## Virginia

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<tr>
<th>AREA COVERED</th>
<th>SERVICES INCLUDED</th>
<th>GROUP OR ORGANIZATION</th>
<th>WEB ADDRESS / EMAIL ADDRESS</th>
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| **National Helpline** | 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. | Childhelp  
Prevention and Treatment of Child Abuse | [www.childhelp.org](http://www.childhelp.org)  
[info@childhelp.org](mailto:info@childhelp.org) |
| **Statewide** | 24 Hour hotline 800-838-8238  
Statewide hotline for family violence and sexual assault info and referral to the appropriate support services. | Virginia Family Violence and Sexual Assault Hotline |  |
| **Abingdon** | State DV Hotline 1-800-838-8238  
24 Hour support hotline  
Emergency shelter for victims of domestic and sexual violence  
Counseling available. | People Inc  
Abingdon  
VA 24210  
276-623-9000 Office | [www.peopleinc.net](http://www.peopleinc.net)  
[info@peopleinc.net](mailto:info@peopleinc.net) |
| **Alexandria** | 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 | Alexandria Sexual Assault Ctn  
421 King Street  
VA 22314  
703-638-7273 Office | [www.alexandrivia.gov/SexualViolence](http://www.alexandrivia.gov/SexualViolence) |
| **Alexandria** | Hotline 703-658-9500  
TTY Hotline 800-282-1120  
We provide emergency shelter and support services to victims of domestic violence throughout northern Virginia.  
Emergency shelter  
Crisis intervention  
Individual and group counseling. | Bethany House of Northern Virginia  
Alexandria  
VA 22312  
703-658-9500 Office / Hotline | [www.bhnv.org](http://www.bhnv.org)  
[info@bhnv.org](mailto:info@bhnv.org) |
| **Alexandria** | Hotline 703-746-4911 (24 hours)  
Safety planning  
Information on protective orders  
Domestic violence support groups | Center for Children and Families  
Domestic Violence Program  
Alexandria  
VA 22314 |  |
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<th>Location</th>
<th>Contact Information</th>
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<tr>
<td>Alexandria</td>
<td>Adult Survivors of Childhood Sexual Assault Group&lt;br&gt;Meet every Tuesday.&lt;br&gt;Call 202-281-4563 for more group details</td>
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<tr>
<td>Arlington</td>
<td>Hotline 703-237-0881 (24 Hours)&lt;br&gt;Emergency shelter&lt;br&gt;Accompaniment to court&lt;br&gt;Emergency 911 cell phones&lt;br&gt;Legal assistance&lt;br&gt;Kennels for family pets&lt;br&gt;Homestart supportive housing.</td>
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<tr>
<td>Ashland</td>
<td>Hotline 804-752-2702&lt;br&gt;Or 1-800-838-8238&lt;br&gt;24 Hour crisis hotlines&lt;br&gt;We promote freedom from domestic violence and sexual assault.&lt;br&gt;Emergency shelter&lt;br&gt;Court advocacy&lt;br&gt;Support groups meet weekly for victims of domestic violence and sexual violence&lt;br&gt;Call 804-752-2728 for more details.</td>
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<td>Bedford</td>
<td>Hotline 540-587-0970 (24 hours)&lt;br&gt;Walk in center Mon-Fri 8.30-5pm&lt;br&gt;Our Walk-In center offers domestic violence crisis intervention, advocacy counseling and support services.&lt;br&gt;Court accompaniments&lt;br&gt;Access to an emergency shelter.</td>
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<td>Blackstone</td>
<td>Hotline 1-888-819-2926&lt;br&gt;Emergency shelter&lt;br&gt;Serving victims of domestic violence and sexual assault in the Counties of South Central Virginia</td>
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<td>Bristol</td>
<td>Hotline 1-800-273-8255&lt;br&gt;24 hour crisis hotline&lt;br&gt;Serving victims of domestic violence and sexual assault in South West Virginia since 1972&lt;br&gt;Advocates on call 24 hours&lt;br&gt;Hospital and police department accompaniment&lt;br&gt;Court room and criminal justice accompaniment&lt;br&gt;Individual and group counseling&lt;br&gt;Support group &quot;The art of healing&quot;&lt;br&gt;Meets Mondays 5 - 7pm. Bring your supplies and do art in a safe place.&lt;br&gt;Call 276-466-2218 for group details</td>
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<tr>
<td>Bristol</td>
<td>State Hotline 1-800-838-8238&lt;br&gt;Partners for Stronger Communities&lt;br&gt;PO Box 642&lt;br&gt;Bristol&lt;br&gt;VA 24203&lt;br&gt;276-466-2218 Office</td>
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<td>703-746-4911 Office / Hotline&lt;br&gt;www.alexandriava.gov/DomesticViolence</td>
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<td>Jennifer Mclish&lt;br&gt;Alexandria&lt;br&gt;www.jennifermclish.com&lt;br&gt;<a href="mailto:jennifer.mclish@gmail.com">jennifer.mclish@gmail.com</a></td>
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<td>Doorways for Women and Families&lt;br&gt;www.doorwaysva.org</td>
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<td>Hanover Safe Place&lt;br&gt;www.hanoversafeplace.com</td>
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<td>Bedford County Domestic Violence Services&lt;br&gt;<a href="mailto:BDVS@co.bedford.va.us">BDVS@co.bedford.va.us</a></td>
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<td>Madeline’s House&lt;br&gt;<a href="mailto:info@madelineshouse.org">info@madelineshouse.org</a></td>
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<td>Partners for Stronger Communities&lt;br&gt;<a href="mailto:info@partnersfsc.org">info@partnersfsc.org</a></td>
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<td>People Inc&lt;br&gt;www.peopleinc.net</td>
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Emergency shelter for victims of domestic and sexual violence
Counseling available

Bristol
info@peopleinc.net
VA 24201
276-466-5587 Office

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 foudus of healing and growth.
Meets 1st&3rd Tuesdays 7.30-9pm
Contact Chris Davies for more details 703-704-6727
Chris Davies
www.malesurvivor.org
Burke
VA 22015
703-704-6727 Office

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
Charlottesville
VA 22902
240-215-5753 Office
kathleen.mcfadden.lpc@gmail.com

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
kathleen.mcfadden.lpc@gmail.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)
www.saracville.org
info@saracville.org
Charlottesville
VA 22902
434-295-7273 Office

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
Serices in English & Spanish
Transitional housing
Pet Safe fostering program
FREE individual / group counceling
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/
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<th>Location</th>
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<tr>
<td>Chesapeake</td>
<td>The Lamplighters Movement. 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.</td>
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<tr>
<td>Chesapeake</td>
<td>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.</td>
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<tr>
<td>Clintwood</td>
<td>State DV Hotline 1-800-838-8238 24 Hour support hotline Emergency shelter for victims of domestic and sexual violence Counseling available</td>
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<tr>
<td>Covington</td>
<td>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.</td>
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<tr>
<td>Culpeper</td>
<td>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.</td>
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<tr>
<td>Danville</td>
<td>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</td>
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<tr>
<td>Dumfries</td>
<td>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</td>
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For further details, please visit the websites provided.
FREE support groups for victims of domestic violence.

**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
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 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**

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.

**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
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
troemersma@findingyoursolution.com

Falls Church

SIA Support Meeting - Unity Club

SIA started in 1982, is a 12 step, self help recovery program. The only requirement for membership is that you were sexually abused as a child and that you want to recover.

Meets Saturday 12.05pm to 1.30pm
Contact person is Terese
For further details please click on the SIA website meetings directory.

Survivors of Incest Anonymous
Fall Church
Virginia

www.siawso.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
Fredericksburg
VA 22408
540-371-6771 Office
www.rcasa.org
info@rcasa.org

Gainesville

State DV Hotline 1-800-838-8238
24 Hour support hotline
Emergency shelter for victims of domestic and sexual violence
Counseling available

People Inc
Gainesville
VA 20155
276-623-9000 Main Office
www.peopleinc.net
info@peopleinc.net

Gate City

24hr Hotline 1-888-250-4325
Confidential services & emergency shelter for victims of domestic violence and sexual assault.

Hope House of Scott County
PO Box 1992
Gate City
VA 276-386-1373 Office
www.facebook.com/HopeHouseOfScottCountyInc/

Gloucester

Hotline757-258-5051
24 Hour Hotline
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 757-258-5022 for more details.
All services FREE of charge.

Avalon Center
Gloucester
VA 23061
757-258-5022 Office

www.avaloncenter.org/
admin@avaloncenter.org
www.avaloncenter.org/
admin@avaloncenter.org
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<th>Location</th>
<th>Service Provider</th>
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<tr>
<td>Grundy</td>
<td>State DV Hotline</td>
<td>1-800-838-8238</td>
<td><a href="http://www.peopleinc.net">www.peopleinc.net</a></td>
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<td>People Inc</td>
<td>Grundy VA 24614</td>
<td><a href="mailto:info@peopleinc.net">info@peopleinc.net</a></td>
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<td>Hampton</td>
<td>Support group for</td>
<td>Adult Survivors</td>
<td><a href="http://www.thelamplighters.org">www.thelamplighters.org</a></td>
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<td>Hampton</td>
<td>Hotline 757-723-7774</td>
<td>Transitions Family</td>
<td><a href="http://www.transitionsfvs.org/">www.transitionsfvs.org/</a></td>
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<td>Harrisonburg</td>
<td>Hotline 540-434-2272</td>
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<td><a href="http://www.thecollinscenter.org">www.thecollinscenter.org</a></td>
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<td></td>
<td>24 Hour crisis</td>
<td>PO Box 1473</td>
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<td>Harrisonburg VA 22801</td>
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<td>If you have been</td>
<td>540-432-6430 Office</td>
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<td>First Step <a href="mailto:VA@gmail.com">VA@gmail.com</a></td>
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<td>Services in Spanish</td>
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<td>Call Sue Swift</td>
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<td>540-432-6430 for</td>
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<td>more group details</td>
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<tr>
<td>Harrisonburg</td>
<td>Hotline 886-223-9169</td>
<td>First Step</td>
<td><a href="mailto:FirstStepVA@gmail.com">FirstStepVA@gmail.com</a></td>
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<td>(24 hours)</td>
<td>Harrisonburg</td>
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<td>At First Step we</td>
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<td>believe that nobody</td>
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</table>
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.

Haymarket
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
703-260-9621 Office
www.facebook.com/regainyourvoice/

Lebanon
State DV Hotline 1-800-838-8238
24 Hour support hotline
Emergency shelter for victims of domestic and sexual violence
Counseling available
People Inc
www.peopleinc.net
info@peopleinc.net

Laws Sexual Assault Services
www.lcsj.org
laws@lcsj.org

Leesburg
Hotline 703-777-6552
TTY Hotline 703-777-6552
24 Hour hotlines
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.

Project Horizon
www.projecthorizon.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

CHOICES
www.choicesofpagecounty.org/

Luray
Hotline 540-743-4414
hotline@choicesofpagecounty.org
24 Hour hotlines
If you have been hurt, we can help
Page County cares for victims of domestic and sexual violence
Emergency shelter
Crisis intervention

VA 22801
540-434-0295 Office
www.facebook.com/FirstStepVA/

VA Box 925
Haymarket
VA 20169
703-260-9621 Office
www.facebook.com/regainyourvoice/

VA 24266
info@peopleinc.net

VA 20176
703-771-3398 Office

VA 24450
540-463-7861 Office

VA 22835
540-743-4414 Office / Hotline
Trained Court companions
Individual peer counseling
Support groups for victims of sexual and domestic violence.

**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

**Martinsville**

- Hotline 1-877-934-3576
- 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

**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 examin triggers post traumatic symptoms and explore ways to more forward
- Meets Tuesdays 4.30 - 5.45 pm
- Cost $80 - $90

**New Kent**

- 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.

**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
FREE counseling related to sexual assault or abuse  
11030 Warwick Blvd  
Newport News  
VA 23601  
757-599-9844 Office  
www.facebook.com/VisitTheCenter/  

FREE support groups with trained facilitators for those who have been sexually violated  
Call 757-599-9844 for group details.  

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Contact Information</th>
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</table>
| Norfolk         | 24 Hour YWCA Domestic and Sexual Violence Hotline | YWCA - South Hampton Roads  
1424 McNeal Avenue  
Norfolk  
VA 23502  
757–625-4248 |
|                 | Crisis Hotline 757-251-0144 |                                        |
|                 | 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 |                                        |

| North Tazewell | Hotline 276-979-8959 (24 Hours) | Family Crisis Services of Clinch Valley Community Action  
North Tazewell  
VA 24630  
276-988-5583 Office |
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<tr>
<td></td>
<td>We are a joint domestic violence and sexual assault program, which provides direct support &amp; advocacy to victims and their families in Tazewell and Russell Counties.</td>
<td>Hastings Vermont and South River Valley and other communities in Tazewell and Russell Counties.</td>
</tr>
<tr>
<td></td>
<td>Emergency residential shelter</td>
<td>Hastings Vermont and South River Valley and other communities in Tazewell and Russell Counties.</td>
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<td>Emergency transportation</td>
<td>Hastings Vermont and South River Valley and other communities in Tazewell and Russell Counties.</td>
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<td>Crisis intervention / safety planning</td>
<td>Hastings Vermont and South River Valley and other communities in Tazewell and Russell Counties.</td>
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<td>Medical and legal advocacy</td>
<td>Hastings Vermont and South River Valley and other communities in Tazewell and Russell Counties.</td>
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<td>Court and systems advocacy</td>
<td>Hastings Vermont and South River Valley and other communities in Tazewell and Russell Counties.</td>
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<td>Children's and teen's services</td>
<td>Hastings Vermont and South River Valley and other communities in Tazewell and Russell Counties.</td>
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<td>Education for schools / community</td>
<td>Hastings Vermont and South River Valley and other communities in Tazewell and Russell Counties.</td>
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<td>Individual counseling</td>
<td>Hastings Vermont and South River Valley and other communities in Tazewell and Russell Counties.</td>
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<td>Support groups.</td>
<td>Hastings Vermont and South River Valley and other communities in Tazewell and Russell Counties.</td>
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| Norton         | Hotline 1-800-572-2278 | Family Crisis Support Services  
Norton  
VA 24273  
276-679-7240 Office |
|----------------|------------------------|--------------------------------------------------------------------------------|
|                | 24 Hour hotline | Family Crisis Support Services  
Norton  
VA 24273  
276-679-7240 Office |
|                | Our mission is to provide services to all victims and their families who find themselves in crisis situations. | Hastings Vermont and South River Valley and other communities in Tazewell and Russell Counties. |
|                | Emergency shelter | Hastings Vermont and South River Valley and other communities in Tazewell and Russell Counties. |
|                | Court accomapiment and advocacy | Hastings Vermont and South River Valley and other communities in Tazewell and Russell Counties. |
|                | Hospital/medical accompaniment | Hastings Vermont and South River Valley and other communities in Tazewell and Russell Counties. |
|                | Sexual Assault Program | Hastings Vermont and South River Valley and other communities in Tazewell and Russell Counties. |
|                | Support groups for victims of domestic violence | Hastings Vermont and South River Valley and other communities in Tazewell and Russell Counties. |

| Onancock       | Hotlines 757-787-1329 | Eastern Shore Coalition Against Domestic Violence  
www.escadv.org/ |
|----------------|----------------------|---------------------------------------------------------------------------------------------------|
|                | Or 800-787-1329 Toll Free | Eastern Shore Coalition Against Domestic Violence  
www.escadv.org/ |

| www.ywca-shr.org | Christa.motley@ywca-shr.org | Amanda.gill@ywca-shr.org |
| Christa.motley@ywca-shr.org | Amanda.gill@ywca-shr.org | Amanda.gill@ywca-shr.org |

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

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.

Petersburg
The James House
2006 Wakefield Street
Petersburg
VA 23805
804-732-1711 Office

www.facebook.com/escadv23417/

Portsmouth
Hotline 757-485-3384 (24 hours) H.E.R. - 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.

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

www.hershelher.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.

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
Women’s Resource Center
New River Valley
www.wrcnrv.org
director@wrcnrv.org

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.

Reston
PTSD and Mindfulness Group
Ms Madelyn Schrader
Reston
PO Box 477
VA 24143
703-957-7157 Office

Richmond
Hope in Healing Group
Lucy Block
Richmond
www.facebook.com/WRCNRV/

Richmond
Women’s Trauma Group
McKenzie Casad
Richmond
www.cypresscounseling.com

Richmond
From Surviving to Thriving Group
Ms Patricia L Harris
Family Focus, Inc
Richmond
www.familyfocusinc.com/

Richmond
Statewide hotline 1-800-838-8238
Virginia Sexual and Domestic
Violence Action Alliance
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

Richmond
Hotline 804-612-6126
24 Hour crisis hotline
Emergency shelter if needed
24 Hour hospital accompaniment
Individual and group counseling
YWCA - Richmond
Richmond
www.ywcarichmond.org/
info@ywcarichmond.org

Richmond
Hotline 804-639-1123
Or 800-788-1123 Toll Free
Women’s Resource Center
New River Valley
www.wrcnrv.org
director@wrcnrv.org

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.
for those affected by domestic violence or sexual abuse
All our services are FREE of charge

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

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
540-343-5335 Office

Roanoke
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.facebook.com/FCFRC/

South Hampton Roads
Hotline 757-251-0144
24 Hour YWCA Domestic and Sexual Violence Hotline
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

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

www.ywca-shr.org
Christa.motley@ywca-shr.org
amanda.gill@ywca-shr.org
talk to Chris Davis about the group
call 703-704-6727
TTY 703-324-5706

Staunton
Hotline 540-886-6800
TEXT Hotline 540-569-0579
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
www.newdirectionscenter.org/
PO Box 3069
Staunton
VA 24402
TTY 703-324-5706
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
www.thelamplighters.org
Sterling
Virginia
margie@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
www.wind-opt.com/
info@wind-opt.com
Sterling
VA 20164
703-665-0754 Office

Suffolk
Local Hotline 757-705-2025
Local Hotline 757-353-1439
State DV Hotline 1-800-838-8238
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
www.thegenieveshelter.org
PO Box 1585
Suffolk
VA 23434
757-925-4365 Office

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
www.meganmaccutcheon.com
Vienna
VA 22180
703-624-4644 Office
megan@meganmaccutcheon.com
<table>
<thead>
<tr>
<th>Location</th>
<th>Organization/Support Group</th>
<th>Contact Person/Website</th>
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<tbody>
<tr>
<td>Vienna</td>
<td>Men's Support Group - Healing from Sexual Abuse</td>
<td>John Raymond</td>
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<td>An initial interview will be required.</td>
<td>Vienna</td>
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<td>Meets Tuesday evenings for 1 hour</td>
<td>Virginia</td>
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<td></td>
<td>Contact John Raymond for more group details 703-999-5569</td>
<td>703-99-5569</td>
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<td>Cost $25-$45</td>
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<td>Vienna</td>
<td>Survivors of Sexual Abuse therapy group. Offering a safe environment for adult women who</td>
<td>The Women's Center</td>
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<td>were sexually abused as children or adolescents. Focusing on unresolved feelings, the long</td>
<td>Vienna</td>
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<td>term effects of abuse and developing self esteem. Individual therapy is a prerequisite.</td>
<td>703-242-1454 Office</td>
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<td>Meets on Tuesdays from 7 to 8.30pm</td>
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<td>Vienna</td>
<td>The Women's Center provides easy access to highly trained professionals and therapists. We</td>
<td>The Women's Center</td>
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<td>ensure a high level of counseling and care to our community. Individual, couples and family</td>
<td>Vienna</td>
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<td>counseling. Domestic violence counseling. EMDR, Psychological assessments, Support and</td>
<td>VA 2218</td>
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<td>therapy groups including: Anxiety group, emotional abuse group, survivors of sexual abuse</td>
<td>703-281-2657 Appointments</td>
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<td>group. Please see our website for a full list of support groups and they're dates and times.</td>
<td>703-242-1454 Office</td>
</tr>
<tr>
<td>Virginia</td>
<td>Support group for Adult Survivors Support group for survivors of sexual assault,</td>
<td>Lamplighter Movement</td>
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<tr>
<td>Beach</td>
<td>childhood sexual abuse, incest, rape and domestic violence. To join this group email</td>
<td>Virginia Beach</td>
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<tr>
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<td>Margie McKinnon at the address on the right of this page</td>
<td>Virginia</td>
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<tr>
<td>Virginia</td>
<td>Hotline 757-430-2120 (24 hours) Our mission is to foster personal safety, self-sufficiency</td>
<td>Samaritan House</td>
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<tr>
<td>Beach</td>
<td>and empowerment in adults and children through freedom from domestic abuse. We operate 11</td>
<td>PO Box 2400</td>
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<tr>
<td></td>
<td>emergency shelter house in and around Virginia Beach</td>
<td>Virginia Beach</td>
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<tr>
<td></td>
<td>757-631-0710 Office</td>
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<tr>
<td>Warsaw</td>
<td>Hotline 1-800-224-2836 24 Hour hotline</td>
<td>The Haven</td>
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<td>We offer safety and support for victims of physical and sexual abuse</td>
<td>PO Box 1267</td>
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<td>24 Hour emergency shelter Crisis intervention</td>
<td>Warsaw</td>
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<td>Court / hospital accompaniment Support groups for domestic and sexual violence victims.</td>
<td>804-333-1099 Office</td>
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<tr>
<td>Williamsburg</td>
<td>Hotline 757-258-5051 24 hour crisis hotline</td>
<td>Avalon Center</td>
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<tr>
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<td>We have been serving the greater</td>
<td>PO Box 6805</td>
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<td>Williamsburg</td>
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</table>
### Williamsburg
- SIA Support Meeting - Hope For You
- Survivors of Incest Anonymous
- Williamsburg, VA 23188
- 757-258-5022

SIA started in 1982, is a 12 step, self help recovery program.
The only requirement for membership is that you were sexually abused as a child and that you wish to recover.
Meetings Mondays 5.30pm to 7pm
Contact person is Liz
For further details please click on the SIA website meetings directory.

### Winchester
- Hotline 540-667-6466
- 24 Hour crisis hotline
- The Laurel Center
- PO Box 14
- Winchester, VA 22604
- 540-667-6160

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.

### Woodbridge
- We specialize in couple and family relationships, with specialisms in trauma, abuse, attachment and addiction.
- The Center for Connection, Healing & Change LLC
- 12751 Marblestone Drive
- Suite 200
- Woodbridge, VA 22192
- Tel. 703-878-3290

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.

### Woodbridge
- Overcoming a Difficult Childhood
- Mr Michael Borash
- Woodbridge, VA 22193
- 571-552-4483

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

### Woodstock
- State DV Hotline 1-800-838-8238
- People Inc
- Woodstock, VA 22664
- 540-459-9096

24 Hour support hotline
Emergency shelter for victims of domestic and sexual violence
Counseling available
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/
response@shentel.net

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

Family Resource Center, Inc
PO Box 612
Wytheville
VA 24382
276-228-3522 Office
www.frcinc.org/