



P.E.A.R. REPORT

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

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.

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 November 4 & 18.

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 meeting is Wednesday, November 11 from 6-7pm. Dr. Julia Rahn will speak on Positive Psychology.



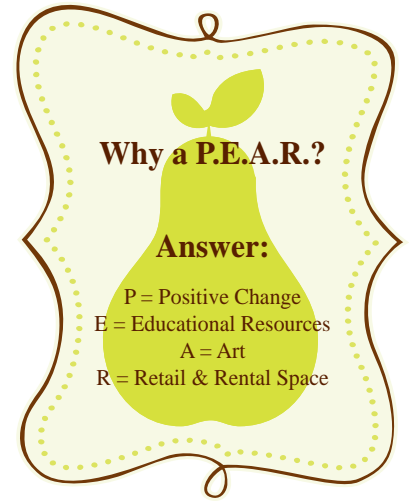
Mark Your Calendars

The busy holiday season is upon us and Flourish Studios is ready to help! We have a wonderful line-up of events to encourage you to relax, reconnect (with yourself and others) and enjoy the holiday hustle and bustle at your own pace. Please join us at any of our exciting upcoming events:

- November 20 - Artist Cindy Tomczyk's Opening Reception in the Envision Gallery, 6-8pm
- December 3 - Holiday Wine Tasting and Accessory Shopping with Andrea Bodenstein, owner, 'Your Clothes Call', 6-8pm
- December 6 - *No Parent's Allowed* Children's Holiday Bazaar, Time TBD
- December 12 - Take your picture with **Santa** at Flourish! Holiday Art-Drop-In with **TotArt** too, 1-3pm



For more details on all of our upcoming events visit www.icanflourish.com. Hope to see you here!



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. 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 or call 847-774-2938.

LETTER FROM THE DIRECTOR:



"We need a place in which we may flourish and be ourselves."

-Timothy Radcliffe

Dear Flourish Friends,

I have been thinking a lot these days about our mission at Flourish Studios. Our mission truly is helping people, young and old, learn how to flourish. Over the last two years I have been telling you what my staff and I have been doing to get Flourish Studios to flourish. Now I want to direct the next part of our journey to learning what you are doing and what **you** need to flourish! I have heard from several folks already and have taken their words to heart. From these conversations new classes have been designed, new therapists hired, and new merchandise purchased. When you get a moment, please drop me an email (drjulia@icanflourish.com) or give me a call (773281.8130). Let me know what's going on in your life. That way Flourish Studios can be sure we have the right program, therapy services and products to truly help you flourish. As we all enter this next holiday season, please take the time to renew your own spirit and remember all for which you are grateful, two of the most important steps to flourishing!

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.

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.

Envision Gallery opening reception for Cindy Tomczyk is Friday, November 20, 6-8pm. 10% of the proceeds from the reception will go to the Boys & Girls Club of Chicago.

FEATURED EVENTS:

EVENTS:

NPN PARENT UNIVERSITY - Saturday, Nov. 7, 10:30am-12pm - NPN hosts this successful talk for parents. For more information visit the NPN at www.npnparents.org

BEYOND THE BEDROOM - Tuesday, Nov. 10, 7:15pm, Free - Discussion led by a nurse practitioner on female sexual health topics. Event for women only. Rsvp at 312-498-9593

BOOKSISTERS FOR MOTHERS & DAUGHTERS, WEDNESDAY, NOV. 11, 6:30-8:30pm, \$75/mother & daughter, \$25/additional daughter - BOOKSisters invites you to a special evening designed just for mothers and daughters. For more info and to register visit <http://literatureforalllofus.org>

WORKSHOPS:

MUSIC WITH ME! BY MUSIC TOGETHER Mondays, 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 either call 773-255-1088 or via the Web at www.musicwithme.net

SECRETS TO LOOKING AND FEELING YOUNGER: IT'S ALL ABOUT BEING HEALTHY AND FIT!, Wednesday, Nov. 4, 6:30pm - In this workshop you will learn what factors contribute to aging us prematurely and how stress plays a part in our health breaking down. Learn 5 secrets to looking and feeling younger you will also learn a simple stretching routine to keep you active and moving. Space is limited! Reserve your seat today. Contact Tiffany at 312-440-0149

THE ART AND SCIENCE OF MENTAL REHEARSAL, Saturday, Nov. 14, 10am-6pm, \$47.00 in advance, \$67.00 day of - Visit www.livinginattraction.com for more information and to register

Flourish Studios Featured Therapist



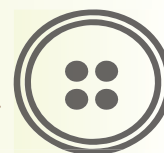
Erika Fay, MA, LMFT is a Licensed Marriage and Family Therapist who uses a creative, results oriented and client strength based approach to resolving problems. She is passionate about helping people create satisfaction in life and relationships. Erika is an endurance athlete and competes in marathons and triathlons throughout the year. Her love of living an active and healthy lifestyle contributes to her high energy and holistic clinical approach with emphasis on overall physical, emotional and spiritual wellness.

Erika graduated from Purdue University in West Lafayette, IN with a major in Psychology. Her work as a counselor in a residential treatment center for teens inspired her to pursue a degree in Marriage and Family Therapy. She graduated from St Mary's University in San Antonio Texas with a Master of Arts in Marriage and Family Therapy. She has extensive experience in the assessment and treatment of couples, individuals, families and children in a variety of clinical environments to include hospital, schools, residential treatment, foster care, community mental health and corporate settings.

For more information about Erika and her services visit www.erikafaythrive.com, call 773-425-6652 or email her at faysolutions@gmail.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
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Cathy Hennessy Price, LCSW
Staff Therapist
Cathy@icanflourish.com
773-281-8130 (mailbox 2)

Spotlight On: January 2010 Classes

KIDS:

CHANGING FAMILIES: A DIVORCE SUPPORT GROUP FOR CHILDREN

Wednesdays, Jan 6-Feb 24, 6-7:30pm
*Runs simultaneously with adult group

YOUTH JAZZ/HIP HOP, Ages 7-10

Tuesdays Jan. 12-Feb 16, 3:30-4:30pm

TOTART, Ages 3-5

Wednesdays, Jan. 13-Mar. 3, 3:30-4:30pm
*FREE Sample class Dec. 12

YOUTH THEATRE PROJECT, Ages 10-15

Wednesdays Jan. 13-Feb 17, 3:30-4:30pm

ADULTS:

ARTISAN PROGRAM

Thursdays, Dec. 3-Feb. 4, 7-8:30pm

NUTRITION SERIES

Mondays, Jan. 4-25, 7-8pm

THE NEXT CHAPTER: A DIVORCE SUPPORT GROUP FOR ADULTS

Wednesdays, Jan. 6-Feb 24, 6-7:30pm
*Runs simultaneously with children's group

MINDFUL MOTHERHOOD

Wednesdays, Jan. 13-Mar. 10, 10-11:30am

NEW YEAR, NEW CAREER:

GET YOUR MOJO BACK!

Tuesdays, Feb. 2-Mar 23, 6:30-7:45pm * FREE Talk: Tuesday, Jan. 12, 6:30pm

ALSO COMING IN 2010...

THE MIND/BODY CONNECTION

THE MANDALA EXPERIENCE

EPOCHÉ THERAPY

For more information on classes contact Rachel Bers at Rachel@icanflourish.com or 773-281-8140



November 2009 Events at a Glance

November 4

Music Together
10 AM

Stories to Grow On
10:30 AM

Stories to Grow On Evening
Edition 5:30 PM

Secrets to Looking Better &
Feeling Younger 6:30 PM

OCD Support Group
7 PM

Fertility Support Group
7 PM

November 5
Music Together
10 AM

November 6
Art Drop-In
2 PM

November 10
Beyond the Bedroom
7:15 PM

November 11
Music Together
10 AM

Stories to Grow On
10:30 AM

November 11

Stories to Grow On Evening
Edition 5:30 PM

New Therapist Group
6 PM

BOOKSisters
6:30 PM

November 12
Music Together
10 AM

November 13
Art Drop-In
2 PM

November 14
The Art & Science of
Mental Rehearsal 10 AM

November 18
Music Together
10 AM

Stories to Grow On
10:30 AM

Stories to Grow On Evening
Edition 5:30 PM

OCD Support Group
7 PM

November 19

Music Together
10 AM

November 20
Art Drop-In
2 PM

Cindy Tomczyk's Envision
Gallery Artist Reception
6 PM

November 25
Stories to Grown On
10:30 AM

Stories to Grow On Evening
Edition 5:30 PM

November 26
CLOSED for Thanksgiving

November 27
CLOSED

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.

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