

Community Care List

Friends of Carrington House

This is a “living” document, so bookmark and check back for updates!

If you wish to be added to this list, please reach out to Summer at makingkinhealing@gmail.com

Current events!

(match the emoji with the practitioners in the directory)

MONDAY NIGHT DANCE

[w/ the Bellingham Embodiment Collective \(BEC\)](#)

7:15-8:45pm at The Majestic Ballroom

\$15-\$25 at the door

Taking a break for July

Nov. 11: 5Rhythms w/ Scotty Lewis

Nov. 18: The 360 Emergence w/ Danielle Pfaff

Nov. 25: Azul w/ Denise Skinner

Dec. 2: 5Rhythms w/ Scotty Lewis

Dec. 9: Azul w/ Denise Skinner

Dec. 16: The 360 Emergence w/ Danielle Pfaff

Dec. 23: NO BEC

Dec. 30: Kelsey Maloney

An Embodied Grief Circle/Medicine For Our Times

November 22, 2024, 6 - 9pm

Presence Studio

setting a place for our grief and gratitude for the world

In this embodied grief circle, we'll name what is present in our hearts and practice giving expression to our grief and gratitude through movement and song. While we are tending a space for our sorrows of the world to be shared and witnessed, all grief is welcome. Our time will include guided meditation, song, small group sharing, and embodied ritual practice. This grief circle is a part of *Grieving Ground*, a 5-part grief intensive centered around practicing embodied ritual, witnessing, somatic listening and art making—resources to navigate the grieving terrain. Participants in *Grieving Ground* will be in attendance at this circle.

<https://www.fireandmoss.com/grief-circle>

WEEKLY AUTHENTIC MOVEMENT CIRCLE

Tuesday evenings

6 - 8 pm

RSVP for first time and address

Authentic Movement is a contemplative practice that brings you into deep presence and connection with the relational field - self ~ others ~ collective. This practice gifts you the opportunity to engage in deep listening, following and responding in both the role of mover and witness.

Supporter - \$20

Value - \$15

Supported - \$10

Womb Healing Ritual

August 3, 10-2pm

Through the gift of loss we discover our truth. A healing opportunity for women who have experienced the loss of an unborn child through miscarriage or abortion.

Location: Carrington house


Cost \$125


To register contact: info@elenapsalazar.com (650) 627-6077


<https://www.elenapsalazar.com/>


FINANCIAL WELLBEING: MONEY TENDING AS SELF-CARE

August 15, 3 - 4 pm (on Zoom)

For therapists and healers: In this 60-minute class, we'll explore several nourishing and practical practices to resource our money-tending experiences. . . . for financial clarity & calm. 

 We'll begin with a somatic grounding practice to feel more centered and resourced when working with personal finances.

 Next we'll explore a practical method for cultivating clarity in your cash flow (including working with variable income in your practice).

 By the end of class, you'll have 2 new tools for your financial toolbox, an introduction to a beautifully supportive budgeting method and app (YNAB), as well as a taste of compassionate financial coaching.

Cost: \$15

More info and to register: <https://greenestar.co/wellbeing-class-for-therapists>

Heart Wisdom Circle

August 17, 11-1pm

Through guided meditation, experience the intelligence of your heart as the driver for transformative deep work, moving from old thought patterns.

Offered by donation

To register contact: info@elenapsalazar.com - <https://www.elenapsalazar.com/>

Winter Wellspring, Returning Home

A 4 day Open Floor Workshop on Whidbey Island

with Kelsey Maloney and Monika Denise

January 23-26, 2025

We remember. Before masks. Before gathering spaces were closed down. Before screens and zoom rooms.

We remember that once, we gathered at wells where nourishment and connectivity flowed along with the stream of water. When our ancestors were connected to the old ways. When our skin fit true and that was enough for belonging.

In these times of heightened disconnection, mystery, and grief, we show up together in the heart of winter to shed the restrictive stories keeping us out of alignment. We return home to our true skin—celebrating our naked selves as an essential thread in the tapestry of life.

Join us for a 4-day Open Floor workshop of movement, art, song, and story. On the magical grounds of Aldermarsh, we'll lean in, resource and receive the nourishment times of darkness can bring.

<https://www.fireandmoss.com/wellspring>

Community Care Directory

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**Name:** Alaya Rousseau

**Business name (if appropriate):** Visual Artist/Graphic Designer/Dancer/Singer

**Website (if you have one):** [heralaya.com](http://heralaya.com)

**Officially:** I offer freelance graphic design and artist exhibitions to create transformational experiences. I am interested in creative collaborations & accepting commissions.

**Unofficially:** Childcare (including face painting) as well as house, pet and plant sitting.

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 **Alyson Greene May**

Greene Star Financial Healing


www.greenestar.co

alyson@greenestar.co

Officially:

I offer financial coaching (via the YNAB method) for individuals, couples, and therapists/healers; small-group financial wellbeing classes; sacred nature outings (soon to include community ceremony on SUPs!); and animist, earth-based astrology readings.

Unofficially:

I support people in becoming more financially curious, clear, secure, calm, and connected . . . as their money stressors (both current and ancient) unwind, as they feel more deeply grounded and steadfastly held by Pachamama (our truest place of resourcing), and as they enjoy a happier, more life-giving relationship with money's true nature (i.e. sacred reciprocity, wise exchanges, generosity, "enoughness," and nourishment). Through this work, I also support the deepening of our compassionate awareness of our inter-being with all beings—from the humans, plant/animal, and elementals to the new systems we are all collectively co-creating. 

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**Name:** Chelsea Pulliam

**Business name:** Somatic Earth

**Website:** [www.somatic.earth](http://www.somatic.earth)

**Social Media:**

Instagram [@somatic.earth.coaching](https://www.instagram.com/somatic.earth.coaching)


**"Official" description:**

I offer one-on-one EcoSomatic coaching. EcoSomatics is nature-based and body-centered. It is a journey of reconnection that brings together the field of somatics and ecology.

I also offer a 4-week program called Somatics for Activists. This program is my love letter to the non-profit and activism community to share the lessons I have learned in my personal and professional journey from burnout to resilience.

**"Unofficial" description:** I will invite you to slow down, sense the air in your lungs, remember the roots of your humanity, connect with the natural world, embrace all parts of yourself, nourish your nervous system, cultivate resilience, and grow your desired future.

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 Elena Salazar

<https://www.elenapsalazar.com/>

Medicine woman offering energy healing, womb healing and Sacred Union support.

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**Name:** Elspeth Tozier, DTCM, LAc

**Business name:** Lodestone Acupuncture

[elspeth@lodestoneacupuncture.com](mailto:elspeth@lodestoneacupuncture.com)

**Website:** [www.lodestoneacupuncture.com](http://www.lodestoneacupuncture.com)

Acupuncture and Herbal Medicine

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Name: Josephine A. Lauren

Business: Incest AWARE

Website (if you have one) www.incestaware.org www.josephineanne.com

"Official" description:

Incest AWARE is an alliance of survivors, supporters, and organizations on a mission to keep children safe from incest in the first place. We offer services and solutions to end sexual abuse in families through prevention, intervention, recovery, and justice. If you are in need of support or training, please, reach out to a member of our alliance or check out our services. Let's start talking about incest so we can stop it together.

"Unofficial" description: I'm an author, activist, and the Co-Director of [Incest AWARE](http://www.incestaware.org). I share my story of surviving childhood incest and illness to raise awareness and support solutions for prevention, intervention, recovery, and justice. Additionally, I provide writing workshops, consulting, and trainings for survivors, the media, and support organizations. My story has been published in outlets like *Ms. Magazine*, *Yes!*, *America*, *Spirituality & Health*, and *Elite Daily*. You can review my portfolio at www.josephineanne.com and follow my journey on [Substack](#).

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 Kelsey Maloney

**Fire and Moss Embodiment and The Play Project**

[www.fireandmoss.com](http://www.fireandmoss.com)

**Officially:** I offer Open Floor dance/embodiment labs and workshops, embodied grief circles, storytelling events, and kids' summer camp programs.

**Unofficially:** I am most interested in re-humanizing our relationships with ourselves and each other--creating and co-creating spaces where we can show up as we are to breathe into our own experience. While also leaning into connection with each other and that which is bigger than us. *Connection* is the name of my game!

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Laura Smith, LMT

<https://www.ayurvedichealthcenter.com/>

Blissbody204@yahoo.com

Officially I offer body/mind somatic inquiry and customized Ayurvedic bodywork, yoni steam, pregnancy and post partum massage and hypnotherapy.

Unofficially I provide a place to explore and deepen a felt sense of what is arising for you and a sacred anointing of your body as an invitation to unwind and blossom into a nourished state of ease.

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**Mary Knight**

Mary Knight Productions

<http://www.MaryKnightProductions.com>

Official: Author, Filmmaker, Child Advocate

Mary Knight, LICSW

<http://www.MaryKnightMSW.com>

Official: Psychotherapist for children and for adults

Unofficially: Survivor of extreme child abuse

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 **Monika Denise Burkholder**

Monika Denise

www.monikadenise.com

connect@monikadenise.com

"Official" description: I offer 1:1 soul medicine sessions as well as art therapy and Inner Relationship Focusing (somatics). I offer Soul Medicine Through the Seasons workshops through the Wheel of the Year. I collaborate in the community with embodiment, grief tending, and soulful river trips on the Green River (UT). People often come to me looking for grief, trauma, depth, and identity work. I have a healer's presence and support people to live into their authentic self.

"Unofficial" description: My personal practices are offered up in service to personal, community, more-than-human and collective care--to interconnection. I am a songcatcher and

practice in sacred song. I live intentionally with the rhythm of moon and earth cycles, around which I hold ceremony. I am apprenticing to my intuitive knowing through somatics and hands-on bodywork: I support community through embodied somatic listening, which includes being a doula for metabolizing big emotions, energetic/intuitive tending, imaginal journeying, and bringing relief to physical sensations.

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♥ **Rebecca deGraw**

**Business Name:** Rebecca deGraw, Embodiment Coach

**Website:** [www.degrawdance.com](http://www.degrawdance.com)

**Social Media:** <https://www.facebook.com/RebeccaDegrawEmbodimentCoach>

**Officially:** I offer individual somatic sessions and a weekly Authentic Movement group that are trauma informed and support nervous system health and body-mind integration.

**Unofficially:** I am a tender and protector of sensitive beings and in service to building and remembering a culture of care.

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Name: Sterling Rung

Business Name: Sterling Rose Art

Website: www.sterlingroseart.com

Social Media: <https://www.instagram.com/sterlingroseart/>

Officially: I offer embodied mentorship, breathwork healing, transformative retreats and embodiment photo sessions (branding, self exploration work, creative portraiture)

Unofficially: My passion is to help people feel safe and at home in their bodies so they can express their strength, beauty and unique gifts in this world.

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☀ **Summer Starr**

Making Kin

[www.makingkin.com](http://www.makingkin.com)

[Makingkinhealing@gmail.com](mailto:Makingkinhealing@gmail.com)

**Officially:** I offer ancestral lineage healing sessions, compassionate depossession, curse unraveling, past life integration, intentional peer support for mental health and animist soul integration work

**Unofficially:** I'm a tender of the web of creation and specialize in supporting people in deepening connections and managing good relations to the other-than-human and unseen kin of blood and beyond as well as helping folks explore their unique gifts of multidimensional perception in a grounded, embodied way.

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✨ Vanessa Osage

Love & Truth Rising, Horizon Vision

<https://loveandtruthrising.org/>

hello@vanessaosage.com

Official: I write books in creative nonfiction and coordinate meaningful events. My first book, *Can't Stop the Sunrise* (Stone & Feather Press, 2020), is available in print and audiobook. My second book, *Sex Education for Girls: A Parent's Guide* (Rockridge Press, 2022), is ideal for parents and/or loving guides to female-identifying children ages 6-14. My third book is set for release in 2025

<https://www.vanessaosage.com/>

I provide Event Coordination to groups and organizations. Send an email inquiry to learn more. I am also a Certified Professional Coach, CPC, with these coaching packages:

- I can help you write and publish your book!
<https://loveandtruthrising.org/write-your-book-coaching-package/>
- If you have a speech coming up, we can collaborate on the content and delivery
<https://loveandtruthrising.org/your-message-on-stage/>
- I offer a variety of packages in relationship coaching for emotional health, transforming conflict, the entrepreneurial path, and personal empowerment.
<https://loveandtruthrising.org/relationship-coaching/>
- [Uplifted Entry. Whole Family Support for Elder Living Transitions:](#)
experienced care for families with a loved one changing housing arrangements. Emotional support for grown children, attentive, respectful care for elders, help with moving and Estate Sales & practical support for all of the logistics along the way.
Email: hello@vanessaosage.com or call (360) 510-3205

Unofficial: I'm also able to guide people through the journey of setting vital boundaries through family estrangement, and finding emotional liberation

<https://loveandtruthrising.org/we-are-the-solid/>

Past events:

♥ FULL MOON SUP CEREMONY

Sunday, July 21, 9:45 pm

Lake Padden

Nature Connection, Community, Astrology . . .

This is a Group-Solo SUP experience. Paddle & attune with the moon (and current cosmic influences) in a gentle ceremony of release. Enjoy solo time on the water and community time too.

- What to bring: SUP/leash (or sit-on-top kayak), PFD, whistle, and headlamp.

- Offered by donation (\$15 - \$25 suggested)

More info and register: <https://greenestar.co/full-moon-sup>

♥ SOUL MEDICINE THROUGH THE SEASONS: SUMMER SOLSTICE

A visual journal ceremony with Monika Denise

June 23 5-7:30pm

Chuckanut Center

More info and register: <https://monikadenise.com/sm-through-the-seasons>

☀ MONTHLY ANCESTOR CIRCLES

These in-person ancestral circles are an opportunity to deepen our connection to the wisdom of our people and to share that wisdom with others.

Monday, April 8th - 2nd Monday of every month

Location: At our home near Barkley Village in Bellingham (address given after registration)

Presented by Summer Starr

Email Summer to register: makingkinhealing@gmail.com

This is offered by donation:

PayPal: <https://paypal.me/makingkin>

Venmo: @starrsum

Or pay in-person at the event

♥ JOURNEY TO THE HEART OF FINANCIAL ASTROLOGY

THEME: ✨ Venus Dream Seeds ✨

DATE & TIME: **Friday, June 14 @ 7 - 9 pm**

LOCATION: **Carrington House**, a private home near Barkley Village in Bellingham (address given after registration)

REGISTGER: <https://alyson.as.me/venusdreamseeds>

✨ With the 6/6 new moon exactly conjunct Venus—planet of beauty, embodiment, love, and all that we value (true wealth in all its many forms)—we're in the window of time ripe for Venus Dream Seed Planting. Where is your heart seeking more beauty and flow?

✨ This evening (6/14), while a magical Moon-trine-Jupiter alignment is blessing the field, we'll sense into these planetary energies via journey work, as we cultivate our Venesian dream seeds.

✨ We'll also explore astrological markers for financial expansion and contraction, as well as how to lean into these cosmic tides and currents in the most helpful and supportive ways—and what this all means for *you* (in your own birth chart).

What to Bring:

- A curious spirit :-)
- A paper copy of your birth chart (or on phone is OK)
- Paper/Journal and pen
- A comforting warm beverage (or water)
- (Optional) Nesting materials (e.g., eye covering, and shawl or small blanket) to be cozy, especially for journeying.

PAYMENT OPTIONS:

Offered by Donation (Suggested \$15 - \$35)

- By Cornucopia: Pay in-person / Putting dollars into the cornucopia is fun. :-)
- Venmo: **@alysongm** (last 4: 4477)
- Paypal: <https://paypal.me/alysongreene>

Questions? Contact Alyson (alyson@greenestar.co)

JOURNEY TO THE HEART OF FINANCIAL ASTROLOGY

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Offered by Donation (Suggested \$15 - \$35)

- By Cornucopia: Pay in-person / Putting dollars into the cornucopia is fun. :-)
- Venmo: [@alysongm](#) (last 4: 4477)
- Paypal: <https://paypal.me/alysongreene>


Questions? Contact Alyson (alyson@greenestar.co)


FINANCIAL WELLBEING: MONEY TENDING AS SELF-CARE


Join us for a resourceful 90 minutes of nourishing and practical practices for resourcing your nervous system when working with money. ❤️

Mar. 6 @ 6 pm PST online!

This class is for therapists (and others who hold sacred space for clients), as well as for folks who are on a healing path. 🙏

 We'll learn experiential, somatic grounding practices to feel more centered and resourced when working with personal finances.

 We'll explore our inner "Prosperity Palace" via a nurturing and playful guided visualization that illuminates areas of hidden support and strength.

 We'll experiment with practical techniques for working with our own numbers, money goals, and spending plans (budgets) with greater ease and wellbeing.

Cost \$30

Register: <https://greenestar.co/wellbeing-class>

DEEPENING INTO THE WORLD OF SORROW: A THREE-PART GRIEF INTENSIVE

Sometimes we don't know quite what we are grieving. Sometimes we catch a glimpse and then it wisps away as we move closer to it. Sometimes we know exactly what we are grieving and that which we can name is also a taproot to a broader sorrow, too wide to articulate, but felt in the collective. In places we've felt helpless or alone, in places that are difficult to fully access on our own, in places asking for witnessing and holding, we remember the wisdom of grieving together. How can we practice deepening into our sorrow, building trust with ourselves and each other as we go, so we can more fully inhabit our experience of being human?

Join Kelsey Maloney and Monika Denise for a three-part intensive exploring both personal and global grief. Our time will include guided meditation, song, small and full group sharing, embodied ritual practice, between session art invitations and readings/listenings, and a nature-based Council of All Beings (as developed by Joanna Macy).

March 14, 2024, Thursday 6—9pm

April 7, 2024, Sunday 10:30am—5pm

May 9, 2024, Thursday 6—9pm

\$180-\$360, sliding scale.

Register: <https://www.fireandmoss.com/grief-circle>

♥ CANDLE-LIT ASTROLOGY CIRCLE & DARK-CHOCOLATE TASTING

THEME: ✨ Introduction to financial astrology ✨

DATE & TIME: Friday, March 15 @ 7 - 9 pm

LOCATION: The Octagon Room (at Alyson & Don's house on South Hill near Boulevard Park in Bellingham)

🕯 By candlelight, we'll explore astrological markers for financial expansion and contraction, as well as how to lean into these cosmic tides and currents in the most helpful and supportive ways—and what this all means for *you* (in your own birth chart)

✨ We'll sense into these planetary energies via journey work.

🍫 And, yes, somehow tasty nibbles of various dark chocolates are highly relevant to the evening's astro ceremony. 😊 (Note: If you are chocolate-averse, we'll also have alternative snack bites available that will work just as magically.)

What to Bring:

- A curious spirit :-)
- A paper copy of your birth chart (or on phone is OK)
- Paper/Journal and pen
- A low chair or back-jack (We'll be on the floor. I have cushions to offer.)

- (Optional) Nesting materials (e.g., eye covering, and shawl or small blanket) to be cozy, especially for journeying.

PAYMENT OPTIONS:

Offered by Donation (Suggested \$15 - \$35)

- By Cornucopia: Pay in-person / Putting dollars into the cornucopia is fun. :-)
- Venmo: @greenestar
- Paypal: <https://paypal.me/alysongreene>

Questions? Contact Alyson (alyson@greenestar.co)

♥ **SOUL MEDICINE THROUGH THE SEASONS: Spring Equinox/Ostara**

March 17, 1-3:30pm at Chuckanut Center

Or 5-7pm on Zoom

With Monika Denise

Returning to a resilient and vibrant relationship with the earth calls us to remember that we live in cycles; the earth has a rhythm through growth, decay and rebirth, and so do we. In Soul Medicine through the Seasons, we reflect through song, nature based connection, and visual journaling (an interweaving of art and writing) on how our inner rhythms are moving in relationship to the season of the year. At Spring Equinox, we remember the rebirth of the land and ask ourselves, “what is [re]born in me?”

We will enter into our time together as a space of ceremony to honor the season. I will guide us in a song/chant as we gather. We will have a brief introduction to the season, followed by an outdoor wander or sit that will invite you to notice and listen to the more-than-human ones. I will offer drawing and writing prompts to reflect and bring insight to what is alive in your inner season. We will end with space for optional sharing. *It's time to live in rhythm with the earth.*

Suggested donation: \$15-40. No one turned away for lack of funds.

For more information and to register, sign up [here](#).

☀️♥️ **WEB OF CREATION**

Activating our connection to the web of creation through guided ritual and movement.

Sunday, March 31, 4-6:30 pm

Location: At our home near Barkley Village in Bellingham (address given after registration)

Presented by Summer Starr and Rebecca deGraw

This gathering has grown out of Summer's deepening connection to the web of creation through ancestral work, past life work, nature spirit connections and her training as a Völva in the Norse animism tradition.

This group class will include guided journey work and authentic movement. No particular experience is needed to participate.

Cost: \$20

Please contact Summer to register or if you need financial support to participate

Email: makingkinhealing@gmail.com

FEEDING THE FLAME

A 7-week Open Floor Movement Lab with Kelsey Maloney

The breath that keeps us alive. The steadiness of practice. The gathering of allies. The quieting to listen. The Yes—I'm ready. Cupping our hands around that inside us which needs protecting in order to shine.

In this movement lab, we will give ourselves time and space to explore being here-in our bodies, our vitality, our lives-more fully. With the moving meditation cycle—sit. walk. dance. repeat. repeat!—as our weekly form, we will practice slowing down, connecting with ourselves and each other, and breathing into both what is and what is possible. As waypoints along our journey, we will explore the archetypal energies of the creator, the warrior, the comic, the one, and the poet.

THURSDAYS March 21—May 2, 2024 / 6—9pm
& SUNDAY April 21, 3-7:30pm

LOCATION:

Presence Studio (1412 Cornwall Ave. B'ham, WA).

\$450 / \$375 if paid in full by March 1, 2024 (partial scholarships available)

Register: <https://www.fireandmoss.com/flame>