



A safe place to start breaking the silence.

## Individual and group therapy for victims of domestic violence and sexual abuse

Therapy provided is aimed at addressing the emotional and psychological effects of abuse, including but not limited to: complex trauma, isolation, depression, anxiety, low self-esteem, feelings of guilt and shame, and issues of physical safety. Sessions are supported by the Governor's Crime Commission (GCC) grant and a partnership between Phoenix Counseling Center, The Shelter of Gaston County, and the Gaston County Sheriff's Office.

For more information, contact Dr. Amy McCarthy Sifford, LPC at the secure number below.

704.477.6209