



P.E.A.R. REPORT

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

www.icanflourish.com

Volume 2, Issue 1



SIGNATURE FLOURISH:

Retail Store Hours:

Monday - Friday 10am-7pm
Saturdays 10am-5pm

Stories to Grow On: NEW TIME!

FREE Children's book reading every **Wednesday at 10:30am** and now **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 October 7 & 21.

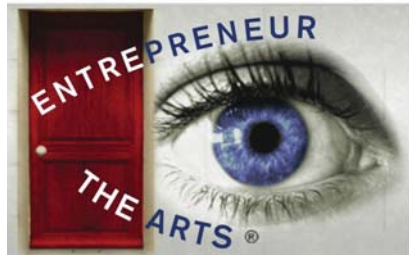
Children's Art Drop-In:

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, October 14 from 6-7pm.

Flourish Launches New Artisan Development Program



Flourish Studios is proud to announce a unique new artist development program tasked with helping local artists of all disciplines become thriving entrepreneurs. The Flourish Artisan Program aims to cultivate a new era of entrepreneurship and personal change in the Chicago arts community.

Accepted artists will be given space on the thriving Flourish retail floor to sell their work at a 50/50 profit split. Artists will also receive a free marketing and business course with Entrepreneur the Arts® founder Lisa Canning on creating, branding and selling a viable product in today's marketplace. There is no cost to the program, though creators will be expected to work 5 unpaid hours weekly in the Flourish Studios retail space, to develop sales experience and market recognition for their emerging brands.

To host this one-of-a-kind program, Flourish Studios and Dr. Julia Rahn turned to Entrepreneur the Arts® founder Lisa Canning, an accomplished entrepreneur, artist and educator whose resume speaks for itself. 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.

"I hold a passionate belief that the 'starving artist,' need no longer exist," Canning states. "It's an antiquated concept. In fact, artists are in the perfect position to prosper. The personal discipline and integrity that the arts foster give creators an automatic head start on creating a viable independent business."

If you'd like to submit materials and for more information on how to apply please contact Lisa Canning at Lisa@EntrepreneurTheArts.com or call 847-774-2938.

Learn How to Flourish at This Exciting Workshop!

Your opportunity to transform your wishes for a more joyful life into action items that will generate positive results in the real world is happening **Thursday, October 22, at 7pm**. Dr. Julia Rahn will present "How to Flourish", an interactive workshop bound to give you a whole new perspective on how to be truly present in your life and in this world.



In this 1 hour workshop we will explore how to establish and achieve your goals by incorporating in-depth discussions and real-life video examples covering such topics as gratitude, forgiveness, healing and achieving durable happiness.

Second Act, SD Rehab and Flourish Studios have come together to offer this amazing workshop **free** of charge but we do need you to register. Sign up today at www.icanflourish.com and get ready lasting change toward a truly joyful life!

Why a P.E.A.R.?

Answer:

P = Positive Change
E = Educational Resources
A = Art
R = Retail & Rental Space

LETTER FROM THE DIRECTOR:



*"Autumn, the year's last,
loveliest smile."*

-William Cullen Bryant

Dear Flourish Friends,

Fall is here again. School has started, work demands more of our time and the holidays are quickly approaching. For me, fall has always been a positive time. I always feel stronger, have a clearer sense of where I am headed and I enjoy following a more structured routine. I have had all summer to contemplate what changes I want to make in my life and what goals I want to achieve. I now know what to expect of myself and have the energy and focus to get it done.

Not only is this true in my personal life but it is the same for Flourish Studios, where we have been hard at work preparing for the fall! We hired Rachel Bers as our new Director of Programming and she is already rolling out new classes (check out the cool Epoché Yoga Therapy by Constance Sheehan, LSCW and Mindful Motherhood by Dr. Melissa Blount). The retail floor has also been rearranged to help you find just what you are looking for to improve your own life and/or provide encouragement to care for those you love. Furthermore, we are excited that Lisa Canning of Entrepreneur The Arts is partnering with Flourish to teach artists the art of successful entrepreneurship. Be sure to drop by to see for yourself and participate in all that is going on at Flourish Studios. We look forward to seeing you!

Enjoy,
Dr. Julia

Featured Non-Profit

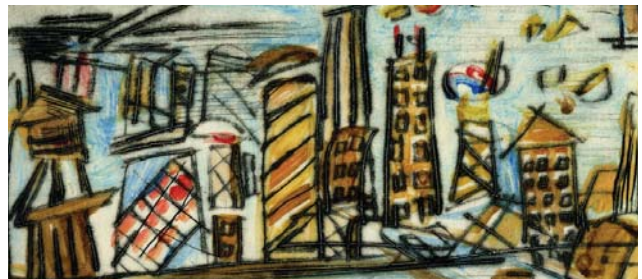


The Chicago Project for Violence Prevention/CeaseFire is a local effort that works with community-based organizations and focuses on street-level outreach, conflict mediation, and the changing of community norms to reduce gun violence.

CeaseFire relies on highly trained outreach workers and violence interrupters, faith leaders, and other community leaders to intervene in conflicts, or potential conflicts, and promote alternatives to violence. CeaseFire also involves cooperation with police and it depends heavily on a strong public education campaign to instill in people the message that shootings and violence are not acceptable. Finally, it calls for the strengthening of communities so they have the capacity to exercise informal social control and to mobilize forces, from businesses to faith leaders, residents and others, so they all work in concert to reverse the epidemic of violence that has been with us for too long.

More information can be found at www.ceasefirechicago.org.

Envision Gallery Featured Artist



Flourish Studios' Envision Gallery will be showcasing the work of artist and professor **BettyAnn Mocek** in celebration of Chicago Artists Month. This show explores Mocek's fascination with breathless, frenzied marks and lines which capture the energies and busy rhythms of city landscapes, skylines and urban figures. Her work expresses 'busy lines' in many mediums: pure drawings, mixed media collage and traditional printmaking techniques including: etching, relief and monotype.

10% of the proceeds from the Opening Reception will benefit the Flourish featured non-profit for October, CeaseFire. The **Opening Reception** takes place **Friday, October 9** from **6-8pm**. The show and reception are free and open to all!

FEATURED EVENTS:

FALL FLOURISH CLASSES:

Register now at www.icanflourish.com or for more information on classes contact Rachel Bers at Rachel@icanflourish.com or call 773-281-8140

KNIT 1, PURL 2, RELAX, RELATE, & BREATH Wednesdays, Starting Oct. 7, 6-8pm
\$30/3 classes - Dr. Melissa Blount

LEARN TO KNIT - Saturdays, Oct. 10 & 17, 1-3pm, \$55/2 sessions (excludes supplies)- led by experience knitter Tia Booker

THE MANDALA EXPERIENCE - Sunday, Oct. 18, 2-5pm, \$75 - Amy Lynn, Licensed Art Therapist

EPOCHÉ THERAPY: INTEGRATION OF YOGA, MINDFULNESS-BASED STRESS REDUCTION & POSITIVE PSYCHOLOGY - Tuesdays starting Oct. 20, 6:30-8pm, \$300/6 sessions - Constance Sheehan, LCSW

EVENTS:

BEYOND THE BEDROOM - Tuesday, Oct. 13, 7:15pm, Free - Discussion led by a nurse practitioner on female health topics; women only. Rsvp at 312-498-9593

EATING FOR ENERGY - Wednesday, Oct. 14 7pm, \$10 *suggested* - Learn what to eat for optimum energy. Register at 312-391-4715

THE VAMPIRE'S ANGEL BOOK SIGNING WITH DAMIAN SERBU - Friday, Oct. 30, 7:30pm, Free - Celebrate with author Damian Serbu and his first published book *The Vampire's Angel*

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 call 773-255-1088 or www.musicwithme.net

LIVING IN ATTRACTION: BEGIN IN JOY & FLOW - Saturday, Oct. 17, 9:30am-5:30pm. For info, pricing and registration visit www.livinginattraction.com

HOW TO FLOURISH - Thursday, Oct. 22, 7pm, Free - Transform your wishes for a more joyful life into action items that will generate positive results in the real world is happening! Led by Dr. Julia Rahn and hosted by Pattie Cagney Sheehan of Second Act at Flourish Studios. Register at www.icanflourish.com

Flourish Studios Director of Programs



Rachel is excited to be joining the Flourish Team as their new Director of Programs. Rachel graduated from the University of Illinois with majors in speech communication and political science. After a fantastic experience studying abroad, the travel bug bit again after graduation, and Rachel found herself headed for sunny Sydney, Australia to participate in a work abroad program. Upon returning to Chicago, Rachel worked as a travel coordinator for an international tour operator, eventually moving into the tangential fields of meeting and event planning.

In addition to travel, Rachel's other biggest passion is yoga. In 2007 she completed a 200-hour yoga teacher training certification in beautiful Costa Rica, and has taught yoga to both kids and adults throughout Chicagoland.

Now, as Director of Programs, Rachel has found the perfect blend of her background in planning and coordination and her passion for health and healing. She is hoping to build a roster of first-rate workshops and classes centered around Flourish's mission to "learn who you are, love yourself and others, and live your best life!"

Rachel can be reached at Rachel@icanflourish.com or by phone at 773-281-8140.



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)

Spotlight On: Neumann Association



Neumann Association is a Chicago-based social service agency that integrates persons with disabilities and other life issues into the community and enriches the quality of their lives with choice and independence. Over 500 individuals over the age of 18 participate in the various programs annually. Neumann Association provides education, housing, recreation, rehabilitation, training and employment opportunities. A wide variety of services are available including medical/dental care, individual/group therapy, and case management. Neumann Association receives funding through state contracts and grants, individual donations, corporate and foundation grants, special events, in-kind contributions, memorial and in-honor of gifts, and through wills and bequests.

Neumann Enterprises is an innovative project within the agency that is leading the effort to generate employment opportunities for people with developmental disabilities and mental illness. Here at Flourish Studios, we have had the privilege of working with some of these wonderful people first hand in helping to clean up our already beautiful space. The work was completed in a professional and timely manner and we could not wait to share their mission with the entire community!

If you are interested in hiring Neumann Enterprises or would like any additional information regarding services, please contact Michelle Johann at 773-769-4313x202, email mjohann@vcna.org or visit their Website www.neumannassociation.org.

October 2009 Events at a Glance

October 1 Music Together 10 AM	October 10 Helping People Flourish Workshop 10 AM	October 18 The Mandala Experience 2 PM
October 2 Art Drop-In 2 PM	Learn to Knit 1 PM	October 21 Stories to Grow On 10:30 AM
October 4 Living In Attraction Discussion Group 2 PM	October 13 Beyond the Bedroom 7:15 PM	Stories to Grow On Evening Edition 5:30 PM
October 7 Music Together 10 AM	October 14 Music Together 10 AM	OCD Support Group 7 PM
Stories to Grow On 10:30 AM	Stories to Grow On 10:30 AM	October 22 How To Flourish 7 PM
Stories to Grow On Evening Edition 5:30 PM	Stories to Grow On Evening Edition 5:30 PM	October 23 Art Drop-In 2 PM
Knit 1, Purl 2, Relax, Relate and Breathe 6 PM	New Therapist Group 6 PM	October 27 Stories to Grow On 10:30 AM
OCD Support Group 7 PM	Eating For Energy 7 PM	Stories to Grow On Evening Edition 5:30 PM
Fertility Support Group 7 PM	October 15 Music Together 10 AM	Epoché Therapy with Yoga Balance 6:30 PM
October 8 Music Together 10 AM	October 16 Art Drop-In 2 PM	October 28 Music Together 10 AM
October 9 Art Drop-In 2 PM	October 17 Begin in Joy and Flow 9:30 AM	October 29 Music Together 10 AM
Art Opening - Envision Gallery Opening 6 PM	Learn to Knit 1 PM	October 30 Art Drop-In 2 PM
		The Vampire's Angel Book Signing 7:30 PM

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