

| AREA COVERED             | SERVICES INCLUDED  | GROUP OR ORGANIZATION  | WEB ADDRESS / EMAIL ADDRESS  |
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| <b>VIRGINIA</b>          |  |  |  |
| <b>National Helpline</b> | <p>Hotline 1-800-4-A-CHILD<br/>                     Hotline 1-800-422-4453<br/>                     Crisis counselors available 24/7<br/>                     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<br/>                     Prevention and Treatment of<br/>                     Child Abuse</p>   | <p><a href="http://www.childhelp.org">www.childhelp.org</a><br/> <a href="mailto:info@childhelp.org">info@childhelp.org</a><br/>                     Email support form on the website</p> |
| <b>Statewide</b>         | <p>24 Hour hotline 800-838-8238<br/>                     Statewide hotline for family violence and sexual assault info and referral to the appropriate support services.</p>   | <p>Virginia Family Violence and<br/>                     Sexual Assault Hotline</p>  |  |
| <b>Abingdon</b>          | <p>State DV Hotline 1-800-838-8238<br/>                     24 Hour support hotline<br/>                     Emergency shelter for victims of domestic and sexual violence<br/>                     Counseling available.</p>  | <p>People Inc<br/>                     Abingdon<br/>                     VA 24210<br/>                     276-623-9000 Office</p>   | <p><a href="http://www.peopleinc.net">www.peopleinc.net</a><br/> <a href="mailto:info@peopleinc.net">info@peopleinc.net</a></p>  |
| <b>Alexandria</b>        | <p>Adult Survivors of Childhood Sexual Assault Support Group<br/>                     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<br/>                     Call 703-683-7272 for group details</p>   | <p>Alexandria Sexual Assault Ctn<br/>                     421 King Street<br/>                     Alexandria<br/>                     VA 22314<br/>                     703-638-7273 Office<br/> <a href="http://www.alexandriava.gov/SexualViolence">www.alexandriava.gov/SexualViolence</a></p> |  |
| <b>Alexandria</b>        | <p>Hotline 703-658-9500<br/>                     TTY Hotline 800-282-1120<br/>                     We provide emergency shelter and support services to victims of domestic violence throughout northern Virginia.<br/>                     Emergency shelter<br/>                     Crisis intervention<br/>                     Individual and group counseling.</p>   | <p>Bethany House of Northern<br/>                     Virginia<br/>                     Alexandria<br/>                     VA 22312<br/>                     703-658-9500 Office / Hotline</p>  | <p><a href="http://www.bhmv.org">www.bhmv.org</a><br/> <a href="mailto:info@bhmv.org">info@bhmv.org</a></p>  |
| <b>Alexandria</b>        | <p>Hotline 703-746-4911 (24 hours)<br/>                     Safety planning<br/>                     Information on protective orders<br/>                     Domestic violence support groups</p>  | <p>Center for Children and Families<br/>                     Domestic Violence Program<br/>                     Alexandria<br/>                     VA 22314</p>   |  |

Tuesdays 7 - 8.30 pm childcare is provided call 703-746-4911 for location and further details  
703-746-4911 Office / Hotline  
[www.alexandriava.gov/DomesticViolence](http://www.alexandriava.gov/DomesticViolence)

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| <b>Alexandria</b> | Adult Survivors of Childhood Sexual Assault Group<br>Meets every Tuesday.<br>Call 202-281-4563 for more group details  | Jennifer Mclish<br>Alexandria<br>VA 22314<br>202-281-4563 Office   | <a href="http://www.jennifermclish.com">www.jennifermclish.com</a><br><a href="mailto:jennifer.mclish@gmail.com">jennifer.mclish@gmail.com</a> |
| <b>Arlington</b>  | Hotline 703-237-0881 (24 Hours)<br>Emergency shelter<br>Accompaniment to court<br>Emergency 911 cell phones<br>Legal assistance<br>Kennels for family pets<br>Homestart supportive housing.  | Doorways for Women and Families<br>PO Box 100185<br>Arlington<br>VA 22210<br>703-504-9400 Office   | <a href="http://www.doorwaysva.org">www.doorwaysva.org</a>   |
| <b>Ashland</b>    | Hotline 804-752-2702<br>Or 1-800-838-8238<br>24 Hour crisis hotlines<br>We promote freedom from domestic violence and sexual assault.<br>Emergency shelter<br>Court advocacy<br>Support groups meet weekly for victims of domestic violence and sexual violence<br>Call 804-752-2728 for more details.   | Hanover Safe Place<br>629A N. Washington Highway<br>Ashland<br>VA 23005<br>804-752-2728 Office<br><a href="mailto:hspadmin@hanoversafeplace.com">hspadmin@hanoversafeplace.com</a><br><a href="mailto:counselor@hanoversafeplace.com">counselor@hanoversafeplace.com</a> | <a href="http://www.hanoversafeplace.com">www.hanoversafeplace.com</a>   |
| <b>Bedford</b>    | Hotline 540-587-0970 (24 hours)<br>Walk in center Mon-Fri 8.30-5pm<br>Our Walk-In center offers domestic violence crisis intervention, advocacy counseling and support services.<br>Court accompaniments<br>Access to an emergency shelter.  | Bedford County Domestic Violence Services<br>PO Box 783<br>580 Grove Street<br>Bedford<br>VA 24523<br>540-587-0970 Office / Hotline<br><a href="http://www.facebook.com/BedfordDVS">www.facebook.com/BedfordDVS</a>  | <a href="mailto:BDVS@co.bedford.va.us">BDVS@co.bedford.va.us</a>   |
| <b>Blackstone</b> | Hotline 1-888-819-2926<br>Emergency shelter<br>Serving victims of domestic violence and sexual assault in the Counties of South Central Virginia   | Madeline's House<br>PO Box 487<br>Blackstone<br>434-292-1077 Office<br>434-394-3505 Office   | <a href="mailto:info@madelineshouse.org">info@madelineshouse.org</a>   |
| <b>Bristol</b>    | Hotline 1-800-273-8255<br>24 hour crisis hotline<br>Serving victims of domestic violence and sexual assault in South West Virginia since 1972<br>Advocates on call 24 hours<br>Hospital and police department accompaniment<br>Court room and criminal justice accompaniment<br>Individual and group counseling<br>Support group "The art of healing"<br>Meets Mondays 5 - 7pm. Bring your supplies and do art in a safe place.<br>Call 276-466-2218 for group details | Partners for Stronger Communities<br>PO Box 642<br>Bristol<br>VA 24203<br>276-466-2218 Office  | <a href="mailto:info@partnersfsc.org">info@partnersfsc.org</a>   |
| <b>Bristol</b>    | State Hotline 1-800-838-8238   | People Inc   | <a href="http://www.peopleinc.net">www.peopleinc.net</a>   |

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|                        | Emergency shelter for victims of domestic and sexual violence<br>Counseling available   | Bristol<br>VA 24201<br>276-466-5587 Office   | <a href="mailto:info@peopleinc.net">info@peopleinc.net</a>   |
| <b>Burke</b>           | Male Survivors Drop-In Support Grp<br>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<br>Meets 1st&3rd Tuesdays 7.30-9pm<br>Contact Chris Davies for more details 703-704-6727  | Chris Davies<br>Burke<br>VA 22015<br>703-704-6727 Office   | <a href="http://www.malesurvivor.org">www.malesurvivor.org</a><br><a href="mailto:chris.davies@fairfaxcounty.gov">chris.davies@fairfaxcounty.gov</a> |
| <b>Charlottesville</b> | Women's Morning Trauma Group<br>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<br>Meets Wednesdays 9.30 - 11 am<br>Cost \$40 - \$50  | Ms Kathleen McFadden<br>Charlottesville<br>VA 22902<br>240-215-5753 Office<br><br><a href="mailto:kathleen.mcfadden.lpc@gmail.com">kathleen.mcfadden.lpc@gmail.com</a>   |  |
| <b>Charlottesville</b> | Women's Evening Trauma Group<br>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<br>Meets Tuesdays 6 - 7.30 pm<br>Cost \$40 - \$50   | Ms Kathleen McFadden<br>Charlottesville<br>VA 22902<br>240-215-5753 Office<br><br><a href="mailto:kathleen.mcfadden.lpc@gmail.com">kathleen.mcfadden.lpc@gmail.com</a>   |  |
| <b>Charlottesville</b> | Hotline 434-977-7273<br>24 Hour crisis hotline<br>SARA serves men, women and children who have experienced sexual assault in Charlottesville, Albemarle, Fluvanna, Green, Louisa and Nelson Counties.<br>We offer support and information to help survivors of sexual abuse make decisions for their healing.   | Sexual Assault Resource Agency (SARA)<br>Charlottesville<br>VA 22902<br>434-295-7273 Office  | <a href="http://www.saracville.org">www.saracville.org</a><br><a href="mailto:info@saracville.org">info@saracville.org</a>                           |
| <b>Charlottesville</b> | Hotline 434-293-8509 (24 hours)<br>We work to support and empower victims of domestic violence through a combination of residential, community - based and outreach services.<br>Emergency shelter<br>Case management<br>Legal advocacy<br>Services in English & Spanish<br>Transitional housing<br>Pet Safe fostering program<br>FREE individual / group counseling<br>Support groups for the community as well as shelter residents | Shelter For Help in Emergency<br>PO Box 1013<br>Charlottesville<br>VA 22902<br>434-963-4676 Outreach office<br><a href="http://www.shelterforhelpinemergency.org">www.shelterforhelpinemergency.org</a><br><a href="mailto:info@shelterforhelpinemergency.org">info@shelterforhelpinemergency.org</a><br><a href="https://www.facebook.com/ShelterforHelpinEmergency/">www.facebook.com/ShelterforHelpinEmergency/</a> |  |

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| <b>Chesapeake</b> | <p>The Lamplighters Movement<br/>This Champter provides support to adult MALE survivors of childhood sexual abuse, incest, rape, sexual assault and domestic violence.<br/>For further details please click on our website link.</p>  | <p>The Lamplighters Male Chapter<br/>Chesapeake<br/>Virginia<br/><a href="mailto:margie@thelamplighters.org">margie@thelamplighters.org</a></p>  | <p><a href="http://www.thelamplighters.org">www.thelamplighters.org</a></p>  |
| <b>Chesapeake</b> | <p>Peer Support Group for Men Who Were Victims of Childhood Abuse Or Assault.<br/>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.</p> | <p>Mens Peer Support Group<br/>Chesapeake<br/>VA 23320</p>   | <p><a href="mailto:mensgroup.va@gmail.com">mensgroup.va@gmail.com</a></p>  |
| <b>Clintwood</b>  | <p>State DV Hotline 1-800-838-8238<br/>24 Hour support hotline<br/>Emergency shelter for victims of domestic and sexual violence<br/>Counseling available</p>   | <p>People Inc<br/>Clintwood<br/>VA 24228<br/>276-926-5600 Office</p>   | <p><a href="http://www.peopleinc.net">www.peopleinc.net</a><br/><a href="mailto:info@peopleinc.net">info@peopleinc.net</a></p>             |
| <b>Covington</b>  | <p>Hotline 540-965-3237<br/>Or 1-877-393-3672 Toll Free<br/>Emergency shelter<br/>Accompaniment to hospital<br/>Accompaniment to police stations<br/>Advocacy at the court proceedings<br/>Support groups for victims of domestic abuse.</p>  | <p>Safehome Systems<br/>PO Box 748<br/>Covington<br/>VA 24426<br/>540-965-3237 Office / Hotline<br/><a href="http://www.facebook.com/SafehomeSystemsInc/">www.facebook.com/SafehomeSystemsInc/</a></p>           | <p><a href="http://www.safehomesystems.org/">www.safehomesystems.org/</a></p>  |
| <b>Culpeper</b>   | <p>Hotline 800-825-8876 (24 hours)<br/>We are committed to ending family and sexual violence and it's negative impact by providing the following:<br/>Emergency shelter<br/>Court advocacy<br/>Help with protective orders<br/>Child and youth support program<br/>Individual and group counseling.</p>   | <p>SAFE<br/>PO Box 402<br/>Culpeper<br/>VA 22701<br/>800-825-8876 Office / Hotline</p>   | <p><a href="http://www.safejourneys.org">www.safejourneys.org</a><br/><a href="mailto:info@safejourneys.org">info@safejourneys.org</a></p> |
| <b>Danville</b>   | <p>888-947-7273 Sexual Assault<br/>888-528-1041 Domestic violence<br/>24 Hour crisis hotlines<br/>Emergency shelter<br/>Several support groups including a group for adults molested as children. Call hotlines for more details about our groups</p>   | <p>YWCA- Central Virginia<br/>510 Patton Street<br/>Danville<br/>434-847-7751 Opt 2 DV Office<br/>434-374-1192 Office<br/><a href="http://www.facebook.com/lynchburgywca">www.facebook.com/lynchburgywca</a></p> | <p><a href="http://www.ywcacva.org/">www.ywcacva.org/</a></p>  |
| <b>Dumfries</b>   | <p>703-221-4951 Domestic violence<br/>703-368-4141 Sexual assault<br/>24 Hour crisis hotlines<br/>Hispanic services<br/>Emergency shelters<br/>Court advocacy<br/>FREE peer support groups for victims of sexual assault</p>  | <p>ACT - Domestic Violence and Sexual Assault Services<br/>PO Box 74<br/>Dumfries<br/>VA 22026<br/>703-441-8606 Office</p>   | <p><a href="http://www.actspwc.org">www.actspwc.org</a><br/><a href="mailto:info@actspwc.org">info@actspwc.org</a></p>                     |

FREE support groups for victims of domestic violence.

**Fairfax** Hotline 703-360-7273  
24 Hour help/hotline  
We offer compassionate state-accredited programs for men, women and children who have been affected by domestic or sexual violence and abuse  
Emergency shelter  
Individual and group counseling  
Support groups for men and women  
Domestic & sexual trauma coping skills, meets every Wed 6.30 - 8pm  
For info call Tanya 703-704-6719  
Men's support for survivors of 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  
[www.fairfaxcounty.gov/dfs/](http://www.fairfaxcounty.gov/dfs/)  
12000 Government Center Pkwy  
suite 339  
Fairfax  
VA 22035  
703-360-7273 Office / Hotline

**Fairfax** DR Eliana Gil is the founder of the Gil Institute for Trauma Recovery and Education, where she provides therapy, consulting, supervision and training. All Gil Institute therapists advocate for developmentally - appropriate services to children youth and adults and utilize the expressive therapies (art, play, sand) to provide alternate forms of communication and expression so the child feels safe. The Gil Institute offers 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  
[www.gilinstitute.com](http://www.gilinstitute.com)  
[egil@gilinstitute.com](mailto:egil@gilinstitute.com)  
8626 Lee Highway  
Ste 200  
Fairfax  
VA 22031  
703-560-2600 Office / Advice.

**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.linkedin.com/in/joann-majesky-31772938/](http://www.linkedin.com/in/joann-majesky-31772938/)

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| <b>Fairfax</b>        | <p>Trauma Survivors Group<br/> 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<br/> Meets Wednesdays 12 - 1 pm<br/> Cost \$90 +</p> | <p>Dr Tina Roemersma<br/> Fairfax<br/> VA 22030<br/> 703-636-2888 ext 8 Office</p>   | <p><a href="mailto:troemersma@findingyoursolution.com">troemersma@findingyoursolution.com</a></p>   |
| <b>Falls Church</b>   | <p>SIA Support Meeting - Unity Club<br/> 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.<br/> Meets Saturday 12.05pm to 1.30pm<br/> Contact person is Terese<br/> For further details please click on the SIA website meetings directory.</p>   | <p>Survivors of Incest Anonymous<br/> Falls Church<br/> Virginia</p>   | <p><a href="http://www.siawso.org/">www.siawso.org/</a></p>   |
| <b>Fredericksburg</b> | <p>Hotline 540-371-1666<br/> 24 Hour crisis hotline<br/> We are dedicated to helping people recover from sexual violence and abuse<br/> Hospital accompaniment<br/> Individual and group counseling<br/> Art therapy<br/> Group counseling for survivors of childhood sexual abuse<br/> Spanish speaking counseling<br/> All services FREE</p>   | <p>Rappahannock Council Against Sexual Assault<br/> 3331 Shannon Airport Circle<br/> Fredericksburg<br/> VA 22408<br/> 540-371-6771 Office</p> | <p><a href="http://www.rcasa.org">www.rcasa.org</a><br/> <a href="mailto:info@rcasa.org">info@rcasa.org</a></p>                                 |
| <b>Gainesville</b>    | <p>State DV Hotline 1-800-838-8238<br/> 24 Hour support hotline<br/> Emergency shelter for victims of domestic and sexual violence<br/> Counseling available</p>   | <p>People Inc<br/> Gainesville<br/> VA 20155<br/> 276-623-9000 Main Office</p>   | <p><a href="http://www.peopleinc.net">www.peopleinc.net</a><br/> <a href="mailto:info@peopleinc.net">info@peopleinc.net</a></p>                 |
| <b>Gate City</b>      | <p>24hr Hotline 1-888-250-4325<br/> Confidential services &amp; emergency shel;ter for victims of domestic violence and sexual assault.</p>  | <p>Hope House of Scott County<br/> PO Box 1992<br/> Gate City<br/> 276-386-1373 Office</p>   | <p><a href="http://www.facebook.com/HopeHouseOfScottCountyInc/">www.facebook.com/HopeHouseOfScottCountyInc/</a></p>                             |
| <b>Gloucester</b>     | <p>Hotline757-258-5051<br/> 24 Hour Hotline<br/> We are pleased to offer services to survivors residing in the Gloucester King and Queen, King William, Mathews and Middlesex Counties<br/> Local support group meetings<br/> call 757-258-5022 for more details<br/> All services FREE of charge.</p>   | <p>Avalon Center<br/> PO Box 23<br/> Gloucester<br/> VA 23061<br/> 757-258-5022 Office</p>   | <p><a href="http://www.avaloncenter.org/">www.avaloncenter.org/</a><br/> <a href="mailto:admin@avaloncenter.org">admin@avaloncenter.org</a></p> |

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| <b>Grundy</b>       | State DV Hotline 1-800-838-8238<br>24 Hour support hotline<br>Emergency shelter for victims of domestic and sexual violence<br>Counseling available   | People Inc<br>Grundy<br>VA 24614<br>276-935-4747 Office  | <a href="http://www.peopleinc.net">www.peopleinc.net</a><br><a href="mailto:info@peopleinc.net">info@peopleinc.net</a>                             |
| <b>Hampton</b>      | Support group for Adult Survivors<br>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<br>Hampton<br>Virginia  | <a href="http://www.thelamplighters.org">www.thelamplighters.org</a><br><a href="mailto:margie@thelamplighters.org">margie@thelamplighters.org</a> |
| <b>Hampton</b>      | Hotline 757-723-7774 ( 24 hours)<br>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.<br>Offering programs which benefit children from violent homes.<br>Coordinated tutoring and mentoring programs for sheltered children.<br>Interim drop-in-on-site and subsidized childcare.<br>Children's intervention and violence prevention program for children who have witnessed domestic violence.<br>Art and play therapy to help children safely express their feelings and heal from the experience of family violence. | Transitions Family Violence Services<br>PO Box 561<br>Hampton<br>VA 23669<br>757-722-2261 Office | <a href="http://www.transitionsfvs.org/">www.transitionsfvs.org/</a>   |
| <b>Harrisonburg</b> | Hotline 540-434-2272<br>24 Hour crisis hotlines<br>If you have been sexually assaulted or if your assault happened a while ago we are here to help.<br>1-6 FREE crisis counseling<br>Referrals for long term counseling<br>Hospital accompaniment<br>Legal advocacy<br>Services in Spanish<br>support groups for sexual violence survivors. 8-9 week groups throughout the year as the need arises<br>Call Sue Swift 540-432-6430 for more group details  | Collins Center<br>PO Box 1473<br>Harrisonburg<br>VA 22801<br>540-432-6430 Office                 | <a href="http://www.thecollinscenter.org">www.thecollinscenter.org</a><br><a href="mailto:info@thecollinscenter.org">info@thecollinscenter.org</a> |
| <b>Harrisonburg</b> | Hotline 886-223-9169 (24 hours)<br>At First Step we believe that nobody   | First Step<br>Harrisonburg   | <a href="mailto:FirstStepVA@gmail.com">FirstStepVA@gmail.com</a>   |

[www.facebook.com/Transitions-Family-Violence-Services-104856827268/](https://www.facebook.com/Transitions-Family-Violence-Services-104856827268/)

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.

VA 22801  
540-434-0295 Office  
[www.facebook.com/FirstStepVA/](http://www.facebook.com/FirstStepVA/)

**Haymarket**

Regain Your voice is an organization whose mission and purpose is to address the issue of sexual violence in the community and to respond to the needs of people who have experienced and / or been impacted by sexual violence through providing resources, education, prevention and outreach.

REGAIN YOUR VOICE  
PO Box 925  
Haymarket  
VA 20169  
703-260-9621 Office  
[www.facebook.com/regainyourvoice/](http://www.facebook.com/regainyourvoice/)

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

CHOICES  
Luray  
VA 22835  
540-743-4414 Office / Hotline  
[www.choicesofpagecounty.org/](http://www.choicesofpagecounty.org/)



Trained Court companions  
Individual peer counseling  
Support groups for victims of sexual  
and domestic violence.

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| <b>Lynchburg</b>    | 888-947-7273 Sexual Assault<br>888-528-1041 Domestic violence<br>24 Hour crisis hotlines<br>Emergency shelter<br>Several support groups including<br>a group for adults molested as<br>children. Call hotlines for more<br>details about our groups  | YWCA- Central Virginia<br>626 Church Street<br>Lynchburg<br>VA 24504<br>434-847-7751 Office<br><a href="http://www.facebook.com/lynchburgywca">www.facebook.com/lynchburgywca</a>      | <a href="http://www.ywcacva.org/">www.ywcacva.org/</a>   |
| <b>Martinsville</b> | Hotline 1-877-934-3576<br>24 Hour crisis hotline<br>We provide FREE and confidential<br>services in Martinsville, Henry and<br>Patrick Counties<br>Emergency shelter<br>Legal and health advocacy<br>Hospital accompaniment<br>Individual counseling<br>Support groups for victims of sexual<br>and domestic violence  | Southside Survivors Response<br>Martinsville<br>VA 24114<br>276-403-4080 Office<br><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><br><a href="mailto:info@SSRCenter.org">info@SSRCenter.org</a>         |
| <b>McLean</b>       | Sexual Assault Survivors Group<br>This group is for survivors of sexual<br>assault. It is a safe place for<br>members to share their experiences<br>and grow. Members examin triggers<br>post traumatic symptoms and<br>explore ways to more forward<br>Meets Tuesdays 4.30 - 5.45 pm<br>Cost \$80 - \$90<br><a href="http://www.psychologytoday.com/us/therapists/brenna-chirby-mclean-va/52377">www.psychologytoday.com/us/therapists/brenna-chirby-mclean-va/52377</a>  | Dr Brenna Chirby<br>McLean<br>VA 22101<br>703-957-7541 Office  | <a href="http://www.mindbalanceinc.com">www.mindbalanceinc.com</a>   |
| <b>New Kent</b>     | We are committed to eliminating<br>domestic and sexual violence in our<br>communities and creating a safe<br>community that does not tolerate<br>violence of any kind.<br>Crisis intervention<br>Community referrals where required<br>Court advocacy<br>Children's group counseling<br>Children's play sessions<br>Adult survivors individual and group<br>counseling for females.<br><a href="http://www.thriveva.org">Thrive Virginia - Eliminating Poverty and Helping People to Become Self-Sufficient (thriveva.org)</a> | Thrive Virginia<br>PO Box 208<br>New Kent<br>VA 23124<br>804-966-8720 Office<br><a href="https://www.facebook.com/thriveva">Thrive Virginia - A Community Action Agency   Facebook</a> |  |
| <b>Newport News</b> | Support group for Adult Survivors<br>Support group for survivors of<br>sexual assault, childhood sexual<br>abuse, incest, rape and domestic<br>violence. To join this group email<br>Margie McKinnon at the address<br>on the right of this page   | Lamplighter Movement<br>Newport News<br>Virginia   | <a href="http://www.thelamplighters.org">www.thelamplighters.org</a><br><a href="mailto:margie@thelamplighters.org">margie@thelamplighters.org</a> |
| <b>Newport News</b> | Hotline 757-236-5260<br>24 Hour crisis hotline   | The Center for Sexual Assault<br>Survivors   | <a href="http://www.visitthecenter.org/">www.visitthecenter.org/</a><br><a href="mailto:info@visitthecenter.org">info@visitthecenter.org</a>       |

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.

11030 Warwick Blvd  
Newport News  
VA 23601  
757-599-9844 Office  
[www.facebook.com/VisitTheCenter/](http://www.facebook.com/VisitTheCenter/)

|                       |   |   |   |
|-----------------------|---|---|---|
| <b>Norfolk</b>        | <p>24 Hour YWCA Domestic and Sexual Violence Hotline<br/>Crisis Hotline 757-251-0144<br/>Domestic Violence Interpersonal Support Group.<br/>Meets Thursdays 5.30pm - 7.00pm<br/>Please contact the group facilitator for meeting location and for further details.<br/>Christa Motley 625-4248 Ext 44<br/><a href="mailto:Christa.motley@ywca-shr.org">Christa.motley@ywca-shr.org</a><br/>Support Group for survivors of Sexual Assault<br/>Meets Thursdays 5.30pm - 7.00pm<br/>Please contact the group facilitator for meeting location and for further details. With advanced notice, childcare may be available during the group.<br/>Amanda Gill on 625-4248 Ext 42.<br/><a href="mailto:amanda.gill@ywca-shr.org">amanda.gill@ywca-shr.org</a></p> | <p>YWCA - South Hampton Roads<br/>1424 McNeal Avenue<br/>Norfolk<br/>VA 23502<br/>757--625-4248</p>                     | <p><a href="http://www.ywca-shr.org">www.ywca-shr.org</a><br/><a href="mailto:Christa.motley@ywca-shr.org">Christa.motley@ywca-shr.org</a><br/><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)<br/>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.<br/>Emergency residential shelter<br/>Emergency transportation<br/>Crisis intervention / safety planning<br/>Medical and legal advocacy<br/>Court and systems advocacy<br/>Children's and teen's services<br/>Education for schools / community<br/>Individual counseling<br/>Support groups.<br/><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<br/>North Tazewell<br/>VA 24630<br/>276-988-5583 Office</p> |   |
| <b>Norton</b>         | <p>Hotline 1-800-572-2278<br/>24 Hour hotline<br/>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.<br/>Emergency shelter<br/>Court accomapiment and advocacy<br/>Hospital/medical accompaniment<br/>Sexual Assault Program<br/>Support groups for victims of domestic violence</p>   | <p>Family Crisis Support Services<br/>Norton<br/>VA 24273<br/>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<br/>Or 800-787-1329 Toll Free</p>  | <p>Eastern Shore Coalition Against Domestic Violence</p>  | <p><a href="http://www.escadv.org/">www.escadv.org/</a></p>   |

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.

Onancock  
VA 23417  
757-787-1959 Office  
[www.facebook.com/escadv23417/](http://www.facebook.com/escadv23417/)

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

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|-----------------|--|---|--|
| <b>Radford</b>  | Hotline 540-639-1123<br>Or 800-788-1123 Toll Free  | Women's Resource Center<br>New River Valley   | <a href="http://www.wrcnrv.org">www.wrcnrv.org</a><br><a href="mailto:director@wrcnrv.org">director@wrcnrv.org</a>                   |
|                 | Translators for 24 hour hotlines<br>Emergency shelter and advocacy<br>Individual counseling<br>Support groups for those affected<br>by domestic violence for more<br>group details call 540-639-1123.  | PO Box 477<br>Radford<br>VA 24143<br>540-369-9592 Office<br><a href="https://www.facebook.com/WRCNRV/">www.facebook.com/WRCNRV/</a>                 |  |
| <b>Reston</b>   | PTSD and Mindfulness Group<br>Understanding the science behind<br>PTSD and techniques including<br>mindfulness to help calm the<br>symptoms and get your life back on<br>track. Meets Thursdays 7 - 8.30 pm<br>Cost \$80   | Ms Madelyn Schrader<br>Reston<br>VA 20190<br>703-957-7157 Office  |  |
| <b>Richmond</b> | Hope in Healing Group<br>We offer support, education and<br>therapy to adult female survivors of<br>trauma. The goal of this group will<br>be to support one another in the<br>healing from various experiences<br>of trauma.<br>Meets Tuesdays 7 - 8.30 pm<br>Cost \$30 - \$40  | Lucy Block<br>Richmond<br>VA 23238<br>804-513-0844 Office   | <a href="mailto:LucyBlock.LPC@gmail.com">LucyBlock.LPC@gmail.com</a>   |
| <b>Richmond</b> | Women's Trauma Group<br>This is a closed trauma group for<br>women who are working through<br>PTSD, DID, anxiety and other<br>symptoms due to trauma. An<br>individual session is first required<br>to assess prospective member<br>before entering the group. Small 6<br>member group limit and the group<br>will be an on going group.<br>Meets every Monday at Noon<br>Cost \$40 - \$60 | McKenzie Casad<br>Richmond<br>VA 23219<br>757-553-2780 Office<br><a href="mailto:mckenzie@cypresscounseling.com">mckenzie@cypresscounseling.com</a> | <a href="http://www.cypresscounseling.com">www.cypresscounseling.com</a>   |
| <b>Richmond</b> | From Surviving to Thriving Group<br>For women survivors of childhood<br>sexual abuse<br>Meets every Monday 6 - 7.30 pm<br>Cost \$20 - \$30   | Ms Patricia L Harris<br>Family Focus, Inc<br>Richmond<br>VA 23228<br>804-261-2090 Office  | <a href="http://www.familyfocusinc.com/">www.familyfocusinc.com/</a>   |
| <b>Richmond</b> | Statewide hotline 1-800-838-8238<br>TEXT Hotline 804-793-9999<br>We are a diverse group of individuals<br>and organizations that believes all<br>people have the right to a life free<br>of sexual and domestic violence by<br>providing up to date resources of<br>the state of Virginia  | Virginia Sexual and Domestic<br>Violence Action Alliance<br>5008 Monument Avenue<br>Suite A<br>Richmond<br>VA 23230<br>804-377-0335 Office          | <a href="http://www.vsdvalliance.org">www.vsdvalliance.org</a><br><a href="mailto:info@vsdvalliance.org">info@vsdvalliance.org</a>   |
| <b>Richmond</b> | Hotline 804-612-6126<br>24 Hour crisis hotline<br>Emergency shelter if needed<br>24 Hour hospital accompaniment<br>Individual and group counseling   | YWCA - Richmond<br>6 N. 5th Street<br>Richmond<br>VA 23219<br>804-643-6761 Office   | <a href="http://www.ywcarichmond.org/">www.ywcarichmond.org/</a><br><a href="mailto:info@ywcarichmond.org">info@ywcarichmond.org</a> |

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

|                            |   |  |
|----------------------------|---|--|
| <b>Roanoke</b>             | Hotline 540-981-9351<br>24 Hour crisis hotline<br>Crisis intervention<br>Court liaison<br>Short term counseling<br>Referrals for long term counseling   | SARA Program - Blue Ridge Behavioral Healthcare<br>Roanoke<br>VA 24016<br>540-981-9351 Office / Hotline  |
| <b>Roanoke</b>             | Hotline 540-345-0400 (24 hours)<br>Turning point is Roanoke's only secure center for intimate partner and family violence<br>Emergency shelter<br>Case management<br>Legal advocacy<br>Children's services<br>Survivors counseling  | Turning Point - Salvation Army<br>Roanoke<br>Virginia<br>540-343-5335 Office   |
| <b>Rocky Mount</b>         | Hotline 540-483-1234<br>Emergency shelter for women and men with children who have survived domestic violence<br>Safety planning & crisis intervention<br>Domestic violence outreach<br>Domestic violence advocates<br>Youth and children's services<br>Support groups available.   | Franklin Co. Family Resource Center<br>PO Box 188<br>Rocky Mount<br>VA 24151<br>540-483-5088 Office<br><a href="http://www.facebook.com/FCFRC/">www.facebook.com/FCFRC/</a>  |
| <b>South Hampton Roads</b> | Hotline 757-251-0144<br>24 Hour YWCA Domestic and Sexual Violence Hotline<br>Domestic Violence Interpersonal Support Group.<br>Meets Thursdays 5.30pm - 7.00pm<br>Please contact the group facilitator for meeting location and for further details.<br>Christa Motley 625-4248 Ext 44<br><a href="mailto:Christa.motley@ywca-shr.org">Christa.motley@ywca-shr.org</a><br>Support Group for survivors of Sexual Assault<br>Meets Thursdays 5.30pm - 7.00pm<br>Please contact the group facilitator for meeting location and for further details. With advanced notice, childcare may be available during the group.<br>Amanda Gill on 625-4248 Ext 42<br><a href="mailto:amanda.gill@ywca-shr.org">amanda.gill@ywca-shr.org</a> | YWCA - South Hampton Roads<br>1424 McNeal Avenue<br>Norfolk<br>VA 23502<br>757--625-4248<br><a href="http://www.ywca-shr.org">www.ywca-shr.org</a><br><a href="mailto:Christa.motley@ywca-shr.org">Christa.motley@ywca-shr.org</a><br><a href="mailto:amanda.gill@ywca-shr.org">amanda.gill@ywca-shr.org</a> |
| <b>Springfield</b>         | Men Finding Healing from Childhood Sexual Abuse.<br>This group meets on the 1st and 3rd Tuesday of each month from 7.30pm to 9pm at Richard Byrd Library in Springfield. It's a FREE and confidential drop-in group. No pre-registration is required. If you would like more information or to  | Men Finding Healing from Sexual Abuse Group<br>Springfield Library<br>Contact Chris Davis<br>703-704-6727<br>TTY 703-324-5706  |

talk to Chris Davis about the group  
call 703-704-6727  
TTY 703-324-5706

**Staunton**

Hotline 540-886-6800  
TEXT Hotline 540-569-0579  
24 Hour hotlines  
We provide options for those emotionally, physically and sexually abused  
Shelter facility  
Accompaniment to doctor, police department and court proceedings  
Support group for those affected by domestic or sexual violence, meets Thursday afternoons call for more details. 540-885-7273.

New Directions Center, Inc  
PO Box 3069  
Staunton  
VA 24402  
540-885-7273 Office  
[www.facebook.com/NewDirectionsCenter/](http://www.facebook.com/NewDirectionsCenter/)

[www.newdirectionscenter.org/](http://www.newdirectionscenter.org/)  
[ndc@newdirectionscenter.org](mailto: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](mailto:margie@thelamplighters.org)

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

**Sterling**

PTSD Group Therapy  
Do you feel like you are on the outside looking in because nobody really seems to understand what you are going through? Let us help! We use evidence based, research supported therapy methods in a warm compassionate environment  
Every Wednesday 6 - 7.30 pm  
Cost \$40

Dr Robin Raniero Norris  
Sterling  
VA 20164  
703-665-0754 Office

[www.wind-opt.com/](http://www.wind-opt.com/)  
[info@wind-opt.com](mailto:info@wind-opt.com)

**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](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 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](mailto:megan@meganmaccutcheon.com)

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

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|-----------------------|---|--|---|
| <b>Vienna</b>         | <p>Men's Support Group - Healing from Sexual Abuse<br/> An initial interview will be required.<br/> Meets Tuesday evenings for 1 hour<br/> Contact John Raymond for more group details 703-999-5569<br/> Cost \$25-\$45</p>   | <p>John Raymond<br/> Vienna<br/> Virginia<br/> 703-99-5569</p>   | <p><a href="http://www.malesurvivor.org">www.malesurvivor.org</a><br/> <a href="mailto:jraymond@comcast.net">jraymond@comcast.net</a></p>                   |
| <b>Vienna</b>         | <p>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</p>  | <p>The Women's Center<br/> Vienna<br/> 703-242-1454 Office</p>   | <p><a href="http://www.thewomenscenter.org">www.thewomenscenter.org</a></p>   |
| <b>Vienna</b>         | <p>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.</p> | <p>The Women's Center<br/> 133 Park Street N.E<br/> Vienna<br/> VA 22180<br/> 703-281-2657 Appointments<br/> 703-242-1454 Office</p> | <p><a href="http://www.thewomenscenter.org">www.thewomenscenter.org</a></p>   |
| <b>Virginia Beach</b> | <p>Support group for Adult Survivors<br/> 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<br/> Virginia Beach<br/> Virginia</p>  | <p><a href="http://www.thelamplighters.org">www.thelamplighters.org</a><br/> <a href="mailto:margie@thelamplighters.org">margie@thelamplighters.org</a></p> |
| <b>Virginia Beach</b> | <p>Hotline 757-430-2120 (24 hours)<br/> 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</p>   | <p>Samaritan House<br/> PO Box 2400<br/> Virginia Beach<br/> VA 23450<br/> 757-631-0710 Office</p>                                   | <p><a href="http://www.samaritanhouseva.org">www.samaritanhouseva.org</a></p>   |
| <b>Warsaw</b>         | <p>Hotline 1-800-224-2836<br/> 24 Hour hotline<br/> We offer safety and support for victims of physical and sexual abuse<br/> 24 Hour emergency shelter<br/> Crisis intervention<br/> Court / hospital accompaniment<br/> Support groups for domestic and sexual violence victims.</p>  | <p>The Haven<br/> PO Box 1267<br/> Warsaw<br/> VA 22572<br/> 804-333-1099 Office</p>   | <p><a href="http://www.havenshelter.org">www.havenshelter.org</a><br/> <a href="mailto:info@havenshelter.org">info@havenshelter.org</a></p>                 |
| <b>Williamsburg</b>   | <p>Hotline 757-258-5051<br/> 24 hour crisis hotline<br/> We have been serving the greater</p>   | <p>Avalon Center<br/> PO Box 6805<br/> Williamsburg</p>  | <p><a href="http://www.avaloncenter.org">www.avaloncenter.org</a><br/> <a href="mailto:admin@avaloncenter.org">admin@avaloncenter.org</a></p>               |

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.

VA 23188  
757-258-5022 Office

**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  
For further details please click on the SIA website meetings directory.

Survivors of Incest Anonymous  
Williamsburg  
Virginia

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

**Winchester**

Hotline 540-667-6466  
24 Hour crisis hotline  
Crisis intervention  
Emergency shelter  
Court advocates  
Individual crisis counseling  
Support groups are offered on a rolling basis throughout the year. Groups such as "Boundary Empowerment" for adult survivors of childhood sexual abuse. And "Living Free" for survivors of domestic violence. For more details about groups call 540-667-6466.

The Laurel Center  
PO Box 14  
Winchester  
VA 22604  
540-667-6160 Office

[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. 703-878-3290 Office  
[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  
571-552-4483 Office

[Mike@metroimago.com](mailto:Mike@metroimago.com)

**Woodstock**

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

People Inc  
Woodstock  
VA 22664  
540-459-9096 Office

[www.peopleinc.net](http://www.peopleinc.net)  
[info@peopleinc.net](mailto:info@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/)  
[response@shentel.net](mailto:response@shentel.net)

**Wytheville**

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

Family Resource Center, Inc  
PO Box 612  
Wytheville  
VA 24382  
276-228-3522 Office

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