

ELEMENTAL COUNSELING MEETING LOCATIONS

- As you are scheduling, be mindful of what type of landscape/environment feels right for what you want to work on in session and your overall goals for therapy. A sheltered woods? An open view? Water access? Meadow? Someplace familiar or someplace new? A place you can walk quite a distance? Indoors so you can ensure privacy? There are no right or wrong answers here. It's just something to start noticing and pay attention to as you are exploring your relationship with nature and your goals for therapy.
- Not all locations are available in all seasons, largely due to increased summer traffic. Locations may be temporarily dropped at other times due to things like excessive ice on trails or a sudden horde of mosquitoes, etc. I try to keep the online scheduling options current in regards to such situations and you can generally assume if it's available to schedule online, we are good to go.

LOCATION	FEATURES	WHEN AVAILABLE	DIRECTIONS
Brimstone Hill Trail	Long, wooded trails--much longer than we will ever cover in a session. Ravines, streams, and some steep hills. One bench shortly after parking in a clearing.	All year	GPS: Ringrose Road, Freeport. Parking is in a small lot on left, about .2 miles down Ringrose Road.
Calderwood Trail	2 options on either side of the road. One has long wooded trails. On the other side is a .5 mile walk to a view of and access to Maquoit Bay/small rocky beach. Note: access to water is via a very short and steep downhill path.	All year Beach inaccessible at high tide	Flying Point Road near Brunswick town line. Parking alongside road.
Florida Lake	Central point is an open, marshy pond. A few benches are alongside the pond. Long, wooded trails are also available here.	All year	GPS: Florida Lake Park (not just Florida Lake, that will take you to another access point.) North on Rt. 125 out of town, about 2.5 miles. Blue sign on right, follow road about .2 miles to parking area.
Leon Gorman Park	Gazebo and pavilions are good for rain shelter but not very private. Just off the park loop are quiet, wooded trails that lead to Frost Gully Brook. Mostly flat.	All year	GPS: Leon Gorman Park. Off Bow Street, just east of Bow Street Market. Granite sign marks entrance. Plenty of parking.
Office	Indoor office is large and fully private. Outdoors, we can meet in chairs along the Harraseeket River. Expansive river views, shaded seating.	All year. (Tidal river--some	GPS: 10 Cliff Ave. Small green house on right. Parking area marked by 3 vertical stones; please park in left most spot facing

		high tides cover the beach.)	the house.
Pettengill Farm	15ish minute walk along dirt road to a historical (unoccupied) farmstead/land. Views of the Harraseeket River, open meadows, and some short forested options.	All year except late spring/early summer	GPS: Pettengill Road, Freeport, a couple minutes from downtown. As you turn on Pettengill, you will see gate/entrance to Farm straight ahead. Park on side of road, not in front of gate.
Powell Point Trail	.8 mile wooded trail that runs alongside a salt marsh and ends at an elevated, expansive view of the Cousins River. Some hills.	All year	GPS: Powell Point Preserve, Freeport Parking is about a mile down Lambert Road on the left, paved cut out big enough for several cars.
Sayles Field	Starts in large, open meadow. Trails available around the meadow as well as in the adjacent woods. Woods trails have some hills, ravines, and streams.	All year	GPS: Church Road, Freeport Church is a dirt road behind the South Freeport Congregational Church. Trail entrance across from daycare/church area. Park on the side of the road.
Tidebrook Preserve	Options for trails in the woods and through meadows. Also several view and access points to the Harraseeket River. (All year (Beach access depends on tide)	GPS: Tidebrook Preserve. After Bartol Island Road turns to dirt, parking is about .25 miles down on left, across from a small orchard and large farmhouse.
Winslow Park	Options for trails in the woods and along the water (Casco Bay). Trails are mostly flat. Small sandy beach. At lower tides, plenty of tide pools and ocean side exploration possible.	October-April	GPS: Winslow Memorial Park. Parking in lots of places but so we find each other, turn into large parking lot on left immediately after the ticket hut at entrance (not staffed and no charge off season).
Wolfe's Neck Center	Options for trails in the woods, in fields, and views/access to Casco Bay.	October-April	GPS: Wolfe's Neck Center. There are several areas to park along Burnett Road. We will meet at the parking next to the one lane bridge over the water, about .5 miles down Burnett from Wolfe's Neck Road.