

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

Information on protective orders
Domestic violence support groups
Tuesdays 7 - 8.30 pm childcare is
provided call 703-746-4911 for
location and further details

Alexandria
VA 22314
703-746-4911 Office / Hotline
www.alexandriava.gov/DomesticViolence

Alexandria

Adult Survivors of Childhood Sexual
Assault Group
Meets every Tuesday.
Call 202-999-3314 for more group
details

Jennifer Mclish
Alexandria
VA 22314
202-999-3314 Office

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

Annandale

Childhood Abuse Support Group
Weekly meetup groups in and
around the Annandale area for
those affected by childhood abuse.
To join this group or for more info
Click the address on the right of
our page.

Unsilenced Meetup Group
Annandale
Virginia

www.meetup.com/Unsilenced/

Arlington

Hotline 703-237-0881
24 Hour Crisis hotline
Crisis intervention
Individual and group counseling
All counseling is FREE of charge

Arlington County Violence
Intervention Program
Arlington
VA 22204
703-228-1200 Office

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

Ashland

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

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

www.hanoversafeplace.com
counselor@hanoversafeplace.com

Bedford

Hotline 540-587-0970 (24 hours)
Walk in center Mon-Fri 8.30-5pm
Our Walk-In center offers domestic
violence crisis intervention, advocacy
counseling and support services.
Court accompaniments
Access to an emergency shelter.

Bedford County Domestic
Violence Services
PO Box 783
580 Grove Street
Bedford
VA 24523
540-587-0970 Office / Hotline

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

Piedmont Crisis Center
PO Box 487
Blackstone
VA 23824

www.madelineshouse.org
info@madelineshouse.org

of South Central Virginia 434-292-1077 Office

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

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

www.crisiscenterinc.org
info@crisiscenterinc.org

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

People Inc
Bristol
VA 24201
276-466-5587 Office

www.peopleinc.net
bristol@peopleinc.net

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

Chris Davies
Burke
VA 22015
703-704-6727 Office

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

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

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

Charlottesville Hotline 434-977-7273
24 Hour crisis hotline
SARA serves men, women and children who have experienced sexual assault in Charlottesville,

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

www.saracville.org

Albemarle, Fluvanna, Green, Louisa and Nelson Counties.

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

Charlottesville

Hotline 434-293-8509 (24 hours)
We work to support and empower victims of domestic violence through a combination of residential, community - based and outreach services.
Emergency shelter
Case management
Legal advocacy
Services in English & Spanish
Transitional housing
Pet Safe fostering program
FREE individual / group counseling
Support groups for the community as well as shelter residents

Shelter For Help in Emergency
PO Box 1013
Charlottesville
VA 22902
434-963-4676 Outreach office
www.shelterforhelpinemergency.org
info@shelterforhelpinemergency.org

Chesapeake

Peer Support Group for Men Who Were Victims of Childhood Abuse Or Assault.
We meet on the 2nd and 4th Wednesday of each month at 7.30 to 9pm. Members can talk and share, we have a text we may work through that discusses recovery and support. For further details please contact the group leader at the email address on the right.

Mens Peer Support Group
Chesapeake
VA 23320

mensgroup.va@gmail.com

Clintwood

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

People Inc
Clintwood
VA 24228
276-926-5600 Office

www.peopleinc.net
dickenson@peopleinc.net

Covington

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

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

YWCA- Central Virginia

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

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
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
suite 339
Fairfax County Office for Sexual
VA 22035
703-324-5730 Office
www.fairfaxcounty.gov/dfs/
www.fairfaxcounty.gov/ofw/

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

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

www.gilinstitute.com
egil@gilinstitute.com

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	JoAnn Majesky Fairfax VA 22030 888-725-4642 Office	www.meierclinics.com www.meierclinics.com/Mental-Health-Provider-Network
Fairfax	Trauma Survivors Group Group intergrates cognitive - behavioral strategies for coping with symptoms of PTSD. There is a psychoeducational component as well as therapeutic discussion. Men and women with any type of past trauma, including physical, sexual or combat trauma are welcome. An individual session before starting the group is required Meets Wednesdays 12 - 1 pm Cost \$90 +	Dr Tina Roemersma Fairfax VA 22030 703-636-2888 ext 8 Office	www.findingyoursolution.com/therapist-tina-roemersma.asp
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/?gclid=CjwKAQjS9LqgB7wSARL3gF9KzY9cCg
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	Rappahannock Council Against Sexual Assault 3331 Shannon Airport Circle Fredericksburgs VA 22408 540-371-6771 Office	www.rcasa.org

Individual and group counseling
Art therapy
Group counseling for survivors of
childhood sexual abuse
Spanish speaking counseling
All services FREE

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,
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

Transitions Family Violence
Services
PO Box 561
Hampton
VA 23669
757-728-0025 ext 509 Office
757-728-1538 FAX

www.transitionsfvs.org

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.

Harrisonburg

Hotline 540-434-2272
24 Hour crisis hotlines
If you have been sexually assaulted or if your assault happened a while ago we are here to help.
1-6 FREE crisis counseling
Referrals for long term counseling
Hospital accompaniment
Legal advocacy
Services in Spanish
support groups for sexual violence survivors. 8-9 week groups throughout the year as the need arises
Call Sue Swift 540-432-6430 for more group details

Collins Center
PO Box 1473
Harrisonburg
VA 2801
540-432-6430 Office

www.thecollinscenter.org
info@thecollinscenter.org

Harrisonburg

Hotline 886-223-9169 (24 hours)
At First Step we believe that nobody should live with violence or the threat of domestic violence.
Emergency shelter
Children's services and referrals
Legal advocacy
Support group Monday 5 - 6pm
members of the community are also welcome.

First Step
Harrisonburg
VA 22801
540-434-0295 Office

www.firststepva.com
FirstStepVA@gmail.com

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

Women 4 Women Meetup
Herndon
VA

www.meetup.com/meetup-group-QxRKMAqV/?qj=ej1b

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.

Lebanon	Hotline 276-886-0999 24 Hour support hotline Emergency shelter for victims of domestic and sexual violence Counseling available	People Inc Lebanon VA 24266 276-886-0999 Office /Hotline	www.peopleinc.net info@peopleinc.net
Leesburg	Hotline 703-777-6552 24 Hour hotline Emergency safe house Legal advocacy Help with protective orders Court accompaniment Weekly support groups for victims of domestic violence Sexual abuse support groups Call 703-777-6552 for group details All services are FREE of charge.	LAWS Sexual Assault Services Leesburg VA 20176 703-771-3398 Office	www.lcsi.org laws@lcsi.org
Lexington	Hotline 540-463-2594 24 Hour crisis hotline 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	YWCA- Central Virginia 626 Church Street Lynchburg VA 24504 434-847-7751 Office www.ywca.org/site/pp.asp?c=mk11L6MPJvE&b=919375	

details about our groups

Martinsville	Hotline 276-632-8701 24 Hour crisis hotline We provide FREE and confidential services in Martinsville, Henry and Patrick Counties Emergency shelter Legal and health advocacy Hospital accompaniment Individual counseling Support groups for victims of sexual and domestic violence	Southside Survivors Response Martinsville VA 24114 276-632-8701 Office / Hotline www.facebook.com/ssrcenter/	www.ssrcenter.org/index.cfm
McLean	Sexual Assault Survivors Group This group is for survivors of sexual assault. It is a safe place for members to share their experiences and grow. Members examine triggers post traumatic symptoms and explore ways to move forward Meets Tuesdays 4.30 - 5.45 pm Cost \$80 - \$90	Dr Brenna Chirby McLean VA 22101 703-95707541 Office	www.mindbalanceinc.com
New Kent	Hotline 877-966-4357 We are committed to eliminating 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	Lampighter Movement Newport News Virginia	www.thelampighters.org margie@thelampighters.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.	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

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)

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.

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

Family Crisis Services of Clinch

Valley Community Action

North Tazewell

VA 24630

276-988-5583 Office

Norton

1-877-348-3416 Sexual Assault

1-800-572-2278 Domestic violence

24 Hour hotlines

Our mission is to provide services
to all victims and their families who
find themselves in crisis situations.

Serving Buchanan, Dickenson, Lee
Russell, Scott and Wise Countied.

Emergency shelter

Court accomapiment and advocacy

Hospital/medical accompaniment

Sexual Assault Program

Support groups for victims of
domestic violence

Family Crisis Support Services

Norton

VA 24273

276-679-7240 Office

www.family-crisis.org

Onancock

Hotlines 757-787-1329

Or 800-787-1329 Toll Free

Our mission is to provide relief to
victims of domestic violence and
offer programs to treat the cause
and symptoms of domestic violence.

Crisis intervention

Emergency shelter

Legal advocacy

Outreach services

Individual counseling

Eastern Shore Coalition Against

Domestic Violence

Onancock

VA 23417

757-787-1329 Office / Hotline

www.escadv.org/

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.**

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

www.thejameshouse.org

Portsmouth

Hotline 757-485-3384 (24 hours)
Help and Emergency Response, inc provides 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

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

www.wrcnrva.org
director@wrcnrva.org

by domestic violence for more group details call 540-639-1123.

Reston	PTSD and Mindfulness Group Understanding the science behind PTSD and techniques including mindfulness to help calm the symptoms and get your life back on track. Meets Thursdays 7 - 8.30 pm Cost \$80 www.therapists.psychologytoday.com/rms/name/Madelyn_B_Schrader_RN,LPC_Reston_Virginia_50328	Ms Madelyn Schrader Reston VA 20190 703-957-7157 Office	
Richmond	Hope in Healing Group We offer support, education and therapy to adult female survivors of trauma. The goal of this group will be to support one another in the healing from various experiences of trauma. Meets Tuesdays 7 - 8.30 pm Cost \$30 - \$40 www.therapists.psychologytoday.com/rms/name/Lucy_Block_Rimington_LPC_Richmond_Virginia_143155	Lucy Block Richmond VA 23238 804-302-5713 Office	LucyBlock.LPC@gmail.com
Richmond	Women's Trauma Group This is a closed trauma group for women who are working through PTSD, DID, anxiety and other symptoms due to trauma. An individual session is first required 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	Healing from Violence Group This group is for adult women survivors of sexual & interpersonal violence and is run by a licensed professional counselor and a board certified art therapist Meets on Mondays Cost \$30 Call 804-616-3137 for group details	Carol Olson Richmond VA 23219 804-616-3137 Office	www.thecreativeartsspace.com
Richmond	Statewide hotline 1-800-838-8238 We are a diverse group of individuals and organizations that believes all people have the right to a life free of sexual and domestic violence by providing up to date resources of the state of Virginia	Virginia Sexual and Domestic Violence Action Alliance 5008 Monument Avenue Suite A Richmond VA 23230 804-377-0335 Office	www.vsdvalliance.org info@vsdvalliance.org

Richmond	<p>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</p>	<p>YWCA - Richmond 6 N. 5th Street Richmond VA 23219 804-643-6761 Office</p>	<p>www.ywcarichmond.org/ info@ywcarichmond.org</p>
Roanoke	<p>Hotline 540-981-9351 24 Hour crisis hotline Crisis intervention Court liaison Short term counseling Referrals for long term counseling</p>	<p>SARA Program - Blue Ridge Behavioral Healthcare Roanoke VA 24016 540-981-9351 Office / Hotline</p>	<p>www.brbh.org</p>
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</p>	<p>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</p>	<p>www.ywca-shr.org Christa.motley@ywca-shr.org amanda.gill@ywca-shr.org</p>
Springfield	<p>Men Finding Healing from Childhood Sexual Abuse.</p>	<p>Men Finding Healing from Sexual Abuse Group</p>	

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

Springfield Library
Contact Chris Davis
703-704-6727
TTY 703-324-5706

www.fairfaxcounty.gov/news2/men-find-healing-from-childhood-sexual-abuse/

Staunton

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

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

www.newdirectionscenter.org/
ndc@newdirectionscenter.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 vsc@havenshelter.org

Williamsburg	<p>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.</p>	<p>Avalon Center PO Box 6805 Williamsburg VA 23188 757-258-5022 Office</p>	<p>www.avaloncenter.org admin@avaloncenter.org</p>
Winchester	<p>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.</p>	<p>The Laurel Center PO Box 14 Winchester VA 22604 540-667-6160 Office</p>	<p>www.thelaurelcenter.org tlc.info@thelaurelcenter.org</p>
Woodbridge	<p>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.</p>	<p>The Center for Connection, Healing & Change LLC 12751 Marblestone Drive Suite 200 Woodbridge VA 22192 Tel. 703-878-3281 elaynesmith@thecenterforconnection.com</p>	<p>www.thecenterforconnection.com</p>
Woodbridge	<p>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</p>	<p>Mr Michael Borash Woodbridge VA 22193 800-799-1212 Office</p>	<p>www.metroimago.com Mike@metroimago.com</p>
Woodstock	<p>Hotline 276-886-0999 24 Hour support hotline Emergency shelter for victims of domestic and sexual violence Counseling available</p>	<p>People Inc Woodstock VA 22664 540-459-9096 Office</p>	<p>www.peopleinc.net woodstock@peopleinc.net</p>
Woodstock	<p>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</p>	<p>Response PO Box 287 Woodstock VA 22664 540-459-5599 Office</p>	<p>www.responseva.org/</p>

support groups for victims of abuse
All services are FREE of charge.

Wytheville

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

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

www.frcinc.org/