



P.E.A.R. REPORT

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

www.icanflourish.com

SUMMER 2010

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 4:30pm**. 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. Upcoming meetings are on June 16 and July 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 project (approximately 20 minutes). Fridays, 2-4pm.

NEW THERAPISTS GROUP:

Open to all new professionals in the mental health field. Held the second Thursday of each month. The summer meetings are Thursdays, June 10, July 8 and August 12 from 6-7pm.

Flourish Studios Artisan Boutique

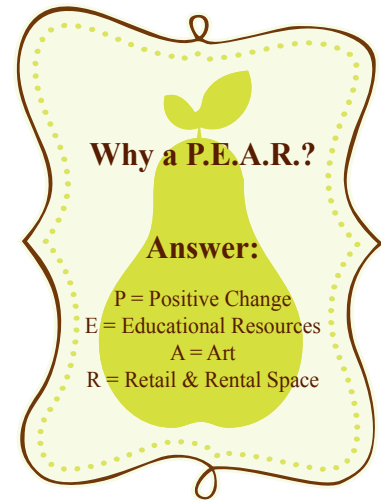
Artists are truly flourishing at Flourish Studios in the new Artisan Boutique Program! Dedicated to seeing more artists thriving financially and emotionally, we have transformed our spacious retail boutique to accommodate original artwork by Chicago-based artisans. Artists and creative entrepreneurs are essential to the health of the community and buying local - whether it is art, clothing or food - sustains our community and is more important than ever!

Besides providing wall space for artists to showcase work, the Artisan Boutique Program aims to support the artisans through creative programming and education. One of these programs is the new Artisan Speaker series which features a new artist each month who has successfully transformed their creative passions into established and thriving businesses. This event takes place the second Thursday evening each month in the Envision Gallery and is for anyone interested in learning how to make a living doing what they love.

All of us at Flourish are so inspired by the artisans participating in this exciting program and hope you will come see and shop our ever evolving retail boutique. Treat yourself or someone you love to a unique one of a kind gift, become inspired and support Chicago's creative talent!

Featured Boutique by Elizabeth & Tommy Szczudlo

Their niche, in the center of our Self & Soul retail boutique, displays a diverse selection of artwork. Whimsical floral paintings, unique stained glass jewelry with historical images and mirrors, as well as a special collection of crocheted organic linen, with natural stones make up TArt. No one can resist their space and there is no reason to try! Elizabeth is always adding new pieces to the collection so people who come in regularly are delighted to see something fresh every week. Elizabeth says "When Tommy and I first came to Flourish and found out about the program, we were at a fork in the road. We had tried online boutiques and cafes and wanted to take the business to the next level." She recalls, what a risk it felt like to commit but says "We know now that we found the right place and the right people at Flourish."



LETTER FROM THE DIRECTOR:



Dear Flourish Friends,

Wondering if you had one of those spring seasons where everything was coming at you so fast that you could barely take a breath, get enough accomplished, or feel like you had any control over your life what-so-ever? It was like that this spring at Flourish. One of those times that we knew we had to go through but wishing it was easier.

We are almost to summer and every day we are seeing the fruits (think pears) of our spring labors. Furthermore, with some breathing room now accessible we can reflect back on what worked to help us through our fast paced and somewhat disorganized spring. It seems our ability to care is what helped us through our challenges of starting new classes, hiring new therapists, interns and staff, figuring out how to market our events, and just deal with the unexpected day to day work hassles with some grace.

Care is what we do best at Flourish. We care that you have the resources you need to overcome difficult periods and improve your life. We care what you think about our store and our programs. We care about learning more about your individual and family needs as well as the needs of our community –so please stay in touch, send us an email, drop by the store, and tell us what would help you flourish and let us do what we do best!

Peace and Pears,

Dr. Julia



"I feel the capacity to care is the thing which gives life its deepest significance."

-Pablo Casals

Featured Non-Profit

IMAGINATION
Theater

Chicago's award-winning Imagination Theater is a touring company that uses interactive theater to address social issues, educate communities, and improve life quality for participants of all ages.

Imagination Theater has two active ensembles: The Social Issues Ensemble that performs for children and teens, addressing issues like respect, bullying and personal body safety; and the Senior Spotlight Ensemble that performs for residents in skilled care facilities across Chicago.

From its inception in 1966, Imagination Theater has remained committed to the principles that the creative arts are essential to the full development of the individual; that all people have the ability to express themselves creatively; and that theater has a unique and important capacity to communicate to all people, regardless of age of perceived abilities.

To learn more about our featured non-for-profit, visit www.imaginationtheater.org!

Envision Gallery Featured Exhibit

June 18 - July 17, 2010



Kasia's LoveLights. Using a sewing machine, fabric, specialty threads and paint, Wisconsin artist Kasia creates one-of-a-kind Mandalas—symbols for healing, prayer, and meditation. After surviving a critical illness, she began seeing Mandalas everywhere and believes that her inspired, original art is a gift. We are delighted to share this gift with you!

Opening Reception: Friday, June 18, 6-8pm.

10% of Proceeds from the Opening Reception will be donated to the Imagination Theater.

FEATURED EVENTS:For more info or to register go to www.icanflourish.com.**EVENTS & WORKSHOPS:**

ARTIST SPEAKER SERIES: JESSEY JANSEN - Thursday, June 10, 7pm, \$10 - Learn how artist Jessey Jansen built her brand as well as how to launch a for-profits arts business.

ENERGY FACTORY -LEADING YOURSELF TO SUCCESS! WHAT DOES ENERGY HAVE TO DO WITH IT? - Tuesday, June 15, 6-7:30pm, \$20 - Monthly networking opportunity to inspire & energize you.

DEBT DEMOLISH WORKSHOP - Wednesday, June 16, 7-8:30pm, \$20 - Learn top 5 actions to eliminate roadblocks to wealth.

SAYING YES AND SAYING NO - Monday, June 21, 7pm, \$20 - Learn how to make decisions from your head, heart and gut as well as explore boundaries at work and home.

THE ART OF THE VISUAL JOURNAL FREE PREVIEW - Tuesday, June 22, 6-7:30pm. Preview to The Art of the Visual Journal 4-week class.

WOMEN WHO FLOURISH BUSINESS BOOK CLUB - Friday, June 25, 8-10am, Free. Discussing Grown Up Digital by Don Tapscott.

GETTING STARTED IN PRIVATE PRACTICE - Saturday, June 26, 10:30am-12pm, \$35. Workshop covers insurance panels, EAP's and marketing both online & off.

DOCUMENTARY MOVIE NIGHT - Tuesday, June 29, 7-9pm, \$10 - Bring a friend for free. Watch & discuss *Suze Orman for the Young, Fabulous & Broke*.

THE ART OF FLOURISHING FREE PREVIEW - Wednesday, June 30, 7pm. Free preview to The Art of Flourishing 8-week course.

CLASSES:

FOOTLOOSE FRIDAYS - SUMMER DANCE SERIES! AGES 3-4 YEARS - Fridays, June 4 through June 25, 10:30am, \$60/4 weeks. Check our calendar for future sessions.

STRETCH N GROW - Wednesdays, July 7-July 28 or August 4-25, Wobblers (15 months to 2 years) 9:30-10:15am, All Stars (3 to 5 years) 10:30-11:15am. \$40/4 weeks - A fun and structured fitness class that offers continuous movement with age-appropriate exercises & equipment!

PICTURING BABY - Saturdays, June 12 & 19, 1:00-2:30pm, \$135/2 weeks - A class for parents to learn to photograph their children of any age in natural light, with their own camera.

THE ART OF THE VISUAL JOURNAL - Tuesdays, June 29-July 20, 6-7:30pm. \$115 plus \$60 materials fee (fine book binding materials)/4 weeks.

*As featured in the May 20-26, 2010 Time Out Chicago magazine, the Studio For Change is continuing its Children's Divorce Support Group this summer for children ages 4-7years old. Please contact group co-leader Debra Steele, MSMFT, for more information at debra@icanflourish.com or 773-281-8130 (mailbox 0).

Flourish Studios Features:**Maria and Neumann Neighbors**

Here, at Flourish Studios, we have had the privilege of working with Maria from Neumann Neighbors. Maria works hard every weekday to clean-up our already beautiful space. She is professional, timely and does a fabulous job!



Maria graduated from Northside Learning Center and was referred to Neumann Family Services in 2001. She participated in our vocational programming to learn pre-vocational skill training, such as writing a resume and preparing for an interview. She has gained experience in all areas of janitorial and maintenance through this on the job training opportunity. After successfully working at various contract sites for the past eight years, she was referred as a candidate for employment at Flourish Studios. Maria was excited to participate in this new opportunity and has been able to utilize her experience in this new environment. Flourish Studios is lucky to employ Maria and Neumann Neighbors!

Neumann Family Services 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. In addition Neumann Family Services provides education, housing, recreation, rehabilitation, training and employment opportunities. If you are interested in hiring a Neumann Neighbor or would like any additional information regarding services, visit www.neumannfamilyservices.org or call 773-769-4313.



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

Psychotherapist
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

Child & Family Therapist
Cathy@icanflourish.com
773-281-8130 (mailbox 2)

Flourish's Summer Motto

“I FEEL THE CAPACITY TO CARE
IS THE THING WHICH GIVES LIFE
ITS DEEPEST SIGNIFICANCE.”

-PABLO CASALS



Summer 2010 at a Glance

FLOURISH FOR KIDS

Stories to Grow On

(Weekly)
Wed – 10:30 AM &
4:30 PM

Footloose Fridays

June 4-29, Fri – 10:30 AM
August 6-27, Fri - 2:00 PM

Stretch N Grow

July 7-28, Aug 4-25
Wed – 9:30 AM or
10:30 AM

FAMILY LIFE

Divorce Support Group

for Children (8 weeks)
Ages 4-7 years, Wed - 5 PM
Next session start TBD.

Divorce Co-Ed Support Group for Adults

(8 weeks)
Wed - 6 PM
Next session start TBD.

The Raven (at Chase Park)

June 19 & 20, Sat & Sun -
12 PM to 7 PM

The Great American Backyard Campout (at Peggy Notebaert Nature Museum)

June 26, Sat - 11 AM to
3 PM

EXPRESS YOURSELF

Picturing Baby

June 12 & 19, Sat - 1 PM

The Art of the Visual

Journal - Free Preview
June 22, Tue - 6 PM

The Art of the Visual Journal

June 29-July 20, Tue - 6 PM

HEALTH & HAPPINESS

Imagine That! Pack Your Bags

& Travel Destination Wellness

July 22-Aug 19, Thu - 6:30 PM

OCD Support Group

1st & 3rd Wed of the month -
7 PM

Saying Yes and Saying No

June 21, Mon – 7 PM

Art of Flourishing Free Preview

June 30, Wed - 7 PM
8 week course start date TBD.

Loving the Ugly

(2 day workshop)
July 16, Fri – 6:30 to 9 PM
July 17, Sat – 10 AM to 4 PM

The Body Never Lies

July 24, Sat – 10 AM to 2 PM

Inner Journey to Freedom

Retreat [2 day retreat]
Aug 7, Sat – 9 AM to 4 PM
Aug 8, Sun – 9:30 AM to 4 PM

CAREER CONNECTION

New Therapist Group

2nd Thu of the month – 6 PM

The Energy Factory

3rd Tue of the month – 6 PM

Women Who Flourish

Business Book Club
Last Fri of the month – 8 AM

Getting Started in Private Practice

June 26, Sat – 10:30 AM

Therapist Appreciation Day

Aug 10, Tue – 10 AM

NAWBO Connecting Points

July 22, Thu – 8 AM

ORGANIZE YOUR LIFE

Whipping Your Kitchen Into Shape

June 17, Thu – 7 PM

Managing the Kid Chaos

Aug 26, Thu – 7 PM

LIVING SMART

The Debt Demolish Workshop

June 16, Wed – 7 PM

Becoming Financially Fit 101: Getting Your Financial House in Order

July 14-Aug 4,
Bonus Class: Aug 25
Wed – 7 PM

Envision Gallery

Artist Speaker Series: Jessey Jansen

June 10, Thu – 7 PM

Opening Reception: Kasia's LoveLights

June 18, Fri – 7 PM

SPECIAL EVENTS

Documentary Movie Night:

Suze Orman for the Young,

Fabulous & Broke

June 29, Tue – 7 PM

Me & My Chakras

July 27, Tue – 7 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.

NPN Member Event:

NPN Parent University:

Taming the To-do List

Thursday, June 24 at 7pm.

New Mom's Mingle

Saturday, July 24 at 10:30am.

Please register on the NPN
website.

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