

Directions to Elemental Counseling

GPS: 10 Cliff Ave/Freeport will get you there just fine! If you are not a GPS user, see end of page for step by step directions.

Other things to know:

- You are in a residential neighborhood--not lost because you don't see office buildings! There are often walkers and kids on the road--please drive slowly.
- Cliff Ave is a dirt road marked private--please come on down. (slowly, because it's not a very well cared for dirt road ;-)
- I'm on the 5th house on the right, a small green home.
- Parking is marked by three large vertical stones. Please park in the left most spot, facing the house. (The spot on the right belongs to the house next door.)
- I do not have a waiting room--Please stay in your car until your appointment time, I will come meet you outside then.
- The house is only my office. Nobody lives here and we will have privacy either indoors or down the stairs next to the tidal river.
- Unfortunately, this space is not accessible to wheelchairs and would likely be a challenge for walkers. The indoor office is accessed through a few low stairs and across slightly uneven ground. To get to the outdoor space, we need to go down about 30 typical sized stairs. If either/both of these present a problem, let me know and we can arrange to meet at an accessible trailhead in town.

Step by step directions:

- Take Exit 22 in Freeport, head towards Route 1
- Right on Route 1 at the light (towards downtown Freeport/LL Bean, etc.)
- Left onto Bow Street (Patagonia and Linda Bean's are the stores on either corner of Bow Street, LL Bean will be on your right)
- After the railroad tracks, Right on South Street
- About 2 miles down, Left on Cushing Briggs Road
- Next left onto Sandy Beach Road
- At the end of Sandy Beach turn left onto Cliff Ave.
- 10 Cliff Ave, 5th house on the right