## AREA COVERED | SERVICES INCLUDED | GROUP OR ORGANIZATION | WEB ADDRESS / EMAIL ADDRESS
--- | --- | --- | ---

### VIRGINIA

#### 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)
- Email support form on the website

#### 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**: 703-623-9000 Office
- **Emergency shelter hotline**: 24 Hour support hotline
- **Emergency shelter for victims of domestic and sexual violence**
- **Counseling available.**
- **People Inc**
  - [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**

#### 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**
  - [www.bhnv.org](http://www.bhnv.org)
  - [info@bhnv.org](mailto:info@bhnv.org)

#### Alexandria
- **Hotline**: 703-746-4911 (24 hours)
- **Safety planning**
- **Center for Children and Families Domestic Violence Program**
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

Adult Survivors of Childhood Sexual Assault Group
Meets every Tuesday.
Call 202-281-4563 for more group details

Jennifer Mclish
www.jennifermclish.com
jennifer.mclish@gmail.com

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
www.doorwaysva.org

Ashland

Hotline 804-752-2702
Or 1-800-838-8238
24 Hour crisis hotlines
We promote freedom from domestic violence and sexual assault.
Emergency shelter
Court advocacy
Support groups meet weekly for victims of domestic violence and sexual violence
Call 804-752-2728 for more details.

Hanover Safe Place
www.hanoversafeplace.com
info@madelineshouse.org

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
BDVS@co.bedford.va.us
www.facebook.com/BedfordDVS

Blackstone

Hotline 1-888-819-2926
Emergency shelter
Serving victims of domestic violence and sexual assault in the Counties of South Central Virginia
434-292-1077 Office
434-394-3505 Office

Madeline’s House
info@madelineshouse.org

Bristol

Hotline 1-800-273-8255
24 hour crisis hotline
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

Bristol
State Hotline 1-800-838-8238
Emergency shelter for victims of domestic and sexual violence
Counseling available
276-466-2218 for group details
People Inc
Bristol VA 24201
276-466-5587 Office
www.peopleinc.net
info@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
Meet 1st&3rd Tuesdays 7.30-9pm
Contact Chris Davies for more details 703-704-6727
www.malesurvivor.org
chris.davies@fairfaxcounty.gov

Charlottesville
Women's Morning Trauma Group
Group therapy for women who have experienced relationship trauma, using psychodrama and other experiential methods, particularly effective in the treatment of relationship trauma & childhood difficulties
Meets Wednesdays 9.30 - 11 am
Cost $40 - $50
Ms Kathleen McFadden
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)
Charlottesville VA 22902
434-295-7273 Office
www.saracville.org
info@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
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/
<table>
<thead>
<tr>
<th>Location</th>
<th>Services Provided</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chesapeake</td>
<td>The Lamplighters Movement, Chesapeake Male Chapter, <a href="http://www.thelamplighters.org">www.thelamplighters.org</a></td>
</tr>
<tr>
<td>Chesapeake</td>
<td>Peer Support Group for Men Who Were Victims of Childhood Abuse or Assault, Chesapeake, VA 23320, <a href="mailto:mensgroup.va@gmail.com">mensgroup.va@gmail.com</a></td>
</tr>
<tr>
<td>Clinstonwood</td>
<td>State DV Hotline 1-800-838-8238, People Inc, <a href="http://www.peopleinc.net">www.peopleinc.net</a>, <a href="mailto:info@peopleinc.net">info@peopleinc.net</a></td>
</tr>
<tr>
<td>Culpeper</td>
<td>Hotline 800-825-8876 (24 hours), SAFE, <a href="http://www.safejourneys.org">www.safejourneys.org</a>, <a href="mailto:info@safejourneys.org">info@safejourneys.org</a></td>
</tr>
<tr>
<td>Danville</td>
<td>888-947-7273 Sexual Assault Hotline, 888-528-1041 Domestic Violence Hotline, 24 Hour Crisis Hotlines, YWCA - Central Virginia, <a href="http://www.ywcacva.org/">www.ywcacva.org/</a></td>
</tr>
</tbody>
</table>
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.

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 County Office for Sexual and Domestic Violence
12000 Government Center Pkwy suit 339
Fairfax VA 22035
703-360-7273 Office / Hotline

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 severeral treatmet 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 JoAnn Majesky
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 +

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. www.siawso.org/fellowship/groups-meetings/meeting-and-group-directory-2/

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

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

Gate City 24hr Hotline 1-888-250-4325
Confidential services & emergency shelter for victims of domestic violence
<table>
<thead>
<tr>
<th>Location</th>
<th>Hotline</th>
<th>Support</th>
<th>Contact</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gloucester</td>
<td>757-258-5051</td>
<td>Avalon Center</td>
<td><a href="http://www.avaloncenter.org/">www.avaloncenter.org/</a></td>
<td><a href="mailto:admin@avaloncenter.org">admin@avaloncenter.org</a></td>
</tr>
<tr>
<td></td>
<td>24 Hour Hotline</td>
<td>Gloucester</td>
<td>VA 23061</td>
<td>757-258-5022 Office</td>
</tr>
<tr>
<td></td>
<td>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.</td>
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<tr>
<td>Grundy</td>
<td>1-800-838-8238</td>
<td>People Inc</td>
<td><a href="http://www.peopleinc.net">www.peopleinc.net</a></td>
<td><a href="mailto:info@peopleinc.net">info@peopleinc.net</a></td>
</tr>
<tr>
<td></td>
<td>24 Hour support hotline</td>
<td>Grundy</td>
<td>VA 24614</td>
<td>276-935-4747 Office</td>
</tr>
<tr>
<td></td>
<td>Emergency shelter for victims of domestic and sexual violence</td>
<td>Counseling available</td>
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<tr>
<td>Hampton</td>
<td>Hotline 757-723-7774 ( 24 hours)</td>
<td>Transitions Family Violence Services</td>
<td><a href="http://www.transitionsfvs.org/">www.transitionsfvs.org/</a></td>
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<tr>
<td></td>
<td>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 tuturing 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.</td>
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<tr>
<td>Harrisonburg</td>
<td>540-434-2272</td>
<td>Collins Center</td>
<td><a href="http://www.thecollinscenter.org">www.thecollinscenter.org</a></td>
<td><a href="mailto:info@thecollinscenter.org">info@thecollinscenter.org</a></td>
</tr>
<tr>
<td></td>
<td>24 Hour crisis hotlines</td>
<td>Harrisonburg</td>
<td>VA 23061</td>
<td>757-722-2261 Office</td>
</tr>
<tr>
<td></td>
<td>If you have been sexually assaulted</td>
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</tbody>
</table>
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
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
FirstStepVA@gmail.com
VA 22801
540-434-0295 Office
www.facebook.com/FirstStepVA/

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
Lebanon
info@peopleinc.net
VA 24266
276-889-0999 Office

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.

LAWS Sexual Assault Services
Leesburg
laws@lcsj.org
VA 20176
703-771-3398 Office

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

Project Horizon
Lexington
www.projecthorizon.org
VA 24450
540-463-7861 Office
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

Luray
Hotline 540-743-4414
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
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.

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

Lynchburg
YWCA- Central Virginia
626 Church Street
Lynchburg
VA 24504
434-847-7751 Office
www.facebook.com/lynchburgywca

Martinsville
Southside Survivors Response
VA 24114
276-403-4080 Office
www.facebook.com/ssrcenter/

McLean
Dr Brenna Chirby
McLean
VA 22101
703-957-7541 Office

New Kent
Project Hope at Quin Rivers’
PO Box 208
New Kent
VA 23124
804-966-8720 Office

www.ywcacva.org/
www.ssrcenter.org/index.cfm
info@SSRCenter.org
www.mindbalanceinc.com
www.psychologytoday.com/us/therapists/bre
nna-chirby-mclean-va/52377
www.quinrivers.com
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
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
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
ywca - South Hampton Roads
1424 McNeal Avenue
Norfolk
VA 23502
757-625-4248
www.ywca-shr.org
Christa.motley@ywca-shr.org
amanda.gill@ywca-shr.org

**North Tazewell**
Hotline 276-979-8959 (24 Hours)
We are a joint domestic violence and sexual assault program, which provides direct support & advocacy to victims and their families in Tazewell and Russell Counties.
Emergency residential shelter
Emergency transportation
Crisis intervention / safety planning
Medical and legal advocacy
Court and systems advocacy
Children's and teen's services
Education for schools / community
Family Crisis Services of Clinch Valley Community Action
North Tazewell
VA 24630
276-988-5583 Office
## Norton

<table>
<thead>
<tr>
<th>Hotline</th>
<th>1-800-572-2278</th>
</tr>
</thead>
<tbody>
<tr>
<td>24 Hour hotline</td>
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</tr>
<tr>
<td>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.</td>
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<tr>
<td>Emergency shelter</td>
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<tr>
<td>Court accompaniment and advocacy</td>
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<tr>
<td>Hospital/medical accompaniment</td>
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<tr>
<td>Sexual Assault Program</td>
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<tr>
<td>Support groups for victims of domestic violence</td>
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</tbody>
</table>

### Family Crisis Support Services

- **Norton**
- **VA 24273**
- **276-679-7240 Office**

[View website](www.family-crisis.org)

## Onancock

<table>
<thead>
<tr>
<th>Hotlines</th>
<th>757-787-1329</th>
</tr>
</thead>
<tbody>
<tr>
<td>Or</td>
<td>800-787-1329 Toll Free</td>
</tr>
<tr>
<td>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</td>
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<tr>
<td>Emergency shelter</td>
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<td>Legal advocacy</td>
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<tr>
<td>Outreach services</td>
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<tr>
<td>Individual counseling</td>
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<tr>
<td>Support group available.</td>
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</tbody>
</table>

### Eastern Shore Coalition Against Domestic Violence

- **Onancock**
- **VA 23417**
- **757-787-1959 Office**

[View website](www.escadv.org/)

## Petersburg

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

### The James House

- **Petersburg**
- **VA 23805**
- **804-732-1711 Office**

[View website](www.thejameshouse.org)

## Portsmouth

<table>
<thead>
<tr>
<th>Hotline</th>
<th>757-485-3384 (24 hours)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Help and Emergency Response, inc provides leadership, advocacy and resources to survivors and the communities affected by domestic violence and homelessness. Emergency shelter</td>
<td></td>
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<tr>
<td>Referrals to legal services</td>
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<tr>
<td>Children's programs</td>
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<tr>
<td>Court accompaniment</td>
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<tr>
<td>Resources to aid trafficked children</td>
<td></td>
</tr>
</tbody>
</table>

### H.E.R. - Help and Emergency Resources, Inc

- **PO Box 2187**
- **VA 23702**
- **757-485-1445 Office**

[View website](www.hershelter.com)
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.

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
www.wrcnr.org
director@wrcnr.org

Reston
PTSD and Mindfulness Group
Understanding the science behind
PTSD and techniques including
mindfulness to help calm the
symptomsand get your life back on
track. Meets Thursdays 7 - 8.30 pm
Cost $80
www.therapists.psychologytoday.com/rms/n
ame/Madelyn_B_Schrader_RN,LPC_Resto
n_Virginia_50328

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

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

Lucy Block
Richmond
VA 23238
804-513-0844 Office
LucyBlock.LPC@gmail.com

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

McKenzie Casad
Richmond
VA 23219
757-553-2780 Office
mckenzie@cypresscounseling.com
before entering the group. Small 6 member group limit and the group will be an on going group.
Meets every Monday at Noon
Cost $40 - $60

Richmond
From Surviving to Thriving Group
For women survivors of childhood sexual abuse
Meets every Monday 6 - 7.30 pm
Cost $20 - $30
Ms Patricia L Harris
Family Focus, Inc
VA 23228
804-261-2090 Office
www.familyfocusinc.com/

Richmond
Statewide hotline 1-800-838-8238
TEXT Hotline 804-793-9999
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
804-377-0335 Office
www.vsdvalliance.org
info@vsdvalliance.org

Richmond
Hotline 804-612-6126
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
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

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
Virginia
540-343-5335 Office

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.facebook.com/FCFRC/

South Hampton Roads
Hotline 757-251-0144
24 Hour YWCA Domestic and Violence Action Alliance
Women's Emergency Services Program
Active Support Services
804-261-2090 Office
www.ywca-shr.org
info@ywca-shr.org

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<table>
<thead>
<tr>
<th>Location</th>
<th>Contact Information</th>
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</thead>
<tbody>
<tr>
<td>Norfolk</td>
<td>Amanda Gill</td>
</tr>
<tr>
<td></td>
<td>Domestic Violence Interpersonal Support Group.</td>
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<tr>
<td></td>
<td>Meets Thursdays 5.30pm - 7.00pm</td>
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<td></td>
<td>Please contact the group facilitator for meeting location and for further details.</td>
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<tr>
<td></td>
<td>Christa Motley 625-4248 Ext 44</td>
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<tr>
<td></td>
<td><a href="mailto:Christa.motley@ywca-shr.org">Christa.motley@ywca-shr.org</a></td>
</tr>
<tr>
<td></td>
<td>Support Group for survivors of Sexual Assault</td>
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<tr>
<td></td>
<td>Meets Thursdays 5.30pm - 7.00pm</td>
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<td></td>
<td>Please contact the group facilitator for meeting location and for further details. With advanced notice, childcare may be available during the group.</td>
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<tr>
<td></td>
<td>Amanda Gill on 625-4248 Ext 42</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:amanda.gill@ywca-shr.org">amanda.gill@ywca-shr.org</a></td>
</tr>
<tr>
<td>Springfield</td>
<td>Men Finding Healing from Child-</td>
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<td>hood Sexual Abuse.</td>
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<td>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</td>
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<tr>
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<td>TTY 703-324-5706</td>
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<td>Staunton</td>
<td>Hotline 540-886-6800</td>
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<td></td>
<td>TEXT Hotline 540-569-0579</td>
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<td></td>
<td>24 Hour hotlines</td>
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<td>We provide options for those emotionally, physically and sexually abused</td>
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<td>Shelter facility</td>
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<td>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.</td>
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<td>New Directions Center, Inc</td>
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<td><a href="http://www.newdirectionscenter.org/">www.newdirectionscenter.org/</a></td>
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<td></td>
<td><a href="mailto:ndc@newdirectionscenter.org">ndc@newdirectionscenter.org</a></td>
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<td>PO Box 3069</td>
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<td>Staunton VA 24402</td>
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<td></td>
<td>540-885-7273 Office</td>
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<td><a href="http://www.facebook.com/NewDirectionsCenter/">www.facebook.com/NewDirectionsCenter/</a></td>
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<tr>
<td>Sterling</td>
<td>The Lamplighters Movement</td>
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<td>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.</td>
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<td>The Lamplighters Movement</td>
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<td>Virginia</td>
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<td><a href="http://www.thelamplighters.org">www.thelamplighters.org</a></td>
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<td><a href="mailto:margie@thelamplighters.org">margie@thelamplighters.org</a></td>
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<td>Sterling</td>
<td>PTSD Group Therapy</td>
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<td>Do you feel like you are on the outside looking in because nobody</td>
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<td></td>
<td>Dr Robin Raniero Norris</td>
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<td><a href="mailto:info@wind-opt.com">info@wind-opt.com</a></td>
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<td><a href="http://www.wind-opt.com/">www.wind-opt.com/</a></td>
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<td>Sterling VA 20164</td>
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</tbody>
</table>
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

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.

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

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 703-999-5569
Cost $25-$45

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

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, Pyschological
assessments, Support and therapy

| Virginia Beach | Support group for Adult Survivors | Lamplighter Movement | www.thelamplighters.org Virginia Beach Virginia margie@thelamplighters.org |
| Virginia Beach | 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 | Samaritan House PO Box 2400 Virginia Beach VA 23450 757-631-0710 Office | www.samaritanhouseva.org |
| Virginia Beach | Hotline 757-430-2120 (24 hours) Our mission is to foster personal safety, sel-sufficiency and empowerment in adults and children through freedom from domestic abuse. We operate 11 emergency shelter house in and around Virginia Beach | The Haven PO Box 1267 Warsaw VA 22572 804-333-1099 Office | www.havenshelter.org info@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 |
| Williamsburg | SIA Support Meeting - Hope For You 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. Meets Mondays 5.30pm to 7pm Contact person is Liz | Survivors of Incest Anonymous Williamsburg Virginia | www.siawso.org/ www.spiritworkfoundation.org www.spiritworkfoundation.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.

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.

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

Woodstock

State DV Hotline 1-800-838-8238
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.

Woodstock

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

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