

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

Alexandria

Church & Cult Exiter Support Group
This Meetup group is designed to
give those of us who have left
abusive religion, cults or unhealthy
high demand organizations a
place to share our feelings, to
listen and to find strength as we
heal and restore our lives.

Meetup Support Group
Alexandria
VA

www.meetup.com/Church-Cult-Exiter-Support-Group

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
www.oarfairfax.org/services/violence-intervention-program

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

Arlington

Arlington Abuse Survivors Meetup
Healing from any type of abuse is
hard. But it is not necessary to heal
alone. If you are willing to share,
there is power and freedom in
telling your truth. Support yourself
as a healing survivor and maybe
someone else with similar
experiences.

Abuse Survivors Meetup Group
Arlington
Virginia

www.meetup.com/Arlington-Abuse-Survivors-Meetup

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

Hanover Safe Place
629A N. Washington Highway
Ashland
VA 23005
804-752-2728 Office

www.hanoversafeplace.com
counselor@hanoversafeplace.com

Court advocacy
Support groups meet weekly for
victims of domestic violence and
sexual violence
Call 804-752-2728 for more details.

Bedford	Hotline 540-587-0970 (24 hours) 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.	Bedford County Domestic 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 434-394-3505 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 relation-	Ms Kathleen McFadden Charlottesville VA 22902 240-215-5753 Office www.kmcounseling.vpweb.com/	

ship trauma & childhood difficulties
Meets Wednesdays 9.30 - 11 am
Cost \$40 - \$50

Charlottesville

Women's Evening 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 Tuesdays 6 - 7.30 pm
Cost \$40 - \$50

Ms Kathleen McFadden
Charlottesville
VA 22902
240-215-5753 Office
www.kmcounseling.vpweb.com/

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
www.facebook.com/ShelterforHelpinEmergency/

Chesapeake

The Lamplighters Movement
This Chapter provides support to adult MALE survivors of childhood sexual abuse, incest, rape, sexual assault and domestic violence.
For further details please click on our website link.

The Lamplighters Male Chapter
Chesapeake
Virginia
margie@thelamplighters.org

www.thelamplighters.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	<p>Hotline 276-886-0999 24 Hour support hotline Emergency shelter for victims of domestic and sexual violence Counseling available</p>	<p>People Inc Clintwood VA 24228 276-926-5600 Office</p>	<p>www.peopleinc.net dickenson@peopleinc.net</p>
Covington	<p>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.</p>	<p>Safehome Systems PO Box 748 Covington VA 24426 540-965-3237 Office / Hotline</p>	<p>www.safehomesystems.org/ www.facebook.com/SafehomeSystemsInc/</p>
Culpeper	<p>Hotline 800-825-8876 (24 hours) We are committed to ending family and sexual violence and it's 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>	<p>www.ywca.org/site/pp.asp?c=mkl1L6MPJvE&b=919375</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 child</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>

hood 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

Fairfax

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 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.

Gil Institute for Trauma Recovery and Education
8626 Lee Highway
Ste 200
Fairfax
VA 22031
703-560-2600 Office / Advice.
www.gilinstitute.com
egil@gilinstitute.com

Fairfax

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

JoAnn Majesky
Fairfax
VA 22030
888-725-4642 Office
www.meierclinics.com
www.meierclinics.com/Mental-Health-Provider-Network

Fairfax

Trauma Survivors Group
Group integrates 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 +

Dr Tina Roemersma
Fairfax
VA 22030
703-636-2888 ext 8 Office
www.findingyoursolution.com/therapist-tina-roemersma.asp

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	
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 through out the year as the need arises	Collins Center PO Box 1473 Harrisonburg VA 2801 540-432-6430 Office	www.thecollinscenter.org info@thecollinscenter.org

www.facebook.com/Transitions-Family-Violence-Services-104856827268/

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

FirstStepVA@gmail.com

www.facebook.com/First-Step-A-Response-to-Domestic-Violence-177217469130705/

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

www.facebook.com/regainyourvoice/

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

Project Horizon

www.projecthorizon.org

24 Hour crisis hotline
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

Lexington
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
www.ywca.org/site/pp.asp?c=mkl1L6MPJvE&b=919375

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

Southside Survivors Response
Martinsville
VA 24114
276-632-8701 Office / Hotline
www.facebook.com/ssrcenter/
www.ssrcenter.org/index.cfm

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

Project Hope at Quin Rivers'
PO Box 208

www.quinrivers.com

domestic and sexual violence in our 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.

New Kent
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

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

Medical and legal advocacy
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.facebook.com/escadv23417/	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.	H.E.R. - Help and Emergerncy Resources, Inc PO Box 2187 Portsmouth VA 23702 757-485-1445 Office	www.hershelter.com

Emergency shelter
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

www.therapists.psychologytoday.com/rms/name/Madelyn_B_Schrader_RN,LPC_Reston_Virginia_50328

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

www.therapists.psychologytoday.com/rms/name/Lucy_Block_Rimington_LPC_Richmond_Virginia_143155

Richmond

Women's Trauma Group
This is a closed trauma group for
women who are working through

McKenzie Casad
Richmond
VA 23219

www.cypresscounseling.com

PTSD, DID, anxiety and other symptoms due to trauma. An individual session is first required 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

757-553-2780 Office
mckenzie@cypresscounseling.com

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
www.facebook.com/Family-Focus-Inc-499832913406798/

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

Franklin Co. Family Resource Center
PO Box 188
Rocky Mount
VA 24151
540-483-5088 Office
www.franklincountyva.org/shelter/
cindytheadway@franklincountyva.org

South Hampton Roads	<p>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</p>	<p>YWCA - South Hampton Roads 1424 McNeal Avenue Norfolk VA 23502 757--625-4248</p>	<p>www.ywca-shr.org Christa.motley@ywca-shr.org amanda.gill@ywca-shr.org</p>
Springfield	<p>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/</p>	<p>Men Finding Healing from Sexual Abuse Group Springfield Library Contact Chris Davis 703-704-6727 TTY 703-324-5706</p>	
Staunton	<p>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.</p>	<p>New Directions Center, Inc PO Box 3069 Staunton VA 24402 540-885-7273 Office www.facebook.com/NewDirectionsCenter/</p>	<p>www.newdirectionscenter.org/ ndc@newdirectionscenter.org</p>
Sterling	<p>The Lamplighters Movement provides support to adult survivors of childhood sexual abuse, incest, rape, sexual assault and domestic violence. For further details please click on our website link.</p>	<p>The Lamplighters Movement Sterling Virginia margie@thelamplighters.org</p>	<p>www.thelamplighters.org</p>
Sterling	<p>PTSD Group Therapy Do you feel like you are on the</p>	<p>Dr Robin Raniero Norris Sterling</p>	<p>www.wind-opt.com/ info@wind-opt.com</p>

outside looking in because nobody really seems to understand what 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

VA 20164
571-248-3301 Office
www.wind-opt.com/doctor/dr-robin-norris-2/

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
www.meganmaccutcheon.com
megan@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

The Women's Center
133 Park Street N.E
Vienna
VA 22180
703-281-2657 Appointments

www.thewomenscenter.org
questions@thewomenscenter.org

groups including: Anxiety group, emotional abuse group, survivors 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 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.	The Center for Connection, Healing & Change LLC 12751 Marblestone Drive Suite 200 Woodbridge VA 22192 Tel. 703-878-3281 elaynesmith@thecenterforconnection.com	www.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	www.responseva.org/
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	www.frcinc.org/