



P.E.A.R. REPORT

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

www.icanflourish.com

Volume 1, Issue 2

FLOURISH FEATURES:

September 19th

Todd Parr Book Signing 6pm - 8pm - Free

Come meet author/artist Todd Parr and have him sign your favorite Todd Parr book. Flourish Studios will have just about all of his books available for purchase to add to your collection of must have books.

September 20th

Pet Peace Parade 10am - 11am - Free

Kids of all ages are invited to participate in the first annual Flourish Pet Peace Parade on Saturday, September 20th. The parade is sponsored by Sit,..... There is no entry fee and no registration is required. See www.icanflourish.com and page 4 for more details.

"Pm" is for Peace Family Fun Festival – 12pm - 4pm - Free*

Come celebrate International Peace Day and our Putton Project Progress. Featured events include: Time with Todd Parr*, parenting experts and informational tables, and Art Drop-In projects for all.

*Only a limited number of times and spaces for children ages 4-8 to hang with Todd Parr are available. Reservations for these tickets are to be made in person at Flourish Studios after September 1st. Maximum two tickets per family.

Todd Parr Artist Reception 7pm - 10pm - Free*

Celebrate Todd Parr's new artwork showing in Flourish Studios' Art Gallery. This experience includes Chef Art Smith's, of Table52, Macaroni and Cheese (Todd Parr's favorite food), Champagne sponsored by Rock's Lakeview, and for dessert, Terry's Toffee and Cupcakes by Flourish Bakery.



The Putton Project



Buttons + Peace = PUTTON

Flourish Riddle: What does Flourish Studios, buttons, the Green Movement, intergenerational teamwork, a "yes I can" attitude, the concept of 1 million, feeling a part of a community, and promoting peace inside and outside ourselves all have in common? **Answer:** The Putton Project!

Flourish Studios is collecting **1,000,000** buttons, yes 1 million, as our way to promote peace. To reach this goal, we need your help. Please drop off any unused regular old buttons to Flourish Studios. We are also asking for volunteers, 6 (parents may help) to 104 years of age, to come by and count puttons. Let's show the world, one Putton at a time, that we support peace! Not only will we be promoting peace but we also see this project as a way to teach folks new ways to reuse materials, practice getting back in school mode through counting, meet new people, and see what 1 million Puttons truly looks like.

After we reach one million Puttons, Flourish Studios will have the buttons visible for all to see. Seeing 1 million of anything has got to be a powerful sight and who knows what other individual and community creative efforts might just spark from this!

After a million Puttons have been collected everyone will gather again to create special Putton items (jewelry, vases, garland, etc.) and then sell them at our store with proceeds going to the non-profit Roots & Shoots to support their world peace efforts. You too can make a peaceful difference!

Who is Todd Parr???

A few people have asked who Todd Parr is when they learn of his Flourish Studios™ September arrival. He is simply one of those authors that you just need to know. His books and art speak to children, teenagers and adults helping everyone to be better people. Once you read one of his books you will want to meet him. That is why Flourish has asked him to help us celebrate International Peace Day on September 19th & 20th.

Todd first got into children's publishing in 1998 combining his art and the simple message about acceptance, differences and empowerment to help children feel better about themselves in a fun way. To date Todd has written and illustrated 29 books. His most recent book is "Peace". Todd's books have won several awards and have been featured on The Rosie O'Donnell show. To further promote reading to children Todd has partnered with Target, Reach Out and Read and People Magazine.



In November 2005 ToddWorld, a children's preschool show, premiered on TLC and Discovery Kids. The show has since been nominated for an Emmy and has won several other awards including the iParenting Media Award and the 2005 Humanitas Award for the episode entitled "Who's Your Best Friend?". ToddWorld is now airing in almost every country around the world with a second season is in the works.

Todd also likes the fog, sea lions and to paint. His dog's name is Bully. His Favorite color is Blue and his favorite food is macaroni and cheese. To learn more about Todd Parr before his Flourish debut, visit his Web site at www.toddparr.com.

LETTER FROM THE DIRECTOR



Dear Flourish Friends,

What another amazing month it has been thanks to everyone stopping by and seeing what Flourish Studios is all about. The connections we have made have been awesome. I continue to be truly amazed by how meeting one person connects us with their world, which then in turn helps us connect to another person and their whole world, and this cycle continues on and on and our own world gets bigger and bigger and more meaningful and more significant with each personal connection. I know deep in my heart that a purpose-filled life is made of these personal connections. A connection may be as brief as a cool high five with a little child, a smile shared walking down a street, or the opening and holding of a door for someone. There are also stronger connections that feed our souls such as those with our family, coworkers, and friends. Memories, laughter, and the willingness to care and love are what keep these connections alive.

Imagine how great our world could be if we all took the time to remember to connect more with people around us. I believe this recognition is what makes a true difference in whether our days are dreary or bright. This is where buttons come in (and you knew they were coming in somewhere)...Whenever you see a button (and there are a lot to see every day) I urge you to use buttons as a cue to connect to people. Share a positive comment, a gentle pat on the back, a hug, or just a simple smile. It will make a difference!

Enjoy,
Dr. Julia



Featured Non-Profit

the peace ● school

The Peace School is a non-profit, equal opportunity, educational organization headquartered in Chicago since 1972. It is an independent non-profit with no political or religious affiliations. The Peace School's mission is to help individuals of all ages practice peace in everyday life by attaining peace in mind, body and spirit, creating the foundation for a broader peace in our families, schools, communities, nations and world. The Peace School teaches a unique blend of meditation, peace yoga, traditional martial arts and peace breathing at its serene Lakeview center.

The Peace School is the original sponsor of Peace Day in Chicago, which it initiated in 1978. For this year's 30th anniversary of Peace Day, the Chicago Build the Peace Committee has been formed with Mayor Daley as Honorary Chair. Peace Day events will include a free noontime celebration in Daley Center Plaza on September 19, and a free "Build the Peace Workshop" at UIC Forum on September 20. Visit www.peaceschool.org and www.buildthepeace.org or call 773-248-7959. To become the next Flourish Studios™ Featured Non-Profit email drjulia@icanflourish.com.

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. Next meetings on September 3rd & 17th.

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. \$5.00 per 30 minute project. Every Monday-Friday from 12-4pm.

New Therapists Group:

Open to all new professionals in the mental health field. Held the second Wednesday of each month. Next meeting on Wednesday, September 10th from 5:30-6:30pm.

FEATURED PROGRAMS

Art Adventures for Children ages 4-6

Mondays, 10-11:15am
September 8 - October 20
6 week session - \$90 total

Local artist Jenny Learner will teach this interactive and fun class. Children will explore their creatively as they experiment with a wide range of 2 and 3 dimensional materials. They will also be exposed to the techniques and specialties of various famous artists. Classes include a story, snack, and each session ends with a “gallery display” of the young artists’ work.

Adult, Children & Infant CPR and First-Aid Trainings

Wednesday, September 24,
9am-12:30pm OR 2-5:30pm
Monday, October 6 , 6-9:30pm
\$45 per person, \$65 with child care

Have you been thinking about getting CPR certified? Do you need your employees or nanny to know first-aid and CPR? Then this is the course for you. The class will award participants with a 2-year certification in CPR training from the American Red Cross.

FEATURED ARTIST

**Todd Parr**

Flourish Studios is pleased to host a collection of new works by the famous children’s author Todd Parr. Opening reception on Saturday, September 20 from 7-9pm. Free and open to the public. Featuring a macaroni & cheese sampling from Chef Art Smith of Table 52 , champagne tasting sponsored by XXXXXXXX and deserts by Flourish Bakery & Terry’s Toffee.

Flourish Studios Provider Profile



Joslyn Jelinek, LCSW, is a licensed clinical social worker who has practiced in Chicago since 1998. She has been interviewed as a nutrition expert on WGN-TV, WLS-TV, WMAQ-TV and ABC World News Tonight. For the past three years, Victoria has served on the Executive Committee of the Nutrition Entrepreneurs (NE), a dietetic practice group of the American Dietetic Association. She was NE’s Chair in 2006-2007 and continues to serve in an advisory role to the board. She is a culinary spokesperson who has worked

as an adjunct chef at Calphalon Culinary Center. As a graduate of the Roy H. Park School of Communications at Ithaca College in Upstate New York and Loyola University Chicago’s Food & Nutrition Program, Victoria combines both of her educational pathways - communications and nutrition, into a dynamic, full-service nutrition communications company, LivingWell Communications.

To schedule a nutrition consultation or speaking opportunity, contact her at victoria@livingwellcommunications.com or 773-551-9882.

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.

Areas of specialty include

- Obsessive-Compulsive Disorder (OCD)
- Autism Spectrum Disorders
- Attention Deficit Hyperactivity Disorder (ADHD)
- Anxiety & Depression
- Eating Disorders
- Couple & Family Struggles
- Adjusting to Chronic Illness & Disability

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 2)

Debra Steele, MSMFT

Marriage & Family Therapist
debra@icanflourish.com
 Confidential voice mail:
 773-281-8130 (mailbox 3)



Flourish
STUDIOS

LIVE • LEARN • LOVE

3020 N. Lincoln Ave.
Chicago, IL 60657

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

www.icanflourish.com

September 2008 Events

September 2

Art Adventures Art Class
for Kids
4:00 PM

September 3

OCD Chicago
7:00 PM

September 8

Art Adventures Art Class
for Kids
10:00 AM

September 10

New Therapist Group
5:30 PM

September 11

Soul Spa at Flourish
Mommy Mani
10:00 AM

September 15

Art Adventures Art Class
for Kids
10:00 AM

Art for Elders

1:00PM

September 17

OCD Chicago
7:00 PM

September 19

Todd Parr Book Signing
6:00 PM

September 20

Pet Peace Parade
10:00 AM

“P” is for Peace Family
Fun Festival 12:00 PM

Todd Parr Artist

Reception
7:00 PM

September 22

Art Adventures Art Class
for Kids
10:00 AM

Art for Elders

1:00PM

September 24

“Show and Tell”
Networking Event
4:30 PM

September 29

Art Adventures Art Class
for Kids
10:00 AM

Art for Elders

1:00PM

Flourish Partners

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 hors d'oeuvres. The next Flourish Studios “Show & Tell” is on Wednesday, September 24 from 4:30-7pm.

For more information and to register email Rose Mulroney at rose@blackjadecreative.com.

Soul Spa at Flourish:

Soul Spa at Flourish offers a range of massage services and hosts “Mommy Mani” events each second Thursday of the month, from 10am-12pm. While moms are in their relaxing time-out, kids can be entertained in the adult-supervised playroom with special age-appropriate crafts, games, toys and story time. Additional fee of \$5 will be added for each child. The “Mommy Mani” beautifying services are each a half hour with \$30 for a manicure and \$50 for a pedicure.

To make your appointment for any Soul Spa massage service or to reserve your space for the September 11 “Mommy Mani” event call 312-731-8094, or visit www.soulspaconcepts.com.