



The Healing Garden Launches Strategic Vision Next Week

Public invited to launch party gathering



Caption:

The Healing Garden founding members, L to R: Larriean Pickford, Dr. Deb Peabody, Joanne Pease, Michelle Walker, Michelle LeClerc, Dr. Kerri Vacher, Jacqueline Campbell, Diana Maria Chapin, Kathy Gaskin.

[The Healing Garden](#), a midcoast-region educational nonprofit, is inviting the public to attend their Strategic Vision Launch Party, Wednesday, February 28th, 5 PM at the Unitarian Universalist Church, 37 Miller Street, Belfast. The event is free and open to all and will be followed by a regularly scheduled monthly healing circle, the theme of which is “Change old patterns.”

“The founding members of The Healing Garden, along with members of the community that have engaged with our pilot programming over the past 2 years, are excited to share with everyone the five areas that will guide our work over the next three years,” says Diana Maria Chapin, a local healer and one of the founding members of The Healing Garden.

“As a family doctor practicing medicine for twenty years, I have realized that health and healing require an approach that incorporates healing in the mind, body and spirit,” say Dr. Deb Peabody, a functional medicine family doctor and Hospice Medical Director, who is a founding

member of The Healing Garden. “Our events and our future healing center, offers just that—an approach that uses a collaborative care team of expert practitioners to integrate numerous healing modalities for whole person wellness. This is our dream and, I feel, the future of medicine.”

Dr. Kerri Vacher, a local naturopath and family nurse practitioner says, “We bring people home to themselves. At The Healing Garden, we identify and remove obstacles to healing and recovery, and facilitate the inherent self-healing process. We want to get upstream of symptom management and help people learn the tools to build and maintain a healthy life. Our future home will be a healing sanctuary that connects people to practitioners of all types to heal their mind, body and spirit.”

“The Healing Garden offers events and spaces for people connect—to heal and grow and to learn how to reduce stress, navigate behavioral challenges, improve communication and understand the guidance their body is offering,” Chapin explains. “We share naturally easy tools that support people in learning how to regulate their emotional energy, heal trauma and navigate the transformational shifts and changes of life.”

Michelle Walker, a self-healing guide and a founding member of The Healing Garden, explains, “Each of us as individuals has a role in guiding the direction of humanity. First, we understand how to self-regulate and to intentionally enter beneficial states of consciousness for our own healing and quality of life. Because we are all energy at our foundation, we are having an energetic impact on everything around us all the time. We are each that powerful.”

“Our programs focus first on self-awareness, self-empowerment, and self-healing,” Chapin notes. “In all our offerings, people learn about heart-brain coherence, which produces an optimal functioning in the body and supports the nervous, immune and biochemical systems in the body. This practice allows people to consciously shift their emotional state and improve their day-to-day life.”

“People leave our events feeling hopeful, energized, empowered and connected, which is much needed in the world right now,” says Chapin. “We encourage people to be curious and come out and join the launch party or join by Zoom to learn more about how we hope to support community wellness over the next three years and the future to come.”

People can learn more about the events of The Healing Garden and link in to the meeting through Zoom at www.TheHealingGardenMaine.org, by emailing info@thehealinggardenmaine.org or by calling 207-249-2261.