

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 (GIPPCC). 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:

- Bereavement after a loss of a loved one due to long term illness, sudden illness, suicide, accidental death, miscarriage or still birth.
- Adaptation to life changes after a loss.
- Life adjustments when faced with new health issues.
- Loss of a beloved pet.
- 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

Chartreuse Center

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for 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 loss, 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 Grief

This group is offered for those in the first year of grief. The group will provide an understanding of what to expect in grief, coping strategies for painful emotions, and life adjustments. Groups are offered for specific losses:
Under 55 Spousal Loss
Loss of Child
Loss of Family Member (parent, sibling, etc.)
Min/Max: 4/12

Mending Me

This expressive arts group is for those beyond the first 6 months of bereavement. Participants will explore their new identity, connection with their loved one, and ways to continue living with loss.
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 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 grief
- Help for the Holidays
- Coping with family, friends, & social media
- Self care for Professionals
- Exploring grief 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...