

Essential Resources

Alternative Therapies

Center for Balanced Living, LLC
Craniosacral Therapy, Massage,
Polarity, EFT, Reiki, Group Meditations,
Workshops, Tarot Readings
74 Lunt Rd., Suite 206, Falmouth, ME
207-781-5100
www.mainecenterforbalancedliving.com
See ad on page 27

Green Amber Healing
Homeopathy & Attunement
Joan Elizabeth
Portland, ME • 207-671-0899
www.greenamberattunement.com
See ad on page 18

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 17

Presence of Mind Studio
Meditation & Mindfulness Classes
& Private Coaching
142 High St., Portland, ME
207-229-3444 • presenceofmindstudio.com
See article on page 20 and ad on page 6

Six Branches Family Acupuncture
570 Brighton Ave., Portland, ME
207-370-1535 • sixbranchesacupuncture.com
See ad on page 21

Clinical Thermography

Inner Image
Ingrid Levasseur
5 Fundy Rd., Suite 10C, Falmouth, ME
207-781-6060 • www.myinnerimage.com
See ad on page 15

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 article on page 13 and ad on page 11

Foster Parenting

The Opportunity Alliance
Lauren Archambault
207-523-5038 • theopportunityalliance.org
See article on page 14 and ad on page 25

Hearing

Southern Maine Audiology
US Rt. 1, Shaw's Plaza, Falmouth, ME
207-781-7200 • southernmaineaudiology.com
See article on page 16 and ad on page 9

Home Products & Services

L-oma Buckwheat Pillows
The Bridges Foundation
35 Ossipee Trail, Standish, ME
207-595-8106 – www.L-oma.com
See article on page 8 and ad on page 23

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 24 and ad on page 26

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 ad on page 11

Psychotherapy Services

Vast Horizons Center for Personal Growth
Sparhawk Mill, 81 Bridge St., Yarmouth, ME
207-650-8052 – www.vasthorizons.com
See ad on page 11

Spa Services and Well Being

Craft Estética & Craft Salt
17 Ash St., Westbrook, ME
207-854-0602 • www.craftestetica.com
See ad on page 27

Vein Health

Vein Healthcare Center
100 Foden Rd., South Portland, ME
207-221-7799 • veinhealthcarecenter.com
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