

Essential Resources

Alternative Therapies

Green Amber Healing

Homeopathy & Attunement
Joan Elizabeth
Portland, ME • 207-671-0899
www.greenamberattunement.com
See ad on page 28

Karen St. Clair

Certified EFT Practitioner &
Usui Reiki II Holy Fire Master Teacher
Portland, ME
207-878-8315 • www.karenstclairaft.com
See article on page 10 and ad on page 28

Presence of Mind Studio

Meditation & Mindfulness Classes
& Private Coaching
142 High St., Portland, ME
207-229-3444 • presenceofmindstudio.com
See ad on page 14

Six Branches Family Acupuncture

570 Brighton Ave., Portland, ME
207-370-1535 • sixbranchesacupuncture.com
See article on page 13 and ad on page 19

Clinical Thermography

Inner Image

Ingrid Levasseur
5 Fundy Rd., Suite 10C, Falmouth, ME
207-781-6060 • www.myinnerimage.com
See article on page 17 and ad on page 14

Education

UNE Online

(855) 325-0896
www.online.une.edu

Elder Services

Home Care Assistance

Non-medical, In-home care
US Rt. 1, Shaw's Plaza, Falmouth, ME
207-835-4849
www.HomeCareAssistancePortlandMaine.com
See ad on page 16

Foster Parenting

The Opportunity Alliance

Lauren Archambault
207-523-5038 • theopportunityalliance.org
See ad on page 12

Home Products & Services

L-oma Buckwheat Pillows

The Bridges Foundation
35 Ossipee Trail, Standish, ME
207-595-8106 – www.L-oma.com
See ad on page 25

Robin's Nest LLC

Offering Water Gardens, Natural Swimming
Pools & Garden Swim Ponds
167 Mansion Road, Hollis
207-727-3910 – www.mygardenspa.com
See article on page 18 and ad on page 12

Integrative Medicine

Colleen S. Tetzlaff, DNP, NP-C

Integrative cancer care &
chronic disease management
Integrative Health Center of Maine
222 Auburn St., Portland, ME
207-699-3838 • integrativetherapiesmaine.com
See ad on page 21

Nutrition

The Holistic Health Approach

Stephanie Walsh
Nutrition, Fitness & Eating Psychology Coach
260 Western Ave., South Portland, ME
207-730-2208 • theholistichealthapproach.com
See article on page 6 and ad on page 12

Personal and Professional Coach

Deb Bergeron, PCC

Ocean of Possibilities
100 Gray Rd., Falmouth
207-797-9007 - www.oceanofpossibilities.com

Christina Stathopoulos, ACCC

Hear Her Roar
917-819-5113 • hearherroar.net
See article on page 7 & 15 and ad on page 8

Psychotherapy Services

Vast Horizons Center for Personal Growth

Sparhawk Mill, 81 Bridge St., Yarmouth, ME
207-650-8052 – www.vasthorizons.com
See article on page 6 & 11 and ad on page 23

Spa Services and Well Being

Craft Estética & Craft Salt

17 Ash St., Westbrook, ME
207-854-0602 • www.craftestetica.com
See article on page 20 and ad on page 26

Vein Health

Vein Healthcare Center

100 Foden Rd., South Portland, ME
207-221-7799 • veinhealthcarecenter.com
See article on page 27 and ad on back cover