



P.E.A.R. REPORT

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

www.icanflourish.com

Volume 1, Issue 11

Second Act™ & Flourish Studios™ Raise Cancer Awareness

Having lost both of her parents to cancer, Pattie Cagney Sheehan discovered a passion that would become her life's second act. After a career in marketing she opened Second Act, a boutique located in Flourish Studios, serving cancer patients and survivors with a special emphasis on individuals who have undergone breast surgery, chemotherapy and/or radiation. Second Act is the only place in downtown Chicago that sells wigs and post-breast surgery products. Second Act is accredited by ABCOP and Pattie is a BOC Certified Mastectomy Fitter.

The hallmark of Second Act is to recognize the anxiety and stress that accompanies a cancer diagnosis and the questions that often arise regarding the after-effects of treatment, as well as the need for ongoing support for long-term survivors. Seminars sponsored by the Lurie Cancer Center, Flourish Studios and Second Act address these issues.

The first featured seminar is **Tuesday, June 16, 6:30pm** on **"The Role of Family History in Breast Cancer"**. **Virginia Kaklamani, MD, DSc**, medical oncologist and expert in cancer genetics at the Robert H. Lurie Comprehensive Cancer Center of Northwestern University, will discuss the most up-to-date information on genetic markers for breast cancer, as well as testing & treatment options. Networking reception and check-in at 6:30pm.

The second featured speaker is **Thursday, July 9th, "Cancer Survivorship: Creating a Personalized Care Plan"** by **Vincent Cryns, MD at 6:30pm**. Dr. Cryns is an endocrinologist whose research focuses on the genes and signaling pathways that cause breast cancer. The overall goal of his research is to translate molecular insights into better therapies and prognostic markers for breast cancer patients. He is the medical director of the SUCCEED Breast Cancer Survivorship Program at the Lynn Sage Comprehensive Breast Center at Northwestern Memorial Hospital.

Rsvp for both featured events at www.cancer.northwestern.edu/events.

Additionally, Flourish Studios is honoring a Silver Lining Foundation as the featured non-for-profit this month. See page 2 for more details on how this organization is addressing breast cancer treatment in Chicago. A portion of the Flourish sales during the Envision Art Gallery opening on Friday, June 12 from 6-8pm will go to A Silver Lining.

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 June 3 & 17

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 - 2-4pm

New Therapists Group:

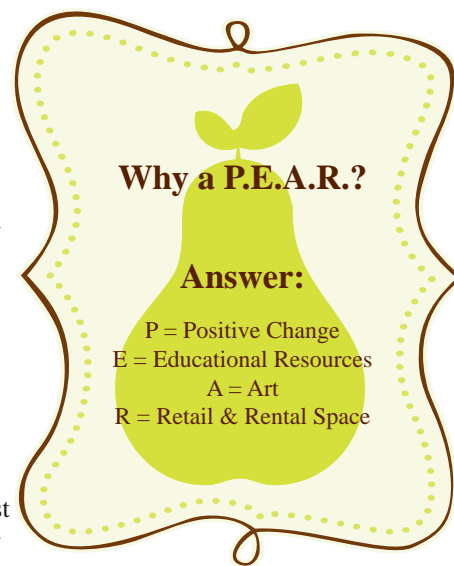
Open to all new professionals in the mental health field. Held the 2nd Wednesday of each month. The next meeting is Wednesday, June 10 from 6-7pm. The topic is a continuance of "Starting your own private practice" from last month with a guest speaker

Show & Tell:

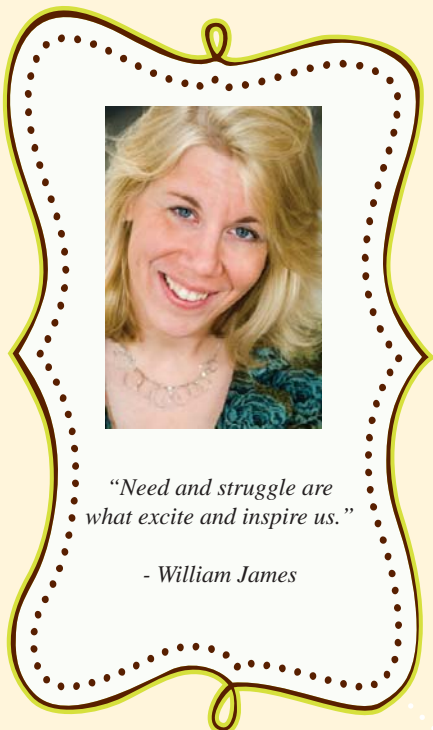
Each month small business owners network with other entrepreneurs in our art gallery setting. Enjoy live music, wine and hors d'oeuvres. The next Flourish Studio's "Show & Tell" is on June 24 from 4:30-7pm

Kids & Family Yoga:

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



LETTER FROM THE DIRECTOR:



Dear Flourish Friends,

Sometimes I wonder what life would be like without internal and external stress and struggles. Would we be happier? Would we spend more time with our friends and family? Would we get more things done? But the more I think about these ideas, the more I come to see that these are just irrational and time-sucking thoughts. Stress and struggle are a part of human life. Learning how to accept and work with the current (stressors) of our life is truly the best way to travel through our lives. Flourish Studios was created to help you learn these life navigation skills. Our classes, therapy services, and products are all designed to help you live better, learn something new, and love just a bit deeper. The time is **now** to take action to help you learn how to better pilot your life so as to ensure safe travels, mitigate the turbulent times, and bring more peace and joy into your life!

Enjoy,

Dr. Julia

Featured Non-Profit



Dr. Sandy Goldberg, PhD, is the founder and executive director for the Chicago non-profit **A Silver Lining Foundation**. Their mission is to ensure equal access to quality cancer education and services for all. Each year A Silver Lining partners with local health care organizations so that women needing mammograms can receive information and the service for free.

Since the foundation's launch in 2002 over 450,000 individuals have been provided with cancer resource information, treatment options and support services. Also, with their successful 'Buy A Mom A Mammogram' program over 2,000 women have received access to free mammograms!

A portion of any Flourish proceeds on the night of the art gallery opening, June 12, 6-8pm will be donated to A Silver Lining Foundation. For more information or to donate a mammogram visit www.asilverliningfoundation.org.

*Envision Art Gallery
Featured Artist*



Photographer Maude Metcalf writes of her work: "In life and wilting death I have captured the inner beauty of the Flower. Her grace and elegance so exquisite the eye wonders, the heart opens, the beauty penetrates your being and draws you in, into your self, for you are the flower-magnificent, glorious and beautiful, in life, and in death."

Maude's new passion is photography and she is often inspired by the secret world within each flower. The photography exhibit of Maude Metcalf's work will run in the Flourish Envision Art Gallery from June 3 through July 15. Gallery opening on June 12, 6-8pm, Free.

For more on Maude Metcalf's work visit www.floralltime.com.



FEATURED EVENTS:

SPEAKERS:

June 16, 6:30pm, Free - THE ROLE OF FAMILY HISTORY IN BREAST CANCER BY DR. VIRIGINA KAKLAMANI - Topics discussed: genetic markers for breast cancer, testing & treatment options. Hosts: Lurie Cancer Center, Second Act & Flourish Studios. Rsvp at www.cancer.northwestern.edu/events

June 20, 12pm, Free - INVESTING IN YOUR HEALTH IN CHALLENGING ECONOMIC TIMES - A 1 hour panel with a registered dietitian, chef and exercise physiologist will target specific ways to cook healthfully and get in your work outs when you are pressed for time and money.

Save-The-Date: July 9, 6:30pm, Free - CANCER SURVIVORSHIP: CREATING A PERSONALIZED CARE PLAN BY DR. CRYNS

WORKSHOPS:

ACTIVE 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

LIVING IN ATTRACTION - Sunday, June 7, \$5, 2pm & Saturday, June 20, 9:30am, \$20 & 1:30pm, \$45 - Sunday, June 7 is a discussion group. Saturday, June 20 at 9:30am is a Mastermind group session & the 1:30pm discussion is "Manifesting Your Desires". Rsvp at www.LivingInAttraction.com

MEDIATION DROP-IN - Thursdays, \$5 suggested donation, 6pm - Billy Pacholski guides this meditation that is designed to help participants clear negative energy and bring in more of their unique life force.

FLOURISH CLASSES:

CPR TRAINING & CERTIFICATION - Monday, June 22, 5:30-9:30pm, \$50 - Kathy Schroeder, MS

NEW MOMS GROUP - Wednesdays, 11am-12:30pm & Saturdays, 10-11:30am, \$100/6 sessions - Cathy Hennessy Price, LCSW & Debra Kissen Kohn, PhD Candidate

BE THE PARENT THAT I WANT TO BE - Wednesdays, 7-8:30pm, \$240/8 sessions - Julia Rahn, PhD

WORKING WITH PEOPLE - Fridays, 12-1:30pm, \$240/8 sessions - Julia Rahn, PhD

I CAN REACH MY GOALS - Mondays, 4-5pm, \$120/8 sessions - Julia Rahn, PhD

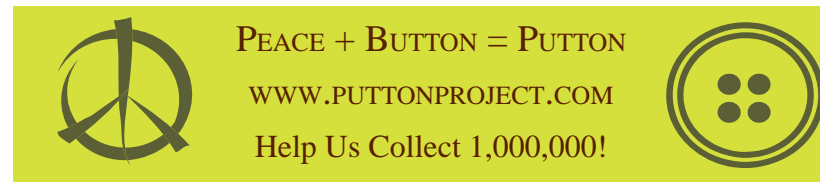
Flourish Studios Provider Profile



Melissa Blount, PhD, is a Licensed Clinical Psychologist who believes the most courageous and compassionate act one can perform is the request for help. People often believe if they pay attention to a problem that they will make it worse or that the pain associated with the problem will overwhelm them. Yet in her clinical experience and in her own life, the opposite is in fact true. The longer we ignore pain or a problem, the worse it gets.

Imagined suffering is often much worse than the suffering that occurs in the work of healing and creating a more fulfilled life. Dr. Blount frequently works with individuals struggling with issues of anxiety and depressive disorders, grief, trauma, and life transitions. She has a particular focus on women's issues, especially mothers suffering from postpartum depression. Having been a stay at home mom for several years she has a unique perspective on the struggles of being a mother and the challenges of juggling roles while maintaining a sense of self.

Melissa believes that her practice, through therapeutic interventions and community outreach, can make a true difference in building communities that are engaged and connected-one person at a time. She earned her doctorate from Western Michigan University and has more than 15 years experience lecturing, giving workshops and individual therapy in order to help people better their lives and the world. Contact Dr. Blount at 773-633-0116 or Melissa@blountpsychology.com for more information or to schedule an appointment.



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)



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

www.icanflourish.com

June 2009 Events at a Glance

June 1

Active Moms Club 10 AM

I Can Reach My Goals
4 PM

Kids Yoga 4 PM

June 3

Active Moms Club 10 AM

New Moms Group 11 AM

OCD Chicago 7 PM

Be The Parent I Want To
Be 7 PM

June 4

Meditation Drop-In 6 PM

June 5

Working With People
12 PM

June 6

New Moms Group 10 AM

June 7

Living In Attraction 2 PM

June 8

Active Moms Club 10 AM

I Can Reach My Goals
4 PM

Kids Yoga 4 PM

June 10

Active Moms Club 10 AM

New Moms Group 11 AM

June 10

New Therapists Group 6 PM

Be The Parent I Want To Be
7 PM

June 11

Meditation Drop-In 6 PM

June 12

Working With People 12 PM

Gallery Opening 6 PM

June 13

New Moms Group 10 AM

June 15

Active Moms Club 10 AM

I Can Reach My Goals 4 PM

Kids Yoga 4 PM

June 16

Featured Speaker 6:30 PM

June 17

Active Moms Club 10 AM

New Moms Group 11 AM

OCD Chicago 7 PM

Be The Parent I Want To Be
7 PM

June 18

Meditation Drop-In 6 PM

June 19

Working With People 12 PM

June 20

Living In Attraction
9:30 AM & 1:30 PM

New Moms Group 10 AM

Featured Speaker 12 PM

June 22

Active Moms Club 10 AM

I Can Reach My Goals
4 PM

CPR Training & Certification
5:30 PM

June 24

Active Moms Club 10 AM

New Moms Group 11 AM

Show & Tell Networking
Event 4:30 PM

Be The Parent I Want To Be
7 PM

June 25

Meditation Drop-In 6 PM

June 26

Working With People 12 PM

June 27

New Moms Group 10 AM

June 29

Active Moms Club 10 AM

I Can Reach My Goals
4 PM

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.nnpnparents.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 or visit 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 June 24 from 4:30-7pm. For more information and to RSVP with Rose Mulrone at rose@blackjadecreative.com.

Visit www.icanflourish.com to view all upcoming events