

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, CLC

lisa@theautismmomcoach.com
theautismmomcoach.com



The Autism Mom Coach is a 1:1 coaching program founded by Lisa Candra, a 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 and offers a free consultation.

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. Somatically 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 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

VPG Waves is a holistic practice that offers acupuncture, colon hydrotherapy, naturopathic medicine, and GAINSWave therapy. We offer affordable programs that integrate holistic modalities to treat, prevent, and heal the root cause of our patients'/clients' ailments. Handicap accessible.

ESSENTIAL OILS

Kristen Yousef

1201 Farmington Ave.
Berlin, CT • 203.623.6833
kristenyousef.com
masterkristenyousef@gmail.com



Kristen Yousef is a black belt Master in taekwondo, an entrepreneur, a wife, and a mother. She has been coaching women to obtain financial independence through her experience as an oil distributor; has helped women, men, and children find their strength through self defense and taekwondo; and has helped hundreds of business owners gain confidence by helping to guide them to success.

FINANCIAL PLANNING

Dana Mascaló 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

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.

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. Appointments possible over Zoom and Skype.

HYPNOSIS

Michele P. Rousseau, MA, CH

Middletown, CT • 860.704.9054
mprouseau@sbcglobal.net
micheleprousseau.com

HEALTH AND WELLNESS

Emerald City Health Associates, LLC

Telehealth • 203.693.1932
emeraldcityhealth.com
drcorastover@protonmail.com



Serving people with autoimmunity, digestive, and mind-body concerns. Be heard! Start your journey to health and well-being with natural changes.

INTEGRATED MEDICINE

Tamara Sachs, MD

Functional Medicine & Integrative Care LLC
15 Bennett 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 respecting 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.

LIFE COACHING

Channeling Your Wisdom Coaching

Lynda Mettler, ACC • 203.623.6066
lynda@yourwisdomcoaching.com
yourwisdomcoaching.com



Is self-criticism holding you back? Embark on a soulful journey to discover your strengths and hidden talents. We combine the powers of IFS Parts Work, Reiki energy, meditation, and life coaching to shift you from stress and confusion to calm and clearheadedness, with a deep sense of self-compassion. This isn't a new perspective—it's lasting change.

MASSAGE THERAPY



Abundant Health Massage Therapy & Wellness

Farmington, CT • 860.778.0315
abundanthalthct.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, mediccupping, body contouring, Himalayan salt stone massage, and Reiki sessions. Convenient online booking.

NATUROPATHIC MEDICINE

Dr. Adam Breiner, ND

Fairfield, CT • 203.371.8258
WholeBodyMed.com



Focusing on brain health and Lyme disease, Dr. Adam Breiner offers cutting-edge therapies that include hyperbaric oxygen, neurocognitive therapies, including sophisticated brain-imaging equipment to evaluate brain injuries and brainwave patterns associated with metabolic imbalances, infections, and allergies. Conditions treated include concussions, TBI, stroke, PTSD, ADD/ADHD, anxiety, depression, and more.

Naturopathic & Acupuncture Health Center

Dr. Marie Mammone,
Dr. Renee Mammone, NDs,
John Mammone, Licensed Acupuncturist
274 Silas Deane Hwy., Wethersfield, CT 06109
860.529.1200 • www.NAHcenter.com

Roots Natural Medical Center

106 Route 66 • East Columbia, CT 06237
860.471.1434 • info@rootsmedicalcenter.com
rootsmedicalcenter.com



Roots is a Naturopathic Medicinal Center that focuses on addressing foundational root causes to complex chronic disease. The goal of the clinic is to properly identify, diagnose and treat patients with unexplained chronic illnesses. Our services are individualized, and patient focused, as medicine should be.

Vis Wellness Center, LLC



Dr. Nicole Klughers, ND,
PharmD, MSAC
Rocky Hill, CT & Virtual Visits
(234) 2-ACU-DOC
hello@drnicoleklughers.com
DrNicoleKlughers.com

West Hartford Naturopathic Medicine

Frank Aieta, ND
301 N. Main St., West Hartford, CT
860.232.9662 • www.DRAIETA.com

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.

PAIN/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 offers energy work sessions designed to reduce anxiety, stress, pain and tension. Private sessions take place in your home or office or in our studio space. Group Sound Healing, Mindfulness and Stress Relief Workshops available!

PHYSICIANS, M.D.**Optimal Health Medical, LLC***Henry C. Sobo, M.D.*

111 High Ridge Rd., Stamford, CT 06905

203.348.8805 • www.drsoho.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 energyfield 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.

PSYCHIC/MEDIUM**Intuitive Counseling Holistic Spa***Agnes Daddona • 860.941.2667**Avon, CT • AgnesDaddona.com**Agnes@intuitivecounselingllc.com*

Agnes Daddona is one of the best Psychic/Mediums in New England. She is also a Counselor, Healer, and Spiritual Teacher. For more than 20 years, Agnes has worked with thousands of people across the world in both English and Polish. Her Holistic Spa in Avon, CT, is a one-stop shop and offers high vibrational healing for the mind, body, and soul.

ROLFING®**Rolfing®—The Art and Science of Body Change***Sharon Sklar, BFA, LMT, Cert. Adv. Rolfer**West Hartford • 860.561.4337**sharonsklarrolfing.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/ interspiritual minister, offering spiritual counseling, crystal dreaming, crystal light, and color therapy, along with workshops and ministerial officiant services.

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.)

WOMEN’S HEALTH**The Nourished Life***Jennifer Braun, RD • 860.506.6212**nourishedlifect.com**jennifer@nourishedlifect.com*

Jennifer Braun, Registered Dietitian and Personal Trainer, opened The Nourished Life to support clients in healing their relationship with food, their body, and understanding their needs and desires. Her approach is meeting you where you are and supporting you in living life with purpose, energy and happiness.