

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/

Annandale

PTSD Recovery Meetup Group
This group is for anyone living with
themselves, a family member, or
anyone interested in helping those
affected by PTSD.

Washington PTSD Recovery
Annandale
VA

www.meetup.com/Washington-PTSD-Recovery-Meetup

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	<p>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.</p>	<p>Hanover Safe Place 629A N. Washington Highway Ashland VA 23005 804-752-2728 Office</p>	<p>www.hanoversafeplace.com counselor@hanoversafeplace.com</p>
Bedford	<p>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.</p>	<p>Bedford County Domestic Violence Services PO Box 783 580 Grove Street Bedford VA 24523 540-587-0970 Office / Hotline www.facebook.com/BedfordDVS</p>	<p>BDVS@co.bedford.va.us</p>
Blackstone	<p>Hotline 1-888-819-2926 Emergency shelter Serving victims of domestic violence and sexual assault in the Counties of South Central Virginia</p>	<p>Piedmont Crisis Center PO Box 487 Blackstone VA 23824 434-292-1077 Office</p>	<p>www.madelineshouse.org info@madelineshouse.org</p>
Bristol	<p>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</p>	<p>Crisis Center PO Box 642 Bristol VA 24203 276-466-2218 Office</p>	<p>www.crisiscenterinc.org info@crisiscenterinc.org</p>
Bristol	<p>Hotline 276-886-0999 24 Hour support hotline Emergency shelter for victims of domestic and sexual violence Counseling available</p>	<p>People Inc Bristol VA 24201 276-466-5587 Office</p>	<p>www.peopleinc.net bristol@peopleinc.net</p>
Burke	<p>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</p>	<p>Chris Davies Burke VA 22015 703-704-6727 Office</p>	<p>www.malesurvivor.org chris.davies@fairfaxcounty.gov</p>

Charlottesville	<p>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</p>	<p>Ms Kathleen McFadden Charlottesville VA 22902 240-215-5753 Office www.kmcounseling.vpweb.com/</p>	
Charlottesville	<p>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</p>	<p>Ms Kathleen McFadden Charlottesville VA 22902 240-215-5753 Office www.kmcounseling.vpweb.com/</p>	
Charlottesville	<p>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.</p>	<p>Sexual Assault Resource Agency (SARA) Charlottesville VA 22902 434-295-7273 Office</p>	<p>www.saracville.org</p>
Charlottesville	<p>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</p>	<p>Shelter For Help in Emergency PO Box 1013 Charlottesville VA 22902 434-963-4676 Outreach office www.shelterforhelpinemergency.org info@shelterforhelpinemergency.org</p>	
Chesapeake	<p>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.</p>	<p>The Lamplighters Male Chapter Chesapeake Virginia margie@thelamplighters.org</p>	<p>www.thelamplighters.org</p>
Chesapeake	<p>Peer Support Group for Men Who Were Victims of Childhood Abuse Or Assault. We meet on the 2nd and 4th</p>	<p>Mens Peer Support Group Chesapeake VA 23320</p>	<p>mensgroup.va@gmail.com</p>

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.

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 www.facebook.com/SafehomeSystemsInc/	www.safehomesystems.org/
Culpeper	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.	Services to Abused Families, Inc PO Box 402 Culpeper VA 22701 800-825-8876 Office / Hotline	www.safejourneys.org
Danville	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 510 Patton Street Danville VA 24541 434-374-1192 Office www.ywca.org/site/pp.asp?c=mk11L6MPJvE&b=919375	
Dumfries	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.	ACT - Domestic Violence and Sexual Assault Services PO Box 74 Dumfries VA 22026 703-441-8606 Office	www.actspwc.org actsinfo@actspwc.org
Fairfax	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	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	www.fairfaxcounty.gov/dfs/

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

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 www.gilinstitute.com
egil@gilinstitute.com
8626 Lee Highway
Ste 200
Fairfax
VA 22031
703-560-2600 Office / Advice.

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 www.meierclinics.com
Fairfax
VA 22030
888-725-4642 Office
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.

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

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 +

Falls Church

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.

Friends and Family Support Meetup Group
Falls Church
Virginia

www.meetup.com/Friends-and-Family-of-Rape-Abuse-Survivors-Support-Group/?gje1b

Falls Church

We work to protect immigrant women and girls seeking justice in the USA from gender based violence.
Legal services
Human trafficking pro bono legal services.

Tahirih Justice Center
6402 Arlington Blvd
Suite 300
Falls Church
VA 22042
571-282-6161 Office

www.tahirih.org
justice@tahirih.org

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

Fredericksburg

Survivors of Domestic Violence and Rape Support Group
Meetup support group.

Survivors of Domestic Violence and Rape Support Group
Fredericksburg
Virginia

www.meetup.com/Survivors-Of-Domestic-Violence-And-Rape/

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

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

www.facebook.com/HopeHouseOfScottCountyInc/

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 Local support group meetings call 804-694-5890 for more details All services FREE of charge.	Avalon Center PO Box 23 Gloucester VA 23061 804-694-5890 Office / Hotline www.avaloncenter.org/	www.laurelshelterinc.org laurelshelterinc@verizon.net
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, Poquson 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.facebook.com/Transitions-Family-Violence-Services-104856827268/
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	Collins Center PO Box 1473 Harrisonburg VA 2801 540-432-6430 Office	www.thecollinscenter.org info@thecollinscenter.org

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
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

Domestic Violence Victims and Survivors Group.
I welcome both men and women from Indian subcontinent (desi - community) who are survivors and victims of domestic violence and

Domestic Violence Victims And Survivors Meetup Group
Leesburg
VA

abuse to express their thoughts and feelings. Lets get together to share our experience and stories and be positive support for each other.

www.meetup.com/Domestic-Violence-Victims-And-Survivors-Group

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
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

Project Horizon
Lexington
VA 24450
540-463-7861 Office

www.projecthorizon.org

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=mk11L6MPJvE&b=919375

Martinsville

Hotline 276-632-8701
24 Hour crisis hotline
We provide FREE and confidential services in Martinsville, Henry and Patrick Counties

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

www.ssrcenter.org/index.cfm

Emergency shelter
Legal and health advocacy
Hospital accompaniment
Individual counseling
Support groups for victims of sexual
and domestic violence

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 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.	Project Hope at Quin Rivers' PO Box 208 New Kent VA 23124 804-966-8720 Office	www.quinrivers.com
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	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

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

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

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

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 accompiment 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/

www.facebook.com/escadv23417/

Petersburg

Hotline 804-458-2840
24 Hour hotline
We are committed to providing
comprehensive cost-free services
for people who have been affected

The James House
2006 Wakefield Street
Petersburg
VA 23805
804-458-2704 Office

www.thejameshouse.org

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.**

Portsmouth

Hotline 757-485-3384 (24 hours)
Help and Emergency Response, inc
provides leadership , advocacy and
resources to survivors and the
communities affected by domestic
violence and homelessness.
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.

H.E.R. - Help and Emergency
Resources, Inc
PO Box 2187
Portsmouth
VA 23702
757-485-1445 Office

www.hershelter.com

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

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

symptoms and get your life back on track. Meets Thursdays 7 - 8.30 pm
Cost \$80

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.

Lucy Block
Richmond
VA 23238
804-302-5713 Office

LucyBlock.LPC@gmail.com

Meets Tuesdays 7 - 8.30 pm
Cost \$30 - \$40

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 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

McKenzie Casad
Richmond
VA 23219
757-553-2780 Office
mckenzie@cypresscounseling.com

www.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	<p>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</p>	<p>Turning Point - Salvation Army Roanoke Virginia 540-345-0400 Office / Hotline www.virginiasalvationarmy.org/roanokeva/programs/turning-point/</p>
Rocky Mount	<p>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.</p>	<p>Franklin Co. Family Resource Center PO Box 188 Rocky Mount VA 24151 540-483-5088 Office www.franklincountyva.org/shelter/ cindytheadway@franklincountyva.org</p>
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 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</p>	<p>New Directions Center, Inc PO Box 3069 Staunton VA 24402 www.newdirectionscenter.org/ ndc@newdirectionscenter.org</p>

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.

540-885-7273 Office
www.facebook.com/NewDirectionsCenter/

Sterling	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.	The Lamplighters Movement Sterling Virginia margie@thelamplighters.org	www.thelamplighters.org
Sterling	PTSD Group Therapy Do you feel like you are on the 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	Dr Robin Raniero Norris Sterling VA 20164 571-248-3301 Office www.wind-opt.com/doctor/dr-robin-norris-2/	www.wind-opt.com/ info@wind-opt.com
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 of sexual abuse group. Please see our website for a full list of support groups and they're dates and times.	The Women's Center 133 Park Street N.E Vienna VA 22180 703-281-2657 Appointments	www.thewomenscenter.org questions@thewomenscenter.org
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 ysc@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	Avalon Center PO Box 6805 Williamsburg VA 23188 757-258-5022 Office	www.avaloncenter.org admin@avaloncenter.org

Weekly support groups facilitated by a trained counselor experienced in meeting the needs of survivors.

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:

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

www.frcinc.org/

Emergency shelter
Crisis intervention
Court and legal advocacy
Individual supportive counseling
Serving Bland, Carroll, Grayson,
Smyth, Wythe and the city of Galax.