



Dear Individuals Feeling Lost or In a Life Transition,

Do you feel misunderstood, alone, disconnected or out of touch with your purpose?

Meeting yourself in these IMPORTANT experiences can be difficult to do.

Distractions can become many and avoidance becomes the path.

If you are moving into adulthood, parenthood, mid-life, or elderhood; if you are moving into a change in relationship, into self-reliance, or a new stage of life that requires letting go of the old; if depression, anxiety, addiction (substance or technology), trauma, and fear have impacted your sense of personal empowerment; or that **there is a deep seated need for some change, Oak Counsel can help!**

The Reality: Our culture does not support us to fully connect to ourselves, especially in difficult times. We can feel stuck in a pattern not knowing how to **mark or create change for ourselves**. Who can blame us? Change is not easy and can bring forward a new and possibly harder set of difficulties we wish not to face. Avoiding it is much more simple. Worst of all, we may find we are judging ourselves for what we do as well as what we do not do.



The Good News: By acknowledging where we are in the moment we can begin to move forward; this is the paradoxical theory of change. Change occurs when one becomes what one is, not when one tries to become what one is not. In marking our transitions, we can **connect more fully to what is**, who we are, and our process.

You can create a connection to your Self, Others and the Earth that really matters to you!



Is this for you?

Oaks Counsel: Initiating Rebirth is for you if you want to:

- Connect rather than distract
- Promote an understanding of human nature as it relates to nature and Self
- Witness and create healthy ways to mark, process and celebrate life transitions
- Engage in a therapeutic experience of personal growth

Ready to Step into Your Initiation? Register by calling 216.409.4882

Why does it matter?

- Our culture lacks initiating practices that leaves people toward unhealthy practices
- More and more people are distracting themselves rather than connecting deeply to their experience, their community, the natural world, and themselves
- There is an epidemic of depression, anxiety, addiction and other similar disorders in our society, which speaks to the increase of individuals struggling to create and maintain meaningful relationships and know their purpose and contribution to the world.



How do I know nature-based therapeutic practices can make a difference?

Because I've gone through these difficulties and participated these practices and now would like to share all I have learned with you... I have struggled with depression, anxiety, and deep loneliness as I moved into different transitions in life. I have sought various ways of healing and found that nature-based therapy practices helped me gain a better understanding of human nature and myself as well as a feeling of being more connected to earth and a community of people. I found my own inner strength, self-compassion, and a map for acknowledging all the parts of myself. Professional and personally, this has become my practice. You do not have to go through life's twists and turns alone! Let's co-create a meaningful rite-of-passage experience!

Program

Ready to Step into Your Initiation? Register by calling 216.409.4882

Offerings:

- *Family Unplug and Reconnect Weekends*
- *Preparing for Adulthood Parent Group*
- *Addiction/Recovery Program*
- *Day Long Experiences*
- *Teen and Adult Wilderness Quests*
- *Grandmothers Circle*
- *Harvesting Heroes Weekly Teen Group*
- *Rediscovering Purpose Weekly Adult Group*
- *Parenting your Child into Adulthood Support Group*
- *Individual Counseling Session*
- *Corporate Team Building Retreats*

For Program Details go to www.oakscounsel.com



Michelle is the Creator of Oaks Counsel, Therapist, and Rites of Passage facilitator.

I can't wait to take you out on the land,

... ..