empower all people, young and old, by encouraging implementation of individual assessments and critical thinking.”

For more info on Jessey Jansen visit [www.littleladystudio.com](http://www.littleladystudio.com).

## FEATURED EVENTS:

**FLOURISH SPEAKER SERIES:**

**May 13, 7pm, Free - THE CHALLENGE OF AUTHENTICITY™** - Not living the life you envision, how can you take control of the situation? Address this question and more in this interactive lecture. Fredda introduces you to her philosophy of living a more powerful and authentic life by freeing yourself from the dictates imposed by custom and society.

**WORKSHOPS & CLASSES:**

**LIVING IN ATTRACTION - Sunday, May 3, \$5, 2pm & Saturday, May 16, 9am, \$20 & 1:30pm, \$45** - The first Sunday meeting is a discussion group. The Saturday morning session is "Mastermind" & the afternoon discussion session is "Creating Clarity in Your Life". Rsvp at [www.LivingInAttraction.com](http://www.LivingInAttraction.com)

**MEDIATION DROP-IN - Thursdays in May, \$5** - Billy Pacholski guides this meditation that is designed to help participants clear negative energy, create a stronger sense of grounding, and bring in more of their unique life force.

**BULLIES & CYBER BULLIES - Saturday, May 9, 1pm, \$30** - Workshop includes info about bullies, cyber-bullies, victims, and bystanders. Explore ways to respond to bullying behaviors. Presenter Dr. Patrice Paul, licensed clinical psychologist, has extensive experience working with at-risk youth population. Register at [www.icanflourish.com](http://www.icanflourish.com)

**ERASING THE DISTANCE: SHEDDING LIGHT ON MENTAL ILLNESS THROUGH THEATER Thursday, May 14, 7-9pm, \$40** - An inspiring evening featuring the company's new touring performances: Facing the Rain, What's Behind Our Eyes, & The People I Know. Music by Robby Zar, food by Loquacious Catering & art by The Awakenings Project. Rsvp at 773-944-5962x2 or [www.ErasingTheDistance.org](http://www.ErasingTheDistance.org)

**GETTING OVER IT: FINDING PEACE IN RELATIONSHIP PAIN - Saturday, May 16, 2:30-5:30pm, \$45** - Going through a break up, dealing with the loss of a friendship, or trying to live with difficult family members? Learn valuable tools for moving from Tragedy to Transformation - [www.DrAmyJohnson.com](http://www.DrAmyJohnson.com)

**DR. MONA LISA BOOK SIGNING - Thursday, May 21, 7pm, Free** - Dr. Mona Lisa teaches us how to become aware of how symptoms of illness are part of our intuition network. Signing the her new book "The Intuitive Advisor"

**ACTIVE NEW MOMS CLUB - Mondays & Wednesdays, 10am, Beginning June 1, \$169/10 sessions** - Join new moms to regain your shape, improve your energy, and become part of a new community (babies welcome). For more info and to enroll call 773-687-9905 or visit [www.ActiveMomsClub.com](http://www.ActiveMomsClub.com)

## Flourish Studios Provider Profile



Lesley Foreman focuses on the individual client. For her, each client is unique and deserves a dynamic, flexible approach to therapy. Human development strongly influences her theoretical foundation. She firmly believes that wellness is an inside out job, that physical illness can manifest from emotional pain and that often times, one's psychology can become one's biology. Lesley addresses relationship issues, self-esteem, parenting, divorce and the navigation of female and male issues throughout the lifespan. She employs an empathic and nurturing approach focusing on one's strengths.

Working with adolescents and adults, Lesley supports each person's individual process and utilizes an eclectic variety of therapeutic approaches. Her work is firmly rooted in the philosophy that with some awareness, everyone has the opportunity to live an extraordinary life! Lesley feels fortunate to be able to help clients discover their passions in the creative and healing space at Studio for Change. Lesley earned her Master's in Social Work from Loyola University and a Master's in Child Development from Erikson Institute. In addition, she completed the divorce mediation certification program at Northwestern University. She continues to expand her knowledge to best serve her clients by regularly attending training seminars in the areas of family mediation and personal empowerment.

For more information about Lesley or her services please call 773-281-8130 #3 or email her at [Lesley@icanflourish.com](mailto:Lesley@icanflourish.com)



PEACE + BUTTON = PUTTON

[WWW.PUTTONPROJECT.COM](http://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](mailto:drjulia@icanflourish.com)

Confidential voice mail:

773-281-8130 (#)

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**Cathy Hennessy Price, MSW, LCSW**

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## May 2009 Events at a Glance

**May 1**  
Chicago Adventure  
Therapy Event 6 PM

**May 3**  
Living In Attraction  
2 PM

**May 4**  
Kids Yoga 3:30 PM

Family Yoga 4:30 PM

**May 6**  
OCD Chicago 7 PM

**May 7**  
Meditation Group  
6 PM

**May 8**  
Art Drop-In 2 PM

**May 9**  
Bullies & Cyber-  
Bullies 1 PM

**May 11**  
Kids Yoga 3:30 PM

Family Yoga 4:30 PM

**May 13**  
New Therapists Group  
6 PM

Speaker Series 7 PM

**May 14**  
Erasing The Distance  
Benefit 6 PM

Meditation Group  
6 PM

**May 15**  
Art Drop-In 2 PM

**May 16**  
Living In Attraction  
9 AM & 1:30 PM

Getting Over It  
2:30 PM

**May 18**  
Kids Yoga 3:30 PM

Family Yoga 4:30 PM

CPR Training &  
Certification 5:30 PM

**May 20**  
OCD Chicago 7 PM

**May 21**  
Meditation Group  
6 PM

Dr. Mona Lisa Book  
Signing 7 PM

**May 22**  
Art Drop-In 2 PM

**May 25**  
Flourish Studios  
CLOSED for Memorial  
Day

**May 27**  
New Moms Group  
11 AM

Show & Tell  
Networking  
Event 4:30 PM

Be The Parent I Want  
To Be 7 PM

**May 27**  
Meditation Group  
6 PM

**May 29**  
Art Drop-In 2 PM

Working With People  
12 PM

**May 30**  
New Moms Group  
10 AM

## Flourish Partners

### NPN:

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

### 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](mailto:pattie@secondactchicago.com) or visit [www.secondactchicago.com](http://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 "Show & Tell" is hosted May 27 from 4:30-7pm. For more information and to register email Rose Mulroney at [rose@blackjadecreative.com](mailto:rose@blackjadecreative.com).