

Hear From our Clients

Jessica - "CHOICES has been such a gift in my life and the lives of my children. I was just rebuilt through CHOICES, and I'm now more capable of dealing with life. If I did not have those four years of therapy, I would not be standing here today. That's just a fact."

Kathy - "By the time I was finally able to get free, I was badly injured and sleeping in my car. That's when I finally reached out to LSS CHOICES. Since leaving my husband and coming to stay at the shelter, I've been able to work on my goals and build my own future, free from the threat of violence and fear."

Sarah - As a teenager, Sarah experienced a violent sexual assault that left her self-esteem in tatters and made her vulnerable to a string of relationships with abusive men. Her parents helped Sarah to safely reach LSS CHOICES. Sarah was surprised and grateful for the variety of services offered by CHOICES, including counseling, self-care classes, and case management. "My therapy has been very intense, allowing me to unravel so much stuff. "I'm overwhelmed at the life I know I can have,""

Chelsey - In hindsight, Chelsey realized there were red flags when she first met the man who eventually became her husband. Throughout their relationship he became more emotionally abusive and financially controlling. When he threatened her life, she took her daughter and left. Chelsey found LSS CHOICES when she was looking for legal help with her divorce. "They helped me find a pro bono attorney," she said. She also connected with CHOICES counseling services. "My counselor has just been amazing. Because it was a slow gradual thing, I had no idea, until leaving that relationship, how abusive it was."