

# COMMUNITY RESOURCES Local Experts In and Around Connecticut

## ACUPUNCTURE

### Acupuncture of Greater Hartford



Stan Baker, LAC  
West Hartford, CT  
860.836.1068  
acupuncturestanbaker.com

## AUTISM COACH

### Lisa Candra, LLC

lisa@theautismmomcoach.com  
theautismmomcoach.com



The Autism Mom Coach is a 1:1 coaching program founded by Lisa Candra, a certified life coach, lawyer, and full-time single mother to a teenager with autism. Lisa also hosts a podcast, The Autism Mom Coach, where she shares practical, actionable tips to support parents raising a child with autism. Lisa is currently accepting applications for 1:1 clients. To learn more about her 1:1 coaching program, visit her website and schedule a free consultation: theautismmomcoach.com

## BREATHWORK

### The Sacred Self, LLC

Charleen K. Miele, LPC  
Newington, CT • 860.614.8382  
thesacredselfllc@gmail.com  
thesacredselfllc.com



Licensed Professional Counselor (IFS level 2 trained); Trauma Informed Breathwork Facilitator; Life, Spiritual Life, and Wellness Coach. Somaticly release stored trauma and foster healing as you discover your sacred self within.

## CBD STORE

### Natural Harmony



100% Organic &  
Vegan CBD Products  
860.992.7213  
naturalharmony.life

### Nature's Gifts

304 W Main St., Avon, CT • 860.995.4444  
naturesgifts-usa.com/



Nature's Gifts is an independently owned family run CBD Store in Avon, CT. Stress, sleep, and pain solutions available. Our knowledgeable staff will happily guide you through our gummies, tinctures, capsules, topicals, and raw flower offerings to find the perfect CBD product for your needs. Don't pay too much for your CBD—stop in, say hello, and let us help you feel like you again.

## COLON HYDROTHERAPY



### Vitalized Performance Group

Glastonbury, CT • 860.800.6775  
VPGwaves.com

VPG Waves is a holistic practice that offers acupuncture, colon hydrotherapy, naturopathic medicine, and GAINSWave therapy (shockwave

treatment for erectile dysfunction, Peyronies' disease, scar tissue, and pain management). We offer affordable programs that integrate holistic modalities to treat, prevent, and heal the root cause of our patients'/clients' ailments. Handicap accessible.

## ENERGY HEALER

### Life Sketching, Mica DeSantis

Weston, CT • 203.517.7674  
mica@lifesketching.com • lifesketching.com  
Insta: @micablaise • FB: Life Sketching



Mica DeSantis is a Reiki master and energy healer who specializes in helping people realize their dream of parenthood.

## FINANCIAL PLANNING

### Dana Mascalo CFP®, RLP®, AAMS®, C(k)P®



Managing Partner,  
TrinityPoint Wealth  
Milford, CT • 203.693.8521  
Fax: 203.693.8524  
dana@trinitypointwealth.com

## GLUTEN FREE DESSERTS

### Divine Treasures, LLC

Vegan & Gluten-Free Chocolates & Treats  
Manchester, CT • 860.643.2552  
dtchocolates.com



Since 2007, Divine Treasures has been handcrafting chocolates with artisan tradition and unique flair in a vegan and gluten-free facility, all made with organic European dark chocolate. Visit not only for gourmet chocolate, but artisan non-dairy soft-serve sundaes and cheese alternatives, as well as a growing selection of signature desserts and savory frozen meals."

## HOLISTIC COUNSELING

### Samantha Alzate

Mindful Transformations LLC  
West Hartford, CT • 860.308.2807  
mindfultransformations.com



Samantha Alzate is a Licensed Clinical Social Worker who is the owner of Mindful Transformations Therapy Group. Samantha received her Master's degree in Social Work with a concentration in group work. In addition, she also has received a Master's certification in Conscious Studies and Transpersonal Psychology. Apart from traditional clinical education, Samantha is a certified Reiki Master and law of attraction coach. She can be reached at mindfultransformations@gmail.com or 860.308.2807

### James Osborne, MS, LPC, BCPC

ProNatural Physicians Group, LLC  
Berlin, CT • 860.829.0707  
pronaturalphysicians.com



James Osborne is a Licensed Professional Counselor, Board Certified Professional Counselor, Board Certified PTSD Clinician, and a Fellow in the American Psychotherapy Association with over 40 years of clinical experience.

## HOLISTIC DENTISTRY

### Dr. Mark A. Breiner, DDS, FAGD, FIAOMT

Fairfield, CT • 203.371.0300  
WholeBodyDentistry.com



A recognized authority in the field of holistic dentistry, Dr. Breiner treats patients for a myriad of dental concerns including sleep breathing disorders, TMD, mercury toxicity, and hidden infections from cavitations and root canals. "If you have unexplained symptoms that won't go away, the answer could be in your mouth."

### Dr. Steven F Hinchey, DMD

South Glastonbury • 860.633.6518  
drhinch@agd.org • dochincheydmd.com



Thank you to our wonderful patients who trust our team to care for their improved oral health. Please let your family and friends know that a healthy, disease-free mouth will help your overall health. It is all connected—the mouth and the body. And we can help you get there.

## HOLISTIC PSYCHIATRY

### David London, MD

Waterford, CT • 860.443.5822  
Fax: 860.444.0581 • davidlondonmd.com

## HOME ORGANIZATION & DECOR

### Chelsie Kirk

860.510.1431 • cchomeorganization.com  
chelsie@cchomeorganization.com



A tidier and decorator by nature, Chelsie started helping fam people with their home needs at the age of 16. Chelsie transforms people's homes to a place that brings a great sense of pride and comfort by decluttering, organizing and decorating.

## HOMEOPATHY

### Abby Beale, CCH RSHom(NA)

Homeopathy Healings  
HomeopathyHealings@gmail.com  
HomeopathyHealings.com • 413.426.1024



Want to get to the root cause of your chronic symptoms? Homeopathy can relieve the symptoms of depression, anxiety, women's issues, headaches, digestive troubles, child behavior problems, and so much more. Contact Abby to see if homeopathic care is appropriate for you. Appointments possible over Zoom and Skype.

## HYPNOSIS

### Michele P. Rousseau, MA, CH

Middletown, CT • 860.704.9054  
mprousseau@sbcglobal.net  
michelerousseau.com

## INTEGRATED MEDICINE

### Tamara Sachs, MD

Functional Medicine & Integrative Care LLC  
15 Bennitt St., New Milford CT  
860.354.3304 • tsachsmd.com



Dr. Sachs prevents and treats chronic illness by uncovering and correcting the underlying root causes of your health concerns while remaining respectful of the uniqueness and complexity that make us human. She comprehensively and thoughtfully creates personalized plans explaining why and how each area of your healing will be addressed.

## MASSAGE THERAPY



### Abundant Health Massage Therapy & Wellness

Farmington, CT • 860.778.0315  
abundanthealthct.com

Kristina Mozzicato is Board Certified in Therapeutic Massage & Bodywork by the NCBTMB and has been practicing massage for the past 12 years. She provides professional, therapeutic, customized sessions. In addition to massage, she offers cupping, medicupping, body contouring, Himalayan salt stone massage, and Reiki sessions. Convenient online booking.

## NEUROFEEDBACK

### Jake Williams, MA, LPC

Rocky Hill, CT • 860.208.6964  
CT Neurohealth.com



Jake is an experienced therapist, neurofeedback provider, and cat lover. He has dedicated his life to helping people resolve traumatic experiences and overcome challenges created by focus or anxiety.

## NUTRITION

### Erika Dworkin, BCHN®

Certified in Holistic Nutrition  
Vitathena Wellness  
South Glastonbury, CT • 860.646.8178  
edworkin@vitathena.com • vitathena.com



Through education, Erika empowers her customers to make the decisions that best enable them to maximize their well-being and longevity. She offers private nutrition consultations and speaks regularly about various health topics.

### Grant's Nutrition & Wellness

Jane Grant, RD CD-N  
Berlin, CT • 860.357.2282  
grantj@grantsnutrition.com  
grantsnutrition.com



Jane is trained in integrative and functional nutrition utilizing a personalized, holistic approach to chronic disease and weight management. Integrative and functional nutrition combines the very best of modern science, clinical wisdom, and integrative therapies to address the root cause of disease and promote abundant health.

## ORGANIC PRODUCT CO.

### Farm to Bath

South Glastonbury, CT, and Virtual  
860.266.5682 • info@farmtobath.com  
farmtobath.com



Brenda Sullivan, herbalist and maker of herbal products, uses lavender, one of her primary crops, to make natural soaps, soothing salves, aromatic oils and more. She loves knowing the medicinal benefits of herbs, because it ensures her recipes are made with only the best ingredients.

## PHYSICIANS, M.D.

### Optimal Health Medical, LLC

Henry C. Sobo, M.D.  
111 High Ridge Rd., Stamford, CT 06905  
203.348.8805 • www.drsobo.com



Member, American Academy of Anti-Aging Medicine. Board Certified in obesity medicine, Dr. Sobo believes that the best of both medical and nutritional approaches to medical care is more effective than either approach alone. Dr. Sobo offers eight loss programs, IV vitamins, allergy evaluation and desensitization, stem cell treatments, bioidentical hormone replacement, PRP, and more.

## REFLEXOLOGY

### Holistic Hands

Tara Cornish, Specializing in Reflexology, Reiki, Aromatouch & Human Energy Scans  
Torrington, Bantam, & Farmington, CT  
860.921.8307 • HolisticHandsCT.com



Tara Cornish is an IIR Certified Reflexologist and Usui Reiki Master/Teacher since 2005. She also offers reflexology lymph drainage and energy-field measurement. These therapies are non-invasive and safe. Tara has seen amazing benefits using holistic approaches to help heal, relax, renew, and rejuvenate the body, mind, and spirit.

## REGENERATIVE MEDICINE

### Center of Excellence in Pain and Regenerative Medicine

Dr. Roshni N. Patel  
Farmington, CT • 860.397.6179  
painregenmd.com



Dr. Roshni N. Patel offers interventional pain management and regenerative medicine procedures for patients seeking pain relief and improved quality of life. Dr. Patel is quadruple board certified in pain medicine, headache medicine, neurology, and brain injury medicine. Dr. Patel is one of only two physicians worldwide practicing in advanced regenerative pain management techniques.

## ROLFING®

### Rolfing®—The Art and Science of Body Change

Sharon Sklar, BFA, LMT, Cert. Adv. Rolfer  
West Hartford • 860.561.4337  
sharonsklarolfing.com



Rolfing®—The Art and Science of Body Change. A dynamic 10-session bodywork series that eases pain, improves movement, and restructures your body when you feel "out of whack." A hands-on and educational approach that establishes order and balance after life's injuries, stresses, and accidents. Since 1981.

## SPAS/WELLNESS CENTERS

### Imagine Float

290 West Main St., Avon  
860.255.7771 • imaginefloat.com

## SPIRITUAL COMPANIONSHIP

### Lauri Ingram

Hamden, CT • 203.435.5650  
www.lauriingram.com  
Services available in person,  
and via Zoom/Skype.



Lauri Ingram is an ordained interfaith/inter-spiritual minister, offering spiritual counseling, crystal dreaming, crystal light, and color therapy, along with workshops and ministerial officiant services.

## STRESS RELIEF

### Kristina Arlene

Oxford, CT • 860.593.8224  
biostressinfo@gmail.com • biostressrelief.com



Sound Healing, Reiki and Mindfulness together in one sixty minute deep relaxation experience! BioStress Relief is a traveling stress relief clinic designed to reduce anxiety, stress, pain and tension.

Private sessions take place in your home or office or at our studio. Group Sound Healing and Stress Relief Workshops available!

## THERMOGRAPHY

### April Beaman, RDH, CTT

CT Thermography  
Farmington and Glastonbury, CT  
860.415.1150 • ctthermography.com



CT thermography specializes in medical thermal imaging. Breast thermography is a compression and radiation-free screening tool that's used to monitor breast health to detect physiological changes that may be early warning signs of a disease process. As a Certified Thermographic Technician, I help empower women to take a proactive approach following their thermography screening for optimal breast health.

## YOGA STUDIO

### Sacred Rivers Yoga

East Hartford, CT • 860.657.9545  
sacredriversyoga.com



Paula Scopino, E-RYT 500-Hour, C-IAYT, CT Licensed LMT, YACEP, is the owner/director of Sacred Rivers Yoga and Allied Health Therapies and "Sacred Rivers Yoga for Every Body," a Yoga Alliance 200- and 500-hour registered school, as well as a member of IAYT (International Association of Yoga therapy.)

westhartfordyoga

### West Hartford Yoga (WHY)

West Hartford, CT • 860.953.9642  
westhartfordyoga.com

WHY is a locally owned studio welcoming all ages, abilities, and backgrounds. They offer in-studio and virtual classes—power, gentle, restorative, yin, kids—along with workshops, intro series, free yoga for cancer and recovery, and a 200-hour power yoga teacher training. WHY is grateful for the continued support of our community.