

AREA COVERED	SERVICES INCLUDED	GROUP OR ORGANIZATION	WEB ADDRESS / EMAIL ADDRESS
VIRGINIA			
National Helpline	<p>Hotline 1-800-4-A-CHILD Hotline 1-800-422-4453 Crisis counselors available 24/7 Founded in 1957 by Sara O'Meara and Yvonne Fedderson. Childhelp is a leading national non-profit organization dedicated to helping victims of child abuse and neglect. Serving the United States, it's Territories and Canada, our hotline is staffed 24 hours a day 7 days a week with professional counselors who, through interpreters can provide assistance in 170 languages. We also offer a range of programs, please see our website for regional details.</p>	<p>Childhelp Prevention and Treatment of Child Abuse</p>	<p>www.childhelp.org info@childhelp.org Email support form on the website</p>
Statewide	<p>24 Hour hotline 800-838-8238 Statewide hotline for family violence and sexual assault info and referral to the appropriate support services.</p>	<p>Virginia Family Violence and Sexual Assault Hotline</p>	<p>www.theredflagcampaign.org</p>
Abingdon	<p>Hotline 276-886-0999 24 Hour support hotline Emergency shelter for victims of domestic and sexual violence Counseling available</p>	<p>People Inc Abingdon VA 24210 276-623-9000 Office</p>	<p>www.peopleinc.net info@peopleinc.net</p>
Alexandria	<p>Adult Survivors of Childhood Sexual Assault Support Group This is a ten week group for women who were sexually assaulted as children. All group members must be receiving individual therapy while in the group. Pre registration is required for the group Call 703-683-7272 for group details</p>	<p>Alexandria Sexual Assault Ctn 421 King Street Alexandria VA 22314 703-638-7273 Office www.alexandriava.gov/SexualViolence</p>	
Alexandria	<p>Hotline 703-658-9500 We provide emergency shelter and support services to victims of domestic violence throughout northern Virginia. Emergency shelter Crisis intervention Individual and group counseling.</p>	<p>Bethany House of Northern Virginia Alexandria VA 22312 703-658-9500 Office / Hotline</p>	<p>www.bhmv.org info@bhmv.org</p>
Alexandria	<p>Hotline 703-746-4911 (24 hours) Safety planning</p>	<p>Center for Children and Families Domestic Violence Program</p>	

	Information on protective orders Domestic violence support groups Tuesdays 7 - 8.30 pm childcare is provided call 703-746-4911 for location and further details	Alexandria VA 22314 703-746-4911 Office / Hotline www.alexandriava.gov/DomesticViolence	
Alexandria	Adult Survivors of Childhood Sexual Assault Group Meets every Tuesday. Call 202-999-3314 for more group details	Jennifer Mclish Alexandria VA 22314 202-999-3314 Office	www.jennifermclish.com jennifer.mclish@gmail.com
Annandale	Childhood Abuse Support Group Weekly meetup groups in and around the Annandale area for those affected by childhood abuse. To join this group or for more info Click the address on the right of our page.	Unsilenced Meetup Group Annandale Virginia	www.meetup.com/Unsilenced/
Arlington	Hotline 703-237-0881 24 Hour Crisis hotline Crisis intervention Individual and group counseling All counseling is FREE of charge	Arlington County Violence Intervention Program Arlington VA 22204 703-228-1200 Office	
Arlington	Hotline 703-237-0881 (24 Hours) Emergency shelter Accompaniment to court Emergency 911 cell phones Legal assistance Kennels for family pets Homestart supportive housing	Doorways for Women and Families PO Box 100185 Arlington VA 22210 703-504-9400 Office	www.doorwaysva.org
Ashburn	Ashburn Narcissistic Personality Disorder support group. This group is for anyone who has a loved one with narcissistic personality disorder in their lives (spouse, sibling, parent, ex spouse) who is searching to connect with others in the same situation who can share support, ideas and tips. The group is NOT run by medical or mental health professionals. Organizer is Jennifer.	Meetup Narcissistic Support Group Ashburn VA www.meetup.com/Ashburn-Support-Meetup/?gj=ej1b	
Ashland	Hotline 804-752-2702 Or 1-800-838-8238 24 Hour crisis hotlines We promote freedom from domestic violence and sexual assault. Emergency shelter Court advocacy Support groups meet weekly for victims of domestic violence and sexual violence Call 804-752-2728 for more details.	Hanover Safe Place 629A N. Washington Highway Ashland VA 23005 804-752-2728 Office	www.hanoversafeplace.com counselor@hanoversafeplace.com
Bedford	Hotline 540-587-0970 (24 hours)	Bedford County Domestic	

Walk in center Mon-Fri 8.30-5pm
Our Walk-In center offers domestic violence crisis intervention, advocacy counseling and support services.
Court accompaniments
Access to an emergency shelter

Violence Services
PO Box 783
580 Grove Street
Bedford
VA 24523
540-587-0970 Office / Hotline
www.facebook.com/BedfordDVS

BDVS@co.bedford.va.us

Blackstone Hotline 1-888-819-2926
Emergency shelter
Serving victims of domestic violence and sexual assault in the Counties of South Central Virginia

Piedmont Crisis Center
PO Box 487
Blackstone
VA 23824
434-292-1077 Office

www.madelineshouse.org
info@madelineshouse.org

Bristol Hotline 276-466-2312
Or 866-953-0484
Serving victims of domestic violence and sexual assault in South West Virginia since 1972
Advocates on call 24 hours
Hospital and police department accompaniment
Court room and criminal justice accompaniment
Individual and group counseling
Support group "The art of healing"
Meets Mondays 5 - 7pm. Bring your supplies and do art in a safe place.
Call 276-466-2218 for group details

Crisis Center
PO Box 642
Bristol
VA 24203
276-466-2218 Office

www.crisiscenterinc.org
info@crisiscenterinc.org

Bristol Hotline 276-886-0999
24 Hour support hotline
Emergency shelter for victims of domestic and sexual violence
Counseling available

People Inc
Bristol
VA 24201
276-466-5587 Office

www.peopleinc.net
bristol@peopleinc.net

Burke Male Survivors Drop-In Support Grp
A FREE drop-in support group for men who have experienced sexual abuse. This group is focused on discussion and support and is not a treatment group, although there is a focus of healing and growth
Meets 1st&3rd Tuesdays 7.30-9pm
Contact Chris Davies for more details 703-704-6727

Chris Davies
Burke
VA 22015
703-704-6727 Office

www.malesurvivor.org
chris.davies@fairfaxcounty.gov

Charlottesville Women's Morning Trauma Group
Group therapy for women who have experienced relationship trauma, using psychodrama and other experiential methods, particularly effective in the treatment of relationship trauma & childhood difficulties
Meets Wednesdays 9.30 - 11 am
Cost \$40 - \$50

Ms Kathleen McFadden Myers
Charlottesville
VA 22902
410-202-2760 Office

Charlottesville Women's Evening Trauma Group
Group therapy for women who have experienced relationship trauma,

Ms Kathleen McFadden Myers
Charlottesville
VA 22902

using psychodrama and other experiential methods, particularly effective in the treatment of relationship trauma & childhood difficulties
Meets Tuesdays 6 - 7.30 pm
Cost \$40 - \$50

410-202-2760 Office

Charlottesville

Hotline 434-977-7273
24 Hour crisis hotline
SARA serves men, women and children who have experienced sexual assault in Charlottesville, Albemarle, Fluvanna, Green, Louisa and Nelson Counties.

We offer support and information to help survivors of sexual abuse make decisions for their healing.

Sexual Assault Resource Agency (SARA)
Charlottesville
VA 22902
434-295-7273 Office

www.saracville.org

Charlottesville

Hotline 434-293-8509 (24 hours)
We work to support and empower victims of domestic violence through a combination of residential, community - based and outreach services.

Emergency shelter
Case management
Legal advocacy
Services in English & Spanish
Transitional housing
Pet Safe fostering program
FREE individual / group counseling
Support groups for the community as well as shelter residents

Shelter For Help in Emergency
PO Box 1013
Charlottesville
VA 22902
434-963-4676 Outreach office

www.shelterforhelpinemergency.org
info@shelterforhelpinemergency.org

Chesapeake

Peer Support Group for Men Who Were Victims of Childhood Abuse Or Assault.

We meet on the 2nd and 4th Wednesday of each month at 7.30 to 9pm. Members can talk and share, we have a text we may work through that discusses recovery and support. For further details please contact the group leader at the email address on the right.

Mens Peer Support Group
Chesapeake
VA 23320

mensgroup.va@gmail.com

Clintwood

Hotline 276-886-0999
24 Hour support hotline
Emergency shelter for victims of domestic and sexual violence
Counseling available

People Inc
Clintwood
VA 24228
276-926-5600 Office

www.peopleinc.net
dickenson@peopleinc.net

Covington

Hotline 540-965-3237
Or 1-877-393-3672 Toll Free
Emergency shelter
Accompaniment to hospital
Accompaniment to police stations
Advocacy at the court proceedings
Support groups for victims of domestic abuse.

Safehome Systems
PO Box 748
Covington
VA 24426
540-965-3237 Office / Hotline

Culpeper	<p>Hotline 800-825-8876 (24 hours) We are committed to ending family and sexual violence and its negative impact by providing the following: Emergency shelter Court advocacy Help with protective orders Child and youth support program Individual and group counseling.</p>	<p>Services to Abused Families, Inc PO Box 402 Culpeper VA 22701 800-825-8876 Office / Hotline</p>	<p>www.safejourneys.org</p>
Danville	<p>888-947-7273 Sexual Assault 888-528-1041 Domestic violence 24 Hour crisis hotlines Emergency shelter Several support groups including a group for adults molested as children. Call hotlines for more details about our groups</p>	<p>YWCA- Central Virginia 510 Patton Street Danville VA 24541 434-374-1192 Office</p>	
Dumfries	<p>703-221-4951 Domestic violence 703-368-4141 Sexual assault 24 Hour crisis hotlines Hispanic services Emergency shelters Court advocacy FREE peer support groups for victims of sexual assault FREE support groups for victims of domestic violence.</p>	<p>ACT - Domestic Violence and Sexual Assault Services PO Box 74 Dumfries VA 22026 703-441-8606 Office</p>	<p>www.actspwc.org actsinfo@actspwc.org</p>
Fairfax	<p>Hotline 703-360-7273 24 Hour help/hotline We offer compassionate state-accredited programs for men, women and children who have been affected by domestic or sexual violence and abuse Emergency shelter Individual and group counseling Support groups for men and women Domestic & sexual trauma coping skills, meets every Wed 6.30 - 8pm For info call Tanya 703-704-6719 Men's support for survivors of childhood sexual abuse. Meets 1st and 3rd Tuesdays 7.30 - 9 pm. For info call Chris Davies 703-704-6727 Physical, emotional and verbal abuse present or past support Meets Wednesdays 6.30 - 8pm Call Heather McMillen for details All support groups are FREE</p>	<p>Fairfax County Office for Sexual and Domestic Violence 12000 Government Center Pkwy suite 339 Fairfax County Office for Sexual VA 22035 703-324-5730 Office</p>	<p>www.fairfaxcounty.gov/dfs/</p>
Fairfax	<p>Advice Line 703-560-2600 DR Eliana Gil is the founder of the Gil Institute for Trauma Recovery and Education, where she provides therapy, consulting, supervision and training. All Gil Institute therapists</p>	<p>Gil Institute for Trauma Recovery and Education 8626 Lee Highway Ste 200 Fairfax VA 22031</p>	<p>www.gilinstitute.com egil@gilinstitute.com</p>

advocate for developmentally - appropriate services to children youth and adults and utilize the expressive therapies (art, play, sand) to provide alternate forms of communication and expression so the child feels safe. The Gil Institute offers several treatment options, including individual, group, couples, family and parent-child therapy. We work with children as young as three and adults of all ages. We run a HEARTS project Hope through Equine Assisted Recovery and Therapy Services healing with horses. All services are in English, Spanish and Farsi. For more information on our many services, groups and therapies, please see our website.

703-560-2600 Office / Advice.

Fairfax	<p>Adult Women Trauma Survivor Grp This is a long term women's trauma survivor group. The group empowers members to understand how their trauma affects present day relationships. This is a very powerful and healing group limited to 8 members and an intake interview will be required Meets Tuesdays 6.15 - 7.45 pm Cost \$80 - \$90</p>	<p>JoAnn Majesky Fairfax VA 22030 888-725-4642 Office</p>	<p>www.meierclinics.com</p>
Fairfax	<p>Trauma Survivors Group Group intergrates cognitive - behavioral strategies for coping with symptoms of PTSD. There is a psychoeducational component as well as therapeutic discussion. Men and women with any type of past trauma, including physical, sexual or combat trauma are welcome. An individual session before starting the group is required Meets Wednesdays 12 - 1 pm Cost \$90 +</p>	<p>Dr Tina Roemersma Fairfax VA 22030 703-636-2888 ext 8 Office</p>	
Falls Church	<p>Support Group for Friends and Family of Rape and Abuse Survivors and Mental Health Challenges. This group will be a place we can come for comfort. To know that others are walking through what you are walking through. To learn how to be comforting, patient and encouraging friends and family of those who have been hurt.</p>	<p>Friends and Family Support Meetup Group Falls Church Virginia</p>	<p>www.meetup.com/Friends-and-Family-of-Rape-Abuse-Survivors-Support-Group/?gclid=ej1b</p>
Falls Church	<p>We work to protect immigrant women and girls seeking justice</p>	<p>Tahirih Justice Center 6402 Arlington Blvd</p>	<p>www.tahirih.org justice@tahirih.org</p>

in the USA from gender based violence.
Legal services
Human trafficking pro bono legal services.

Suite 300
Falls Church
VA 22042
571-282-6161 Office

Fredericksburg	Hotline 540-371-1666 24 Hour crisis hotline We are dedicated to helping people recover from sexual violence and abuse Hospital accompaniment Individual and group counseling Art therapy Group counseling for survivors of childhood sexual abuse Spanish speaking counseling All services FREE	Rappahannock Council Against Sexual Assault 3331 Shannon Airport Circle Fredericksburgs VA 22408 540-371-6771 Office	www.rcasa.org
Front Royal	Hotline 540-635-9062 (24 hours) We have been providing services to persons experiencing sexual assault and domestic violence for over 30 years. Emergency shelter Crisis intervention Criminal justice systems advocacy Childrens services Sexual assault survivors services Individual supportive counseling Support groups All the above services are FREE of charge.	Harmony Place of Warren Co. PO Box 1831 Front Royal VA 22630 540-635-9194 Office	
Gainesville	Hotline 276-886-0999 24 Hour support hotline Emergency shelter for victims of domestic and sexual violence Counseling available	People Inc Gainesville VA 20155 571-248-6533 Office	www.peopleinc.net info@peopleinc.net
Gainsville	This is a Meetup Group for Regain Your Voice (www.regainyourvoice.org) This group will connect and empower survivors of sexual violence. Getting together to chat as well as hosting events in the community to raise awareness about sexual violence.	Meetup Support Group Gainsville VA	www.regainyourvoice.org
Gate City	Confidential services & emergency shelter for victims of domestic violence and sexual assault.	Hope House of Scott County PO Box 1992 Gate City VA 24244 276-386-1373 Office	
Gloucester	804-694-5890 Sexual Assault 804-694-5552 Domestic violence We are pleased to offer services to survivors residing in the Gloucester King and Queen, King William, Mathews and Middlesex Counties	Laurel Shelter, Inc PO Box 23 Gloucester VA 23061 804-694-5890 Office / Hotline	www.laurelshelterinc.org laurelshelterinc@verizon.net

Local support group meetings
call 804-694-5890 for more details
All services FREE of charge

Grundy	Hotline 276-886-0999 24 Hour support hotline Emergency shelter for victims of domestic and sexual violence Counseling available	People Inc Grundy VA 24614 276-935-4747 Office	www.peopleinc.net info@peopleinc.net
Hampton	Support group for Adult Survivors Support group for survivors of sexual assault, childhood sexual abuse, incest, rape and domestic violence. To join this group email Margie McKinnon at the address on the right of this page	Lamplighter Movement Hampton Virginia	www.thelamplighters.org margie@thelamplighters.org
Hampton	Hotline 757-723-7774 (24 hours) The mission of Transitions Family Violence Services is to build safe and healthy families by supporting healthy, violence-free family life. Transitions is the sole provider of comprehensive domestic violence in Hampton, Newport News, Poquoson and co-provider in York County. The agency offers programs that prevent violence, saves lives and makes the community more aware of domestic violence and it's deleterious effects on families and available services. Offering programs which benefit children from violent homes. Coordinated tutoring and mentoring programs for sheltered children. Interim drop-in-on-site and subsidized childcare. Children's intervention and violence prevention program for children who have witnessed domestic violence. Art and play therapy to help children safely express their feelings and heal from the experience of family violence.	Transitions Family Violence Services PO Box 561 Hampton VA 23669 757-728-0025 ext 509 Office 757-728-1538 FAX	www.transitionsfvs.org
Harrisonburg	Hotline 540-434-2272 24 Hour crisis hotlines If you have been sexually assaulted or if your assault happened a while ago we are here to help. 1-6 FREE crisis counseling Referrals for long term counseling Hospital accompaniment Legal advocacy Services in Spanish support groups for sexual violence survivors. 8-9 week groups throughout the year as the need arises	Collins Center PO Box 1473 Harrisonburg VA 2801 540-432-6430 Office	www.thecollinscenter.org info@thecollinscenter.org

Call Sue Swift 540-432-6430 for more group details

Harrisonburg	Hotline 886-223-9169 (24 hours) At First Step we believe that nobody should live with violence or the threat of domestic violence. Emergency shelter Children's services and referrals Legal advocacy Support group Monday 5 - 6pm members of the community are also welcome.	First Step Harrisonburg VA 22801 540-434-0295 Office	www.firststepva.com FirstStepVA@gmail.com
Haymarket	Helpline 1-800-656-HOPE (4673) Regain Your voice is an organization whose mission and purpose is to address the issue of sexual violence in the community and to respond to the needs of people who have experienced and / or been impacted by sexual violence through providing resources, education, prevention and outreach.	REGAIN YOUR VOICE PO Box 925 Haymarket VA 20169 571-327-1864 Office	www.regainyourvoice.org info@regainyourvoice.org
Herndon	Women 4 Women - Meetup Group The thing women have yet to learn is nobody gives you power. You just take it. "Roseanne Barr". Ours is a wellness support group for emotionally abused women, who have gone through, are going through or are about to go through emotional abuse. I was emotionally abused for almost four decades but found MY POWER and just took it. We are our own rescue, but why walk alone when you have a tribe to journey with. You are not alone.	Women 4 Women Meetup Herndon VA www.meetup.com/meetup-group-QxRKMAqV/?gj=ej1b	
Lebanon	Hotline 276-886-0999 24 Hour support hotline Emergency shelter for victims of domestic and sexual violence Counseling available	People Inc Lebanon VA 24266 276-886-0999 Office /Hotline	www.peopleinc.net info@peopleinc.net
Leesburg	Hotline 703-777-6552 24 Hour hotline Emergency safe house Legal advocacy Help with protective orders Court accompaniment Weekly support groups for victims of domestic violence Sexual abuse support groups Call 703-777-6552 for group details All services are FREE of charge.	LAWS Sexual Assault Services Leesburg VA 20176 703-771-3398 Office	www.lcsi.org laws@lcsi.org
Lexington	Hotline 540-463-2594 24 Hour crisis hotline	Project Horizon Lexington	www.projecthorizon.org

Since 1982 we have served victims of domestic and sexual violence in the Rockbridge community.
Emergency shelter
Court advocates
Accompaniment where required
Education and outreach services
FREE counseling to any man, woman or child who has been affected by sexual violence past or present.
Support groups available for more group details call 540-463-7861

VA 24450
540-463-7861 Office

Luray

Hotline 540-743-4414
24 Hour hotline
If you have been hurt, we can help
Page County cares for victims of domestic and sexual violence
Emergency shelter
Crisis intervention
Trained Court companions
Individual peer counseling
Support groups for victims of sexual and domestic violence.

CHOICES
Luray
VA 22835
540-743-4414 Office / Hotline
www.choicesofpagecounty.org/

Lynchburg

888-947-7273 Sexual Assault
888-528-1041 Domestic violence
24 Hour crisis hotlines
Emergency shelter
Several support groups including a group for adults molested as children. Call hotlines for more details about our groups

YWCA- Central Virginia
626 Church Street
Lynchburg
VA 24504
434-847-7751 Office

Martinsville

Hotline 276-632-8701
24 Hour crisis hotline
We provide FREE and confidential services in Martinsville, Henry and Patrick Counties
Emergency shelter
Legal and health advocacy
Hospital accompaniment
Individual counseling
Support groups for victims of sexual and domestic violence

Citizens Against Family Violence
Martinsville
VA 24114
276-632-8701 Office / Hotline

McLean

Sexual Assault Survivors Group
This group is for survivors of sexual assault. It is a safe place for members to share their experiences and grow. Members examine triggers post traumatic symptoms and explore ways to move forward
Meets Tuesdays 4.30 - 5.45 pm
Cost \$80 - \$90

Dr Brenna Chirby
McLean
VA 22101
703-95707541 Office

www.mindbalanceinc.com

New Kent

Hotline 877-966-4357
We are committed to eliminating domestic and sexual violence in our

Project Hope at Quin Rivers'
PO Box 208
New Kent

www.quinrivers.com

communities and creating a safe community that does not tolerate violence of any kind.
Crisis intervention
Community referrals where required
Court advocacy
Children's group counseling
Children's play sessions
Adult survivors individual and group counseling for females

VA 23124
804-966-8720 Office

Newport News

Support group for Adult Survivors
Support group for survivors of sexual assault, childhood sexual abuse, incest, rape and domestic violence. To join this group email Margie McKinnon at the address on the right of this page

Lamplighter Movement
Newport News
Virginia

www.thelamplighters.org
margie@thelamplighters.org

Newport News

Hotline 757-236-5260
24 Hour crisis hotline
FREE counseling related to sexual assault or abuse
FREE support groups with trained facilitators for those who have been sexually violated
Call 757-599-9844 for group details

The Center for Sexual Assault Survivors
11030 Warwick Blvd
Newport News
VA 23601
757-599-9844 Office

www.visitthecenter.org
info@visitthecenter.org

Norfolk

24 Hour YWCA Domestic and Sexual Violence Hotline
757-226-9922
Domestic Violence Interpersonal Support Group.
Meets Thursdays 5.30pm - 7.00pm
Please contact the group facilitator for meeting location and for further details.
Christa Motley 625-4248 Ext 44
Christa.motley@ywca-shr.org
Support Group for survivors of Sexual Assault
Meets Thursdays 5.30pm - 7.00pm
Please contact the group facilitator for meeting location and for further details. With advanced notice, childcare may be available during the group.
Amanda Gill on 625-4248 Ext 42
amanda.gill@ywca-shr.org

YWCA - South Hampton Roads
1424 McNeal Avenue
Norfolk
VA 23502
757--625-4248

www.ywca-shr.org
Christa.motley@ywca-shr.org
amanda.gill@ywca-shr.org

North Tazewell

Hotline 276-979-8959 (24 Hours)
We are a joint domestic violence and sexual assault program, which provides direct support & advocacy to victims and their families in Tazewell and Russell Counties.
Emergency residential shelter
Emergency transportation
Crisis intervention / safety planning
Medical and legal advocacy

Family Crisis Services of Clinch Valley Community Action
North Tazewell
VA 24630
276-988-5583 Office

Court and systems advocacy
Children's and teen's services
Education for schools / community
Individual counseling
Support groups.

www.clinchvalleycaa.org/index.php/cvca-programs/family-crisis-services

Norton	1-877-348-3416 Sexual Assault 1-800-572-2278 Domestic violence 24 Hour hotlines Our mission is to provide services to all victims and their families who find themselves in crisis situations. Serving Buchanan, Dickenson, Lee Russell, Scott and Wise Countied. Emergency shelter Court accomapiment and advocacy Hospital/medical accompaniment Sexual Assault Program Support groups for victims of domestic violence	Family Crisis Support Services Norton VA 24273 276-679-7240 Office	www.family-crisis.org
Onancock	Hotlines 757-787-1329 Or 800-787-1329 Toll Free Our mission is to provide relief to victims of domestic violence and offer programs to treat the cause and symptoms of domestic violence. Crisis intervention Emergency shelter Legal advocacy Outreach services Individual counseling Support group available.	Eastern Shore Coalition Against Domestic Violence Onancock VA 23417 757-787-1329 Office / Hotline	www.escadv.org/
Petersburg	Hotline 804-458-2840 24 Hour hotline We are committed to providing comprehensive cost-free services for people who have been affected by sexual or domestic violence Emergency shelter Legal advocacy Hospital/ court accompaniment Individual counseling Domestic violence support group Survivors of childhood sexual violence support group for details please see our website. We serve Colonial Heights, Hopewell, southern Chesterfield, Dinwiddie, Petersburg and Prince George.	The James House 2006 Wakefield Street Petersburg VA 23805 804-458-2704 Office	www.thejameshouse.org
Portsmouth	Hotline 757-485-3384 (24 hours) Help and Emergency Response, inc provides leadship , advocacy and resources to survivors and the communities affected by domestic violence and homelessness. Emergency shelter	H.E.R. - Help and Emergerncy Resources, Inc PO Box 2187 Portsmouth VA 23702 757-485-1445 Office	www.hershelter.com

Referrals to legal services
Children's programs
Court accompaniment
Resources to aid trafficked children
Counseling services
Support group Mondays 5.30 - 7pm
for all battered and formally battered
women.

Prince George

Hotline 804-458-2840
24 Hour hotline
We are committed to providing
comprehensive cost-free services
for people who have been affected
by sexual or domestic violence
Emergency shelter
Legal advocacy
Hospital/ court accompaniment
Individual counseling
Domestic violence support group
Survivors of childhood sexual
violence support group for details
please see our website. We serve
**Colonial Heights, Hopewell,
southern Chesterfield, Dinwiddie,
Petersburg and Prince George.**

The James House
6610 Commons Drive
Suite C
Prince George
VA 23875
804-458-2704 Office

www.thejameshouse.org
helpline@thejameshouse.org

Radford

Hotline 540-639-1123
Or 800-788-1123 Toll Free
Translators for 24 hour hotlines
Emergency shelter and advocacy
Individual counseling
Support groups for those affected
by domestic violence for more
group details call 540-639-1123.

Women's Resource Center
New River Valley
PO Box 477
Radford
VA 24143
540-369-9592 Office

www.wrcnrv.org
director@wrcnrv.org

Reston

PTSD and Mindfulness Group
Understanding the science behind
PTSD and techniques including
mindfulness to help calm the
symptoms and get your life back on
track. Meets Thursdays 7 - 8.30 pm
Cost \$80

Ms Madelyn Schrader
Reston
VA 20190
703-957-7157 Office

Richmond

Hope in Healing Group
We offer support, education and
therapy to adult female survivors of
trauma. The goal of this group will
be to support one another in the
healing from various experiences
of trauma.
Meets Tuesdays 7 - 8.30 pm
Cost \$30 - \$40

Lucy Block
Richmond
VA 23238
804-302-5713 Office

LucyBlock.LPC@gmail.com

Richmond

Women's Trauma Group
This is a closed trauma group for
women who are working through
PTSD, DID, anxiety and other
symptoms due to trauma. An
individual session is first required

McKenzie Casad
Richmond
VA 23219
757-553-2780 Office

mckenzie@cypresscounseling.com

www.cypresscounseling.com

to assess prospective member before entering the group. Small 6 member group limit and the group will be an on going group.
Meets every Monday at Noon
Cost \$40 - \$60

Richmond	From Surviving to Thriving Group For women survivors of childhood sexual abuse Meets every Monday 6 - 7.30 pm Cost \$20 - \$30	Ms Patricia L Harris Family Focus, Inc Richmond VA 23228 804-214-3557 Office	
Richmond	Healing from Violence Group This group is for adult women survivors of sexual & interpersonal violence and is run by a licensed professional counselor and a board certified art therapist Meets on Mondays Cost \$30 Call 804-616-3137 for group details	Carol Olson Richmond VA 23219 804-616-3137 Office	www.thecreativeartsspace.com
Richmond	Statewide hotline 1-800-838-8238 We are a diverse group of individuals and organizations that believes all people have the right to a life free of sexual and domestic violence by providing up to date resources of the state of Virginia	Virginia Sexual and Domestic Violence Action Alliance 5008 Monument Avenue Suite A Richmond VA 23230 804-377-0335 Office	www.vsdvalliance.org info@vsdvalliance.org
Richmond	Hotline 804-643-0888 24 Hour crisis hotline Emergency shelter if needed 24 Hour hospital accompaniment Individual and group counseling for those affected by domestic violence or sexual abuse All our services are FREE of charge	YWCA - Richmond 6 N. 5th Street Richmond VA 23219 804-643-6761 Office	www.ywcarichmond.org/ info@ywcarichmond.org
Roanoke	Hotline 540-981-9351 24 Hour crisis hotline Crisis intervention Court liaison Short term counseling Referrals for long term counseling	SARA Program - Blue Ridge Behavioral Healthcare Roanoke VA 24016 540-981-9351 Office / Hotline	www.brbh.org
Roanoke	Hotline 540-345-0400 (24 hours) Turning point is Roanoke's only secure center for intimate partner and family violence Emergency shelter Case management Legal advocacy Children's services Survivors counseling	Turning Point - Salvation Army Roanoke Virginia 540-345-0400 Office / Hotline www.virginiasalvationarmy.org/roanokeva/programs/turning-point/	
Rocky Mount	Hotline 540-483-1234 Emergency shelter for women and men with children who have survived domestic violence	Franklin Co. Family Resource Center PO Box 188 Rocky Mount	

Safety planning & crisis intervention
Domestic violence outreach
Domestic violence advocates
Youth and children's services
Support groups available.

VA 24151
540-483-5088 Office
www.franklincountyva.org/shelter/
cindytreddway@franklincountyva.org

South Hampton Roads

24 Hour YWCA Domestic and Sexual Violence Hotline
757-226-9922
Domestic Violence Interpersonal Support Group.
Meets Thursdays 5.30pm - 7.00pm
Please contact the group facilitator for meeting location and for further details.
Christa Motley 625-4248 Ext 44
Christa.motley@ywca-shr.org
Support Group for survivors of Sexual Assault
Meets Thursdays 5.30pm - 7.00pm
Please contact the group facilitator for meeting location and for further details. With advanced notice, childcare may be available during the group.
Amanda Gill on 625-4248 Ext 42
amanda.gill@ywca-shr.org

YWCA - South Hampton Roads
1424 McNeal Avenue
Norfolk
VA 23502
757--625-4248
www.ywca-shr.org
Christa.motley@ywca-shr.org
amanda.gill@ywca-shr.org

Springfield

Men Finding Healing from Childhood Sexual Abuse.
This group meets on the 1st and 3rd Tuesday of each month from 7.30pm to 9pm at Richard Byrd Library in Springfield. It's a FREE and confidential drop-in group. No pre-registration is required. If you would like more information or to talk to Chris Davis about the group call 703-704-6727
TTY 703-324-5706
www.fairfaxcounty.gov/news2/men-find-healing-from-childhood-sexual-abuse/

Men Finding Healing from Sexual Abuse Group
Springfield Library
Contact Chris Davis
703-704-6727
TTY 703-324-5706

Staunton

Hotline 540-886-6800
Or 800-564-2836
24 Hour hotlines
We provide options for those emotionally, physically and sexually abused
Shelter facility
Accompaniment to doctor, police department and court proceedings
Support group for those affected by domestic or sexual violence, meets Thursday afternoons call for more details. 540-885-7273

New Directions Center, Inc
PO Box 3069
Staunton
VA 24402
540-885-7273 Office
ndc@newdirectionscenter.org
www.facebook.com/NewDirectionsCenter/

Sterling

PTSD Group Therapy
Do you feel like you are on the outside looking in because nobody really seems to understand what

Dr Robin Raniero Norris
Sterling
VA 20164
571-248-3301 Office
www.wind-opt.com/
info@wind-opt.com

you are going through? Let us help!
We use evidence based, research supported therapy methods in a warm compassionate environment
Every Wednesday 6 - 7.30 pm
Cost \$40

Suffolk	Hotline 1-800-969-4673 (24 hours) The Genieve shelter serves the cities of Suffolk and Franklin, the town of Smithfield and the Counties of Isle of Wight, Southampton and Surry. Emergency shelter Case management Court accompaniment Childrens services Individual and group counseling Support groups for those using our legal and counseling services.	The Genieve Shelter PO Box 1585 Suffolk VA 23434 757-925-4365 Office	www.thegenieveshelter.org genieve88@earthlink.net
Vienna	Family Abuse Workshop What stops those who experience family abuse from getting the help they need? Physical and sexual violence, threats of violence, emotional intimidation, verbal abuse and financial control. Call 703-348-1691 for workshop details or email Megan at address on the right of our page	Ms Megan MacCutcheon Vienna VA 22180 703-348-1691 Office megan@meganmaccutcheon.com	www.meganmaccutcheon.com
Vienna	Men's Support Group - Healing from Sexual Abuse An initial interview will be required. Meets Tuesday evenings for 1 hour Contact John Raymond for more group details 703-999-5567 Cost \$25-\$45	John Raymond Vienna Virginia 703-99-5567 Office	www.malesurvivor.org jraymond@comcast.net
Vienna	Survivors of Sexual Abuse therapy group. Offering a safe environment for adult women who were sexually abused as children or adolescents. Focuses on unresolved feelings, the long term effects of abuse and developing self esteem. Individual therapy is a prerequisite. Meets on Tuesdays from 7 to 8.30pm	Dorothy Pennant The Women's Center 703-281-4928 Ext 471	www.thewomenscenter.org questions@thewomenscenter.org
Vienna	The Women's Center provides easy access to highly trained professionals and therapists. We ensure a high level of counseling and care to our community. Individual, couples and family counseling. Domestic violence counseling. EMDR, Psychological assessments, Support and therapy groups including: Anxiety group, emotional abuse group, survivors	The Women's Center 133 Park Street N.E Vienna VA 22180 703-281-2657 Appointments	www.thewomenscenter.org questions@thewomenscenter.org

of sexual abuse group. Please see our website for a full list of support groups and they're dates and times.

Virginia Beach	Support group for Adult Survivors Support group for survivors of sexual assault, childhood sexual abuse, incest, rape and domestic violence. To join this group email Margie McKinnon at the address on the right of this page	Lamplighter Movement Virginia Beach Virginia	www.thelamplighters.org margie@thelamplighters.org
Virginia Beach	Hotline 757-430-2120 (24 hours) Our mission is to foster personal safety, self-sufficiency and empowerment in adults and children through freedom from domestic abuse. We operate 11 emergency shelter house in and around Virginia Beach	Samaritan House PO Box 2400 Virginia Beach VA 23450 757-631-0710 Office	www.samaritanhouseva.org
Warsaw	Hotline 1-800-224-2836 24 Hour hotline We offer safety and support for victims of physical and sexual abuse 24 Hour emergency shelter Crisis intervention Court / hospital accompaniment Support groups for domestic and sexual violence victims	The Haven PO Box 1267 Warsaw VA 22572 804-333-1099 Office	www.havenshelter.org vsc@havenshelter.org
Williamsburg	Hotline 757-258-5051 24 hour crisis hotline We have been serving the greater Williamsburg area for 30 years and support victims of domestic violence and sexual assault. Emergency shelter Legal advocacy Individual and group counseling Weekly support groups facilitated by a trained counselor experienced in meeting the needs of survivors.	Avalon Center PO Box 6805 Williamsburg VA 23188 757-258-5022 Office	www.avaloncenter.org admin@avaloncenter.org
Winchester	Hotline 540-667-6466 24 Hour crisis hotline Crisis intervention Emergency shelter Court advocates Individual crisis counseling Support groups are offered on a rolling basis throughout the year. Groups such as "Boundary Empowerment" for adult survivors of childhood sexual abuse. And "Living Free" for survivors of domestic violence. For more details about groups call 540-667-6466.	The Laurel Center PO Box 14 Winchester VA 22604 540-667-6160 Office	www.thelaurelcenter.org tlc.info@thelaurelcenter.org
Woodbridge	We specialize in couple and family relationships, with specialisms in	The Center for Connection, Healing & Change LLC	www.thecenterforconnection.com

trauma, abuse, attachment and addiction. We offer a wide range of services to children, adults, couples and families and focus on safe, secure and satisfying connection to both self and loved ones.

12751 Marblestone Drive
Suite 200
Woodbridge
VA 22192
Tel. 703-878-3281
elaynesmith@thecenterforconnection.com

Woodbridge

Overcoming a Difficult Childhood Group for "adult children" individuals still being impacted by a difficult family/childhood experience. Perhaps parental alcoholism or other addictions, depression, physical or emotional neglect or abuse. Meets Thursdays 7 -8.30pm
Cost \$30 - \$40

Mr Michael Borash
Woodbridge
VA 22193
800-799-1212 Office

www.metroimago.com
Mike@metroimago.com

Woodstock

Hotline 276-886-0999
24 Hour support hotline
Emergency shelter for victims of domestic and sexual violence
Counseling available

People Inc
Woodstock
VA 22664
540-459-9096 Office

www.peopleinc.net
woodstock@peopleinc.net

Woodstock

Hotline 540-459-5161
24 Hour crisis hotline
We are dedicated to helping people overcome the problems of sexual and domestic violence
Emergency shelter
Court advocacy & accompaniment
support groups for victims of abuse
All services are FREE of charge

Response
PO Box 287
Woodstock
VA 22664
540-459-5599 Office

Wytheville

Hotline 800-613-6145 (24 hours)
Founded in 1983 we have been providing services for adults and children exposed to domestic and sexual violence, abuse or neglect for 30 years. Offering:
Emergency shelter
Crisis intervention
Court and legal advocacy
Individual supportive counseling
Serving Bland, Carroll, Grayson, Smyth, Wythe and the city of Galax.

Family Resource Center, Inc
PO Box 612
Wytheville
VA 24382
800-613-6245 Office / Hotline