

AREA COVERED	SERVICES INCLUDED	GROUP OR ORGANIZATION	WEB ADDRESS / EMAIL ADDRESS
<b>VIRGINIA</b>			
<b>National Helpline</b>	<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><a href="http://www.childhelp.org">www.childhelp.org</a>  <a href="mailto:info@childhelp.org">info@childhelp.org</a>                      Email support form on the website</p>
<b>Statewide</b>	<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><a href="http://www.theredflagcampaign.org">www.theredflagcampaign.org</a></p>
<b>Abingdon</b>	<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><a href="http://www.peopleinc.net">www.peopleinc.net</a>  <a href="mailto:info@peopleinc.net">info@peopleinc.net</a></p>
<b>Alexandria</b>	<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  <a href="http://www.alexandriava.gov/SexualViolence">www.alexandriava.gov/SexualViolence</a></p>	
<b>Alexandria</b>	<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><a href="http://www.bhmv.org">www.bhmv.org</a>  <a href="mailto:info@bhmv.org">info@bhmv.org</a></p>
<b>Alexandria</b>	<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](http://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](http://www.jennifermclish.com)  
[jennifer.mclish@gmail.com](mailto: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/](http://www.meetup.com/Unsilenced/)

**Annandale**

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

Washington PTSD Recovery  
Annandale  
VA

[www.meetup.com/Washington-PTSD-Recovery-Meetup](http://www.meetup.com/Washington-PTSD-Recovery-Meetup)

**Arlington**

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

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

[www.oarfairfax.org/services/violence-intervention-program](http://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](http://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](http://www.hanoversafeplace.com)  
[counselor@hanoversafeplace.com](mailto: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

Bedford County Domestic  
Violence Services  
PO Box 783  
580 Grove Street  
Bedford  
VA 24523

[BDVS@co.bedford.va.us](mailto:BDVS@co.bedford.va.us)

Access to an emergency shelter. 540-587-0970 Office / Hotline  
[www.facebook.com/BedfordDVS](http://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  
Piedmont Crisis Center  
PO Box 487  
Blackstone  
VA 23824  
434-292-1077 Office  
[www.madelineshouse.org](http://www.madelineshouse.org)  
[info@madelineshouse.org](mailto:info@madelineshouse.org)

**Bristol** Hotline 276-466-2312  
Or 866-953-0484  
Serving victims of domestic violence and sexual assault in South West Virginia since 1972  
Advocates on call 24 hours  
Hospital and police department accompaniment  
Court room and criminal justice accompaniment  
Individual and group counseling  
Support group "The art of healing"  
Meets Mondays 5 - 7pm. Bring your supplies and do art in a safe place.  
Call 276-466-2218 for group details  
Crisis Center  
PO Box 642  
Bristol  
VA 24203  
276-466-2218 Office  
[www.crisiscenterinc.org](http://www.crisiscenterinc.org)  
[info@crisiscenterinc.org](mailto: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](http://www.peopleinc.net)  
[bristol@peopleinc.net](mailto: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](http://www.malesurvivor.org)  
[chris.davies@fairfaxcounty.gov](mailto: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/](http://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  
Ms Kathleen McFadden  
Charlottesville  
VA 22902  
240-215-5753 Office  
[www.kmcounseling.vpweb.com/](http://www.kmcounseling.vpweb.com/)

Cost \$40 - \$50

<b>Charlottesville</b>	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	<a href="http://www.saracville.org">www.saracville.org</a>
<b>Charlottesville</b>	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 <a href="http://www.shelterforhelpinemergency.org">www.shelterforhelpinemergency.org</a> <a href="mailto:info@shelterforhelpinemergency.org">info@shelterforhelpinemergency.org</a>	
<b>Chesapeake</b>	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	<a href="mailto:mensgroup.va@gmail.com">mensgroup.va@gmail.com</a>
<b>Clintwood</b>	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	<a href="http://www.peopleinc.net">www.peopleinc.net</a> <a href="mailto:dickenson@peopleinc.net">dickenson@peopleinc.net</a>
<b>Covington</b>	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 <a href="http://www.facebook.com/SafehomeSystemsInc/">www.facebook.com/SafehomeSystemsInc/</a>	<a href="http://www.safehomesystems.org/">www.safehomesystems.org/</a>
<b>Culpeper</b>	Hotline 800-825-8876 (24 hours) We are committed to ending family and sexual violence and it's negative impact by providing the following:	Services to Abused Families, Inc PO Box 402 Culpeper VA 22701	<a href="http://www.safejourneys.org">www.safejourneys.org</a>

Emergency shelter  
Court advocacy  
Help with protective orders  
Child and youth support program  
Individual and group counseling.

800-825-8876 Office / Hotline

**Danville**

888-947-7273 Sexual Assault  
888-528-1041 Domestic violence  
24 Hour crisis hotlines  
Emergency shelter  
Several support groups including a group for adults molested as children. Call hotlines for more details about our groups

YWCA- Central Virginia  
510 Patton Street  
Danville  
VA 24541  
434-374-1192 Office  
[www.ywca.org/site/pp.asp?c=mk11L6MPJvE&b=919375](http://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](http://www.actspwc.org)  
[actsinfo@actspwc.org](mailto: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 childhood sexual abuse. Meets 1st and 3rd Tuesdays 7.30 - 9 pm. For info call Chris Davies 703-704-6727  
Physical, emotional and verbal abuse present or past support  
Meets Wednesdays 6.30 - 8pm  
Call Heather McMillen for details  
All support groups are FREE

Fairfax 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/](http://www.fairfaxcounty.gov/dfs/)  
[www.fairfaxcounty.gov/ofw/](http://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

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

[www.gilinstitute.com](http://www.gilinstitute.com)  
[egil@gilinstitute.com](mailto:egil@gilinstitute.com)

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 JoAnn Majesky [www.meierclinics.com](http://www.meierclinics.com)  
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  
VA 22030  
888-725-4642 Office  
[www.meierclinics.com/Mental-Health-Provider-Network](http://www.meierclinics.com/Mental-Health-Provider-Network)

**Fairfax** Trauma Survivors Group Dr Tina Roemersma  
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 +  
Fairfax  
VA 22030  
703-636-2888 ext 8 Office  
[www.findingyoursolution.com/therapist-tina-roemersma.asp](http://www.findingyoursolution.com/therapist-tina-roemersma.asp)

**Falls Church** Support Group for Friends and Family of Rape and Abuse Survivors and Mental Health Challenges. Friends and Family Support Meetup Group  
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.  
[www.meetup.com/Friends-and-Family-of-Rape-Abuse-Survivors-Support-Group/?gclid=Cj0KCQj1j8vBhCgARuAQAQ](http://www.meetup.com/Friends-and-Family-of-Rape-Abuse-Survivors-Support-Group/?gclid=Cj0KCQj1j8vBhCgARuAQAQ)  
Falls Church  
Virginia

**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](http://www.tahirih.org)  
[justice@tahirih.org](mailto:justice@tahirih.org)

<b>Fredericksburg</b>	<p>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</p>	<p>Rappahannock Council Against Sexual Assault  3331 Shannon Airport Circle  Fredericksburgs  VA 22408  540-371-6771 Office</p>	<p><a href="http://www.rcasa.org">www.rcasa.org</a></p>
<b>Gainesville</b>	<p>Hotline 276-886-0999  24 Hour support hotline  Emergency shelter for victims of domestic and sexual violence  Counseling available</p>	<p>People Inc  Gainesville  VA 20155  571-248-6533 Office</p>	<p><a href="http://www.peopleinc.net">www.peopleinc.net</a>  <a href="mailto:info@peopleinc.net">info@peopleinc.net</a></p>
<b>Gate City</b>	<p>Confidential services &amp; emergency shelter for victims of domestic violence and sexual assault.</p>	<p>Hope House of Scott County  PO Box 1992  Gate City  VA 24244  276-386-1373 Office  <a href="https://www.facebook.com/HopeHouseOfScottCountyInc/">www.facebook.com/HopeHouseOfScottCountyInc/</a></p>	
<b>Gloucester</b>	<p>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</p>	<p>Avalon Center  PO Box 23  Gloucester  VA 23061  804-694-5890 Office / Hotline  <a href="http://www.avaloncenter.org/">www.avaloncenter.org/</a></p>	<p><a href="http://www.laurelshelterinc.org">www.laurelshelterinc.org</a>  <a href="mailto:laurelshelterinc@verizon.net">laurelshelterinc@verizon.net</a></p>
<b>Grundy</b>	<p>Hotline 276-886-0999  24 Hour support hotline  Emergency shelter for victims of domestic and sexual violence  Counseling available</p>	<p>People Inc  Grundy  VA 24614  276-935-4747 Office</p>	<p><a href="http://www.peopleinc.net">www.peopleinc.net</a>  <a href="mailto:info@peopleinc.net">info@peopleinc.net</a></p>
<b>Hampton</b>	<p>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</p>	<p>Lamplighter Movement  Hampton  Virginia</p>	<p><a href="http://www.thelamplighters.org">www.thelamplighters.org</a>  <a href="mailto:margie@thelamplighters.org">margie@thelamplighters.org</a></p>
<b>Hampton</b>	<p>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</p>	<p>Transitions Family Violence Services  PO Box 561  Hampton  VA 23669  757-728-0025 ext 509 Office  757-728-1538 FAX</p>	<p><a href="http://www.transitionsfvs.org">www.transitionsfvs.org</a></p>

County. The agency offers programs that prevent violence, saves lives and makes the community more aware of domestic violence and its deleterious effects on families and available services.

Offering programs which benefit children from violent homes.

Coordinated tutoring and mentoring programs for sheltered children.

Interim drop-in-on-site and subsidized childcare.

Children's intervention and violence prevention program for children who have witnessed domestic violence.

Art and play therapy to help children safely express their feelings and heal from the experience of family violence.

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

[www.facebook.com/First-Step-A-Response-to-Domestic-Violence-177217469130705/](https://www.facebook.com/First-Step-A-Response-to-Domestic-Violence-177217469130705/)

First Step

Harrisonburg

VA 22801

540-434-0295 Office

[www.firststepva.com](http://www.firststepva.com)  
[FirstStepVA@gmail.com](mailto:FirstStepVA@gmail.com)

#### **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.facebook.com/regainyourvoice/](https://www.facebook.com/regainyourvoice/)

[www.regainyourvoice.org](http://www.regainyourvoice.org)  
[info@regainyourvoice.org](mailto:info@regainyourvoice.org)

#### **Herndon**

Women 4 Women - Meetup Group

Women 4 Women Meetup



The thing women have yet to learn is nobody gives you power. You just take it. "Roseanne Barr". Ours is a wellness support group for emotionally abused women, who have gone through, are going through or are about to go through emotional abuse. I was emotionally abused for almost four decades but found MY POWER and just took it. We are our own rescue, but why walk alone when you have a tribe to journey with. You are not alone.

Herndon  
VA  
[www.meetup.com/meetup-group-QxRKMAgV/?qj=ej1b](http://www.meetup.com/meetup-group-QxRKMAgV/?qj=ej1b)

**Lebanon**

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

People Inc  
Lebanon  
VA 24266  
276-886-0999 Office /Hotline

[www.peopleinc.net](http://www.peopleinc.net)  
[info@peopleinc.net](mailto: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](http://www.lcsi.org)  
[laws@lcsi.org](mailto: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](http://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/](http://www.choicesofpagecounty.org/)

<b>Lynchburg</b>	888-947-7273 Sexual Assault 888-528-1041 Domestic violence 24 Hour crisis hotlines Emergency shelter Several support groups including a group for adults molested as children. Call hotlines for more details about our groups	YWCA- Central Virginia 626 Church Street Lynchburg VA 24504 434-847-7751 Office <a href="http://www.ywca.org/site/pp.asp?c=mk11L6MPJvE&amp;b=919375">www.ywca.org/site/pp.asp?c=mk11L6MPJvE&amp;b=919375</a>	
<b>Martinsville</b>	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 <a href="http://www.facebook.com/ssrcenter/">www.facebook.com/ssrcenter/</a>	<a href="http://www.ssrcenter.org/index.cfm">www.ssrcenter.org/index.cfm</a>
<b>McLean</b>	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	<a href="http://www.mindbalanceinc.com">www.mindbalanceinc.com</a>
<b>New Kent</b>	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	<a href="http://www.quinrivers.com">www.quinrivers.com</a>
<b>Newport News</b>	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	<a href="http://www.thelamplighters.org">www.thelamplighters.org</a> <a href="mailto:margie@thelamplighters.org">margie@thelamplighters.org</a>
<b>Newport News</b>	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	The Center for Sexual Assault Survivors 11030 Warwick Blvd Newport News VA 23601 757-599-9844 Office	<a href="http://www.visitthecenter.org">www.visitthecenter.org</a> <a href="mailto:info@visitthecenter.org">info@visitthecenter.org</a>

Call 757-599-9844 for group details.

<b>Norfolk</b>	<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 <a href="mailto:Christa.motley@ywca-shr.org">Christa.motley@ywca-shr.org</a> 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 <a href="mailto:amanda.gill@ywca-shr.org">amanda.gill@ywca-shr.org</a></p>	<p>YWCA - South Hampton Roads 1424 McNeal Avenue Norfolk VA 23502 757--625-4248</p>	<p><a href="http://www.ywca-shr.org">www.ywca-shr.org</a> <a href="mailto:Christa.motley@ywca-shr.org">Christa.motley@ywca-shr.org</a> <a href="mailto:amanda.gill@ywca-shr.org">amanda.gill@ywca-shr.org</a></p>
<b>North Tazewell</b>	<p>Hotline 276-979-8959 (24 Hours) 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. 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. <a href="http://www.clinchvalleycaa.org/index.php/cvca-programs/family-crisis-services">www.clinchvalleycaa.org/index.php/cvca-programs/family-crisis-services</a></p>	<p>Family Crisis Services of Clinch Valley Community Action North Tazewell VA 24630 276-988-5583 Office</p>	
<b>Norton</b>	<p>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</p>	<p>Family Crisis Support Services Norton VA 24273 276-679-7240 Office</p>	<p><a href="http://www.family-crisis.org">www.family-crisis.org</a></p>
<b>Onancock</b>	<p>Hotlines 757-787-1329 Or 800-787-1329 Toll Free Our mission is to provide relief to victims of domestic violence and</p>	<p>Eastern Shore Coalition Against Domestic Violence Onancock VA 23417</p>	<p><a href="http://www.escadv.org/">www.escadv.org/</a></p>

offer programs to treat the cause and symptoms of domestic violence.  
Crisis intervention  
Emergency shelter  
Legal advocacy  
Outreach services  
Individual counseling  
Support group available.

757-787-1329 Office / Hotline

**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](http://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](http://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](http://www.thejameshouse.org)  
[helpline@thejameshouse.org](mailto:helpline@thejameshouse.org)

<b>Radford</b>	<p>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.</p>	<p>Women's Resource Center  New River Valley  PO Box 477  Radford  VA 24143  540-369-9592 Office</p>	<p><a href="http://www.wrcnrv.org">www.wrcnrv.org</a>  <a href="mailto:director@wrcnrv.org">director@wrcnrv.org</a></p>
<b>Reston</b>	<p>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</p> <p><a href="http://www.therapists.psychologytoday.com/rms/name/Madelyn_B_Schrader_RN,LPC_Reston_Virginia_50328">www.therapists.psychologytoday.com/rms/name/Madelyn_B_Schrader_RN,LPC_Reston_Virginia_50328</a></p>	<p>Ms Madelyn Schrader  Reston  VA 20190  703-957-7157 Office</p>	
<b>Richmond</b>	<p>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</p> <p><a href="http://www.therapists.psychologytoday.com/rms/name/Lucy_Block_Rimington_LPC_Richmond_Virginia_143155">www.therapists.psychologytoday.com/rms/name/Lucy_Block_Rimington_LPC_Richmond_Virginia_143155</a></p>	<p>Lucy Block  Richmond  VA 23238  804-302-5713 Office</p>	<p><a href="mailto:LucyBlock.LPC@gmail.com">LucyBlock.LPC@gmail.com</a></p>
<b>Richmond</b>	<p>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</p>	<p>McKenzie Casad  Richmond  VA 23219  757-553-2780 Office  <a href="mailto:mckenzie@cypresscounseling.com">mckenzie@cypresscounseling.com</a></p>	<p><a href="http://www.cypresscounseling.com">www.cypresscounseling.com</a></p>
<b>Richmond</b>	<p>From Surviving to Thriving Group  For women survivors of childhood  sexual abuse  Meets every Monday 6 - 7.30 pm  Cost \$20 - \$30</p>	<p>Ms Patricia L Harris  Family Focus, Inc  Richmond  VA 23228  804-214-3557 Office  <a href="http://www.facebook.com/Family-Focus-Inc-499832913406798/">www.facebook.com/Family-Focus-Inc-499832913406798/</a></p>	
<b>Richmond</b>	<p>Healing from Violence Group  This group is for adult women  survivors of sexual &amp; 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</p>	<p>Carol Olson  Richmond  VA 23219  804-616-3137 Office</p>	<p><a href="http://www.thecreativeartsspace.com">www.thecreativeartsspace.com</a></p>
<b>Richmond</b>	<p>Statewide hotline 1-800-838-8238</p>	<p>Virginia Sexual and Domestic</p>	<p><a href="http://www.vsdvalliance.org">www.vsdvalliance.org</a></p>

	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	Violence Action Alliance 5008 Monument Avenue Suite A Richmond VA 23230 804-377-0335 Office	<a href="mailto:info@vsdvalliance.org">info@vsdvalliance.org</a>
<b>Richmond</b>	Hotline 804-643-0888 24 Hour crisis hotline Emergency shelter if needed 24 Hour hospital accompaniment Individual and group counseling for those affected by domestic violence or sexual abuse All our services are FREE of charge	YWCA - Richmond 6 N. 5th Street Richmond VA 23219 804-643-6761 Office	<a href="http://www.ywcarichmond.org/">www.ywcarichmond.org/</a> <a href="mailto:info@ywcarichmond.org">info@ywcarichmond.org</a>
<b>Roanoke</b>	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	<a href="http://www.brbh.org">www.brbh.org</a>
<b>Roanoke</b>	Hotline 540-345-0400 (24 hours) Turning point is Roanoke's only secure center for intimate partner and family violence Emergency shelter Case management Legal advocacy Children's services Survivors counseling	Turning Point - Salvation Army Roanoke Virginia 540-345-0400 Office / Hotline <a href="http://www.virginiasalvationarmy.org/roanokeva/programs/turning-point/">www.virginiasalvationarmy.org/roanokeva/programs/turning-point/</a>	
<b>Rocky Mount</b>	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 <a href="http://www.franklincountyva.org/shelter/">www.franklincountyva.org/shelter/</a> <a href="mailto:cindytreddway@franklincountyva.org">cindytreddway@franklincountyva.org</a>	
<b>South Hampton Roads</b>	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 <a href="mailto:Christa.motley@ywca-shr.org">Christa.motley@ywca-shr.org</a> 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,	YWCA - South Hampton Roads 1424 McNeal Avenue Norfolk VA 23502 757--625-4248	<a href="http://www.ywca-shr.org">www.ywca-shr.org</a> <a href="mailto:Christa.motley@ywca-shr.org">Christa.motley@ywca-shr.org</a> <a href="mailto:amanda.gill@ywca-shr.org">amanda.gill@ywca-shr.org</a>

childcare may be available during the group.

Amanda Gill on 625-4248 Ext 42  
[amanda.gill@ywca-shr.org](mailto: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 talk to Chris Davis about the group call 703-704-6727  
TTY 703-324-5706  
[www.fairfaxcounty.gov/news2/men-find-healing-from-childhood-sexual-abuse/](http://www.fairfaxcounty.gov/news2/men-find-healing-from-childhood-sexual-abuse/)

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

### 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.newdirectionscenter.org/](http://www.newdirectionscenter.org/)  
[ndc@newdirectionscenter.org](mailto:ndc@newdirectionscenter.org)  
[www.facebook.com/NewDirectionsCenter/](https://www.facebook.com/NewDirectionsCenter/)

### 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/](http://www.wind-opt.com/)  
[info@wind-opt.com](mailto:info@wind-opt.com)  
[www.wind-opt.com/doctor/dr-robin-norris-2/](http://www.wind-opt.com/doctor/dr-robin-norris-2/)

### Suffolk

Hotline 1-800-969-4673 (24 hours)  
The Genieve shelter serves the cities of Suffolk and Franklin, the town of Smithfield and the Counties of Isle of Wight, Southampton and Surry. Emergency shelter  
Case management  
Court accompaniment  
Childrens services  
Individual and group counseling  
Support groups for those using our legal and counseling services.

The Genieve Shelter  
PO Box 1585  
Suffolk  
VA 23434  
757-925-4365 Office  
[www.thegenieveshelter.org](http://www.thegenieveshelter.org)  
[genieve88@earthlink.net](mailto:genieve88@earthlink.net)

### Vienna

Family Abuse Workshop  
What stops those who experience family abuse from getting the help

Ms Megan MacCutcheon  
Vienna  
VA 22180  
[www.meganmaccutcheon.com](http://www.meganmaccutcheon.com)

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

703-348-1691 Office  
[megan@meganmaccutcheon.com](mailto:megan@meganmaccutcheon.com)

**Vienna** Men's Support Group - Healing from Sexual Abuse  
An initial interview will be required. Meets Tuesday evenings for 1 hour  
Contact John Raymond for more group details 703-999-5567  
Cost \$25-\$45

John Raymond  
Vienna  
Virginia  
703-99-5567 Office

[www.malesurvivor.org](http://www.malesurvivor.org)  
[jraymond@comcast.net](mailto: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](http://www.thewomenscenter.org)  
[questions@thewomenscenter.org](mailto: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 their dates and times.

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

[www.thewomenscenter.org](http://www.thewomenscenter.org)  
[questions@thewomenscenter.org](mailto: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](http://www.thelamplighters.org)  
[margie@thelamplighters.org](mailto: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 houses in and around Virginia Beach

Samaritan House  
PO Box 2400  
Virginia Beach  
VA 23450  
757-631-0710 Office

[www.samaritanhouseva.org](http://www.samaritanhouseva.org)

**Warsaw** Hotline 1-800-224-2836  
24 Hour hotline  
We offer safety and support for

The Haven  
PO Box 1267  
Warsaw

[www.havenshelter.org](http://www.havenshelter.org)  
[vsc@havenshelter.org](mailto:vsc@havenshelter.org)



victims of physical and sexual abuse VA 22572  
24 Hour emergency shelter 804-333-1099 Office  
Crisis intervention  
Court / hospital accompaniment  
Support groups for domestic and sexual violence victims.

**Williamsburg**

Hotline 757-258-5051 Avalon Center  
24 hour crisis hotline PO Box 6805  
We have been serving the greater Williamsburg  
Williamsburg area for 30 years and VA 23188  
support victims of domestic violence 757-258-5022 Office  
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.

[www.avaloncenter.org](http://www.avaloncenter.org)  
[admin@avaloncenter.org](mailto:admin@avaloncenter.org)

**Winchester**

Hotline 540-667-6466 The Laurel Center  
24 Hour crisis hotline PO Box 14  
Crisis intervention Winchester  
Emergency shelter VA 22604  
Court advocates 540-667-6160 Office  
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.

[www.thelaurelcenter.org](http://www.thelaurelcenter.org)  
[tlc.info@thelaurelcenter.org](mailto:tlc.info@thelaurelcenter.org)

**Woodbridge**

We specialize in couple and family relationships, with specialisms in trauma, abuse, attachment and addiction. We offer a wide range of services to children, adults, couples and families and focus on safe, secure and satisfying connection to both self and loved ones.

The Center for Connection,  
Healing & Change LLC  
12751 Marblestone Drive  
Suite 200  
Woodbridge  
VA 22192  
Tel. 703-878-3281  
[elaynesmith@thecenterforconnection.com](mailto:elaynesmith@thecenterforconnection.com)

[www.thecenterforconnection.com](http://www.thecenterforconnection.com)

**Woodbridge**

Overcoming a Difficult Childhood Group for "adult children" individuals still being impacted by a difficult family/childhood experience.  
Perhaps parental alcoholism or other addictions, depression, physical or emotional neglect or abuse. Meets Thursdays 7 -8.30pm  
Cost \$30 - \$40

Mr Michael Borash  
Woodbridge  
VA 22193  
800-799-1212 Office

[www.metroimago.com](http://www.metroimago.com)  
[Mike@metroimago.com](mailto:Mike@metroimago.com)

**Woodstock**

Hotline 276-886-0999 People Inc  
24 Hour support hotline Woodstock  
Emergency shelter for victims of VA 22664  
domestic and sexual violence 540-459-9096 Office  
Counseling available

[www.peopleinc.net](http://www.peopleinc.net)  
[woodstock@peopleinc.net](mailto:woodstock@peopleinc.net)

**Woodstock** Hotline 540-459-5161  
24 Hour crisis hotline  
We are dedicated to helping people overcome the problems of sexual and domestic violence  
Emergency shelter  
Court advocacy & accompaniment support groups for victims of abuse  
All services are FREE of charge.

Response  
PO Box 287  
Woodstock  
VA 22664  
540-459-5599 Office

[www.responseva.org/](http://www.responseva.org/)

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

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

[www.frcinc.org/](http://www.frcinc.org/)