



ASHLEY MIELKE

“ Through my own healing journey, I developed an overwhelming desire to help others move beyond the pain caused by loss. ”



Ashley Mielke is a Registered Psychologist and Founder and CEO of The Grief and Trauma Healing Centre: a multi-location, large group private practice with locations in Alberta and Manitoba.

Ashley is a sought-after international speaker, trainer, thought leader on grief, and a business consultant for therapists who are seeking to grow and scale their group practices. She is also a wife, mother, and third-year doctoral student completing a Doctor of Psychology degree program through California Southern University.

Driven to inspire and infuse others with courage and strength, Ashley's career passions were sparked early. Following a difficult childhood, overshadowed by her father's substance abuse and eventual suicide, Ashley came to discover that the darkest and most painful period of her life was, in fact, the very catalyst of her calling. It led her to uncover her "WHY" and realize God's mission for her life: to serve others and create a safe space to explore life's most challenging questions.

In the process of living out her purpose, Ashley co-authored an eBook titled, *Postpartum Grief*, and has been a frequent media contributor. She has been featured in *Edify Magazine*, *Huffington Post Canada*, *Canadian Funeral News*, *Canadian Living*, and *Edmonton Lifestyle News*. In 2021, she was honoured to be named as one of *Edify's Top 40 Under 40*. And most recently, Ashley was featured as a grief expert in a TELUS Optik TV docuseries called *The Magazine Club*.

When Ashley is not in the office mentoring her team, consulting to help therapists with their practices, or speaking at events and conferences, she can be found at the rink playing hockey, soaking in time with her family, or exploring the breathtaking landscapes of Hawaii: a place that she holds dear to her heart.

Ashley is a heart-centred and purpose-driven leader who instills hope and healing through her story of resilience and overcoming. Her greatest sense of fulfillment comes from connecting with others and empowering them to uncover the resilience of hope—the hope that can only be found in the midst of great challenges and journeys through grief.

To book Ashley for an interview or speaking event, please contact

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