

Julie Blackburn, LCPC, NCC, ATR
Founder of Chartreuse Center

Julie is a Licensed Clinical Professional Counselor, Nationally Certified Counselor & a Registered Art Therapist. She received a dual Master's Degree in Counseling Psychology & Art Therapy from Adler University. She is skilled in counseling children, teens & adults with a variety of life & loss issues. Since 2009, Julie has provided individual & group counseling & art therapy for hospice patients & the bereaved whose grief is due to the loss of a loved one or loss through a long term illness, sudden death, miscarriage or still birth, and couples & individuals with various primary & secondary infertility issues.

Julie has presented at a number of associations regarding her experience with grief, loss & art therapy including the Illinois Hospice & Palliative Care Association & the Greater Illinois Pediatric Palliative Care Coalition (GIPPC). Julie also participated as a local panel presenter in the Joliet & Barrington areas for the Living with Grief series by the Hospice Foundation of America. She has shared her experience with various schools & organizations by providing in-service presentations to educate staff concerning techniques in bereavement counseling for specific types of loss. She is a professional member of the Illinois Counseling Association, American Art Therapy Association, Illinois Art Therapy Association, American Society for Reproductive Medicine & RESOLVE, the National Infertility Association.

Julie is passionate about guiding people & families with unexpected changes, losses or events that happen in life. She was a caregiver for her own mother-in-law who died in 2003 from cancer. Julie has personal experience with infertility, is an adoptive mother of two children & is a foster parent with her husband. She enjoys the outdoors and creating art in her free time.



Conveniently located near I-80 & I-355

From I-355: Take the US-6 exit toward Southwest Hwy. Travel East on US-6 to a slight right onto W. 179th St. Turn right onto Wolf Rd. Turn right onto W. 183rd St. Turn left onto Distinctive Dr.

From I-80: Take the US-45/La Grange North exit. Turn left onto Orland Pkwy Rd. (Orland Pkwy becomes W 183rd St.). Turn left onto Distinctive Dr.

Chartreuse Center

Specializes in:

- Emotional & relational aspects of primary & secondary infertility, third party reproduction, male infertility, adoptive & foster parenting, & exploring alternative family options.
- Various types & aspects of loss & grief
- Perinatal & postpartum mood issues for families post infertility treatment.
- Art Therapy to explore experience when the words are too difficult.
- Coping with adjusting to changes in life, stress & anxiety.
- Presentations, consultation, & counselor supervision.

Chartreuse Center

11309 Distinctive Drive, Suite 5

Orland Park, Illinois 60467

Phone: 815-556-9471

Email: ChartreuseCenter@gmail.com

Website: www.ChartreuseCenter.com

HOURS: By Appointment Only
Day, Evening & Saturday Hours Available



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Infertility, Loss & Grief**



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Counseling Sessions

The first session is an intake session & is approximately 60-75 minutes. Various areas of your life will be discussed to clarify your focus for counseling. All other sessions are approximately 45-55 minutes.

Individual, couples & family sessions are available for many issues surrounding infertility, grief & change. Services are available for individuals & couples.

Fees: \$120/ initial session
\$100/ individual & couples session
\$100/ individual tele-health session (video session)
\$120/ person for 4-session group

Visit www.ChartreuseCenter.com for In-Network insurance information. Inquire about insurance coverage for groups. Credit /debit card, cash & check are accepted.



Contact **Chartreuse Center** at
815-556-9471
or visit our website
www.ChartreuseCenter.com
to schedule your counseling sessions
or register for a group.
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Group Sessions

Groups are useful to learn & connect with others that have similar experiences. Groups occur in 4 consecutive weekly sessions & offered throughout the year. Each group is designed to have educational, expressive insight, & discussion components to provide tools to cope & grow.

Visit

www.ChartreuseCenter.com
for dates, times and locations
for current groups and
workshops.

Groups

Surviving Infertility

This group is for women & couples that are newly confronted with a difficulty with conceiving or newly exploring an infertility diagnosis. Registration required.
Min/Max: 4/12

Fertility Transition

This group is a women only group for those who are adjusting to achieving pregnancy through infertility treatment. Registration required.
Min/Max: 4/12

New Mom After Fertility Treatment

This is a women only group for those who struggled to conceive or maintain a pregnancy & are now adjusting to a new family. Registration required.
Min/Max: 4/12

Workshops

Chartreuse Center offers workshops throughout the year. Some workshops are provided through partnerships. Registration is required for all events. Visit www.ChartreuseCenter.com for dates, times, locations, costs, & registration.

Workshops offered include:

- Essential Oils Series – healthy living & self care
- Creative Intentions – relaxation & self discovery through expressive arts
- Creative Communication - parenting support for new parents after treatment or are adoptive/foster parents.
- Pet Loss Workshop – grief support after pet loss

Other Services

Presentations & In-Service Trainings

Chartreuse Center is available to present at your organization or group meeting. Suggested topics are:

- Losses & personal growth through infertility
- Coping with family, friends, & social media
- Exploring infertility through the arts
- Relinquishing past assumptions & creating new expectations
- Meditation, mindfulness & positive self talk

Cost is variable based on request.

Through creativity, we take
the time to explore
our thoughts and feelings,
gain insight,
and eventually heal...