

## MICHELLE RIDLEY COUNSELING SERVICES



Does happiness feel elusive to you?  
Feeling out of control? Feeling  
reactive? Can't get the spark back?

Have you tried everything and yet you  
still don't feel whole?

You may have some unresolved Grief.  
Unresolved Grief can sometimes look  
like....

\* *Depression*

\* *Anxiety*

\* *Addiction*

\* *Family Issues*

\* *Mental Health Issues*

\* *Hopelessness*

**Move through and beyond Grief with .....**

**The Grief Recovery Method™!**

**Michelle Ridley** is a Grief Recovery

Method Specialist,™ certified by the Grief Recovery  
Institute®

Michelle has seven years of experience in grief recovery  
using The Grief Recovery Method™ developed by the Grief  
Recovery Institute®.

**grief** *n* (grēf):

1. Grief is the normal and  
natural reaction to loss,  
yet almost everything  
we learned about grief  
is not normal, not  
natural, and not healthy.

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