

If you are struggling
with a
personal or family problem,
ask your doctor
to refer you
to a competent professional
counselor or therapist
who can help you.

You already
trust your doctor...



*A place of healing ...
A place of new beginnings ...*

Since 1965

Methodist Counseling and Consultation Services

1801 East Fifth Street, Suite 110
Charlotte, NC 28204
(704) 375-5354 ~ (800) 832-3014

<http://mccsvs.org>

**Providing
pastoral counseling and
marriage & family therapy
to ...**

INDIVIDUALS, COUPLES, FAMILIES
parents, children, adolescents
single-parent families
stepfamilies

Struggling with ...

stress, self-esteem, guilt, anger
depression, anxiety, grief
marital & family conflict
domestic violence & child abuse
peer pressure & parenting
life changes, illness, spirituality

*Confidential ~ Professional
Affordable ~ Interdenominational*

When I am not feeling well
physically
or when my loved ones
require medical attention
I know where to turn ...
I know who to trust ...
I go to
my doctor.

But when I am not feeling well
emotionally
or when my marriage
is in trouble
or when my relationship
with my child
is filled with pain

Where can I turn for help?
Whom can I trust?



Accredited Service Center of the
American Association of Pastoral Counselors
and the
Samaritan Institute

At times we can all use some help with giving and receiving...

How long
will I allow this
to go on
I feel like
I'm just going
through the motions
on automatic pilot
and I'm so tired
of smiling
all the time
on the outside
while I'm crying
on the inside
If they only knew
how I really feel ...
If only I could
find a way
to let someone see
the face
beneath the face
I show
I would no longer
be trapped
in solitary confinement
within my own skin
I would be able
to breathe again
to love
and be loved
and be free

***...and getting
what we need
sets us free.***

***Reaching out for help is not a
sign of weakness, but a sign of
courage and strength.***

