

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>	
Abingdon	<p>State DV Hotline 1-800-838-8238 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 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.</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 202-281-4563 for more group
details

Jennifer Mclish
Alexandria
VA 22314
202-281-4563 Office

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
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
hspadmin@hanoversafeplace.com

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
www.facebook.com/BedfordDVS

BDVS@co.bedford.va.us

Blackstone

Hotline 1-888-819-2926
Emergency shelter
Serving victims of domestic violence
and sexual assault in the Counties
of South Central Virginia

Madeline's House
PO Box 487
Blackstone
434-292-1077 Office
434-394-3505 Office

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

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

www.crisiscenterinc.org
info@crisiscenterinc.org

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	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 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 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/	

Transitional housing
Pet Safe fostering program
FREE individual / group counseling
Support groups for the community
as well as shelter residents

Chesapeake

The Lamplighters Movement
This Chapter provides support to
adult MALE survivors of childhood
sexual abuse, incest, rape, sexual
assault and domestic violence.
For further details please click on
our website link.

The Lamplighters Male Chapter
Chesapeake
Virginia
margie@thelamplighters.org

www.thelamplighters.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

State DV Hotline 1-800-838-8238
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
info@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.

SAFE
PO Box 402
Culpeper
VA 22701
800-825-8876 Office / Hotline

www.safejourneys.org
info@safejourneys.org

Danville

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

YWCA- Central Virginia
510 Patton Street
Danville
434-847-7751 Opt 2 DV Office
434-374-1192 Office

www.ywcacva.org/

www.facebook.com/lynchburgywca

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 info@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 VA 22035 703-360-7273 Office / Hotline	www.fairfaxcounty.gov/dfs/
Fairfax	DR Eliana Gil is the founder of the Gil Institute for Trauma Recovery and Education, where she provides therapy, consulting, supervision and training. All Gil Institute therapists advocate for developmentally appropriate services to children youth and adults and utilize the expressive therapies (art, play, sand) to provide alternate forms of communication and expression so the child feels safe. The Gil Institute offers several treatment options, including individual, group, couples, family and parent-child therapy. We work with children as young as three and adults of all ages. We run a HEARTS project Hope through Equine Assisted Recovery and Therapy Services healing with horses. All services are in English, Spanish and Farsi. For more information on our many services, groups and therapies, please see our website.	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
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
VA 22030
888-725-4642 Office
www.linkedin.com/in/joann-majesky-31772938/

Fairfax

Trauma Survivors Group
Group intergrates cognitive - behavioral strategies for coping with symptoms of PTSD. There is a pyschoeducational 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
troemersma@findingyoursolution.com

Falls Church

SIA Support Meeting - Unity Club
SIA started in 1982, is a 12 step, self help recovery program. The only requirement for membership is that you were sexually abused as a child and that you want to recover.
Meets Saturday 12.05pm to 1.30pm
Contact person is Terese
For further details please click on the SIA website meetings directory.
www.siawso.org/fellowship/groups-meetings/meeting-and-group-directory-2/

Survivors of Incest Anonymous
Falls Church
Virginia
www.siawso.org/

Fredericksburg

Hotline 540-371-1666
24 Hour crisis hotline
We are dedicated to helping people recover from sexual violence and abuse
Hospital accompaniment
Individual and group counseling
Art therapy
Group counseling for survivors of childhood sexual abuse
Spanish speaking counseling
All services FREE

Rappahannock Council Against Sexual Assault
www.rcasa.org
info@rcasa.org
3331 Shannon Airport Circle
Fredericksburg
VA 22408
540-371-6771 Office

Gainesville

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

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

Gate City

24hr Hotline 1-888-250-4325
Confidential services & emergency shel;ter for victims of domestic

Hope House of Scott County
PO Box 1992
Gate City
www.hopehousescc.com/

violence and sexual assault.

276-386-1373 Office

www.facebook.com/HopeHouseOfScottCountyInc/

Gloucester

Hotline 757-258-5051

24 Hour Hotline

We are pleased to offer services to survivors residing in the Gloucester King and Queen, King William, Mathews and Middlesex Counties
Local support group meetings call 757-258-5022 for more details
All services FREE of charge.

Avalon Center

PO Box 23

Gloucester

VA 23061

757-258-5022 Office

www.avaloncenter.org/

admin@avaloncenter.org

Grundy

State DV Hotline 1-800-838-8238

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 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.

www.facebook.com/Transitions-Family-Violence-Services-104856827268/

Transitions Family Violence Services

PO Box 561

Hampton

VA 23669

757-722-2261 Office

www.transitionsfvs.org/

Harrisonburg

Hotline 540-434-2272

24 Hour crisis hotlines

If you have been sexually assaulted

Collins Center

PO Box 1473

Harrisonburg

www.thecollinscenter.org

info@thecollinscenter.org

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

VA 22801
540-432-6430 Office

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.facebook.com/FirstStepVA/

FirstStepVA@gmail.com

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/

www.regainyourvoice.com/info@regainyourvoice.org

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
VA 24266
276-889-0999 Office

www.peopleinc.net
info@peopleinc.net

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
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

Project Horizon
Lexington
VA 24450
540-463-7861 Office

www.projecthorizon.org

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 hotline@choicesofpagecounty.org 24 Hour hotlines If you have been hurt, we can help Page County cares for victims of domestic and sexual violence Emergency shelter Crisis intervention Trained Court companions Individual peer counseling Support groups for victims of sexual and domestic violence.	CHOICES Luray VA 22835 540-743-4414 Office / Hotline www.choicesofpagecounty.org/	
Lynchburg	888-947-7273 Sexual Assault 888-528-1041 Domestic violence 24 Hour crisis hotlines Emergency shelter Several support groups including a group for adults molested as children. Call hotlines for more details about our groups	YWCA- Central Virginia 626 Church Street Lynchburg VA 24504 434-847-7751 Office www.facebook.com/lynchburgywca	www.ywcacva.org/
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	Southside Survivors Response Martinsville VA 24114 276-403-4080 Office www.facebook.com/ssrcenter/	www.ssrcenter.org/index.cfm info@SSRCenter.org
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 www.psychologytoday.com/us/therapists/bre nna-chirby-mclean-va/52377	Dr Brenna Chirby McLean VA 22101 703-957-7541 Office	www.mindbalanceinc.com
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.	Project Hope at Quin Rivers' PO Box 208 New Kent VA 23124 804-966-8720 Office	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.facebook.com/VisitTheCenter/

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

Individual counseling
Support groups.
www.clinchvalleycaa.org/index.php/cvca-programs/family-crisis-services

Norton	Hotline 1-800-572-2278 24 Hour hotline 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 Support group available.	Eastern Shore Coalition Against Domestic Violence Onancock VA 23417 757-787-1959 Office www.facebook.com/escadv23417/	www.escadv.org/
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 804-732-1711 Office	www.thejameshouse.org helpline@thejameshouse.org
Portsmouth	Hotline 757-485-3384 (24 hours) Help and Emergency Response, inc provides leadship , 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 traffiked children	H.E.R. - Help and Emergency Resources, Inc PO Box 2187 Portsmouth VA 23702 757-485-1445 Office	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.**

The James House
6610 Commons Drive
Suite C
Prince George
VA 23875
804-458-2704 Office

www.thejameshouse.org
helpline@thejameshouse.org

Radford

Hotline 540-639-1123
Or 800-788-1123 Toll Free
Translators for 24 hour hotlines
Emergency shelter and advocacy
Individual counseling
Support groups for those affected
by domestic violence for more
group details call 540-639-1123.

Women's Resource Center
New River Valley
PO Box 477
Radford
VA 24143
540-369-9592 Office
www.facebook.com/WRCNRV/

www.wrcnr.org
director@wrcnr.org

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

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

www.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 Richmond VA 23228 804-261-2090 Office www.familyfocusinc.com/ www.facebook.com/Family-Focus-Inc-499832913406798/
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 VA 23230 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 VA 23219 804-643-6761 Office www.ywcarichmond.org/ info@ywcarichmond.org
Roanoke	Hotline 540-981-9351 24 Hour crisis hotline Crisis intervention Court liaison Short term counseling Referrals for long term counseling	SARA Program - Blue Ridge Behavioral Healthcare Roanoke VA 24016 540-981-9351 Office / Hotline
Roanoke	Hotline 540-345-0400 (24 hours) Turning point is Roanoke's only secure center for intimate partner and family violence Emergency shelter Case management Legal advocacy Children's services Survivors counseling	Turning Point - Salvation Army Roanoke Virginia 540-343-5335 Office
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	YWCA - South Hampton Roads 1424 McNeal Avenue www.ywca-shr.org Christa.motley@ywca-shr.org

Sexual Violence Hotline
Domestic Violence Interpersonal
Support Group.

Meets Thursdays 5.30pm - 7.00pm
Please contact the group facilitator
for meeting location and for further
details.

Christa Motley 625-4248 Ext 44
Christa.motley@ywca-shr.org

Support Group for survivors of
Sexual Assault

Meets Thursdays 5.30pm - 7.00pm
Please contact the group facilitator
for meeting location and for further
details. With advanced notice,
childcare may be available during
the group.

Amanda Gill on 625-4248 Ext 42
amanda.gill@ywca-shr.org

Norfolk
VA 23502
757--625-4248

amanda.gill@ywca-shr.org

Springfield

Men Finding Healing from Child-
hood 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/

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

Staunton

Hotline 540-886-6800
TEXT Hotline 540-569-0579
24 Hour hotlines
We provide options for those
emotionally, physically and sexually
abused

Shelter facility

Accompaniment to doctor, police
department and court proceedings
Support group for those affected by
domestic or sexual violence, meets
Thursday afternoons call for more
details. 540-885-7273.

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

www.newdirectionscenter.org/
ndc@newdirectionscenter.org

Sterling

The Lamplighters Movement
provides support to adult survivors
of childhood sexual abuse, incest,
rape, sexual assault and domestic
violence. For further details please
click on our website link.

The Lamplighters Movement
Sterling
Virginia
margie@thelamplighters.org

www.thelamplighters.org

Sterling

PTSD Group Therapy
Do you feel like you are on the
outside looking in because nobody

Dr Robin Raniero Norris
Sterling
VA 20164

www.wind-opt.com/
info@wind-opt.com

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

703-665-0754 Office

Suffolk	Local Hotline 757-705-2025 Local Hotline 757-353-1439 State DV Hotline 1-800-838-8238 The Genieve shelter serves the cities of Suffolk and Franklin, the town of Smithfield and the Counties of Isle of Wight, Southampton and Surry. Emergency shelter Case management Court accompaniment Childrens services Individual and group counseling Support groups for those using our legal and counseling services.	The Genieve Shelter 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 703-624-4644 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 703-999-5569 Cost \$25-\$45	John Raymond Vienna Virginia 703-99-5569	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	The Women's Center Vienna 703-242-1454 Office	www.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	The Women's Center 133 Park Street N.E Vienna VA 22180 703-281-2657 Appointments 703-242-1454 Office	www.thewomenscenter.org

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.

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 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 www.spiritworkfoundation.org For further details please click on the SIA website meetings directory. www.siaawso.org/fellowship/groups-meetings/meeting-and-group-directory-2/	Survivors of Incest Anonymous Williamsburg Virginia	www.siaawso.org/ www.spiritworkfoundation.org

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. 703-878-3290 Office elaynesmith@thecenterforconnection.com 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 571-552-4483 Office</p>	<p>www.metroimago.com Mike@metroimago.com</p>
Woodstock	<p>State DV Hotline 1-800-838-8238 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 info@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 support groups for victims of abuse All services are FREE of charge.</p>	<p>Response PO Box 287 Woodstock VA 22664 540-459-5599 Office</p>	<p>www.responseva.org/ response@shentel.net</p>
Wytheville	<p>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</p>	<p>Family Resource Center, Inc PO Box 612 Wytheville VA 24382 276-228-3522 Office</p>	<p>www.frcinc.org/</p>

Individual supportive counseling
Serving Bland, Carroll, Grayson,
Smyth, Wythe and the city of Galax.