**For Immediate Release**

**Safe Alliance Establishes New Support and Skills Group for Domestic Violence and Sexual Assault Survivors**

**Lake Norman** – The Lake Norman Office of Safe Alliance announces that a new Skills Group for female adult survivors of domestic violence and sexual assault is now available to residents in northern Mecklenburg and south Iredell counties.

The group meets twice a month at a confidential location and is led by Safe Alliance Victim Advocate Michelle Wallace. The sessions are free of charge to eligible participants.

“Although it may sometime feel like it after experiencing trauma, you are not alone,” said Michelle. “Our domestic violence and sexual trauma skills group is designed to assist and support women that are facing similar challenges. This is a safe place for women to come together and heal.”

Advanced registration is required to attend the trauma skills group. For more information and details, contact Michelle Wallace at 704-655-8745.

**Safe Alliance**

Our Lake Norman Office provides a continuum of critical crisis services to those victimized by domestic violence, sexual assault, and child abuse – and to those seeking emotional wellness and safety services. Our team offers counseling to children, adults, couples and families. Our clinicians are specially trained and licensed in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). We are available to counsel individuals and families in the midst of crisis, as well as those coping with challenging life circumstances.

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