## 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™!

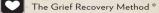
*Michelle Ridley* is a Grief Recovery

Method Specialist, ™ certified by the Grief Recovery Institute ®

Michelle has seven years of experience in grief recovery using The Grief Recovery Method $^{\text{TM}}$  developed by the Grief Recovery Institute $^{\mathbb{R}}$ .

# 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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