

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)

**Alexandria**

Church & Cult Exiter Support Group  
This Meetup group is designed to  
give those of us who have left  
abusive religion, cults or unhealthy  
high demand organizations a  
place to share our feelings, to  
listen and to find strength as we  
heal and restore our lives.

Meetup Support Group  
Alexandria  
VA

[www.meetup.com/Church-Cult-Exiter-Support-Group](http://www.meetup.com/Church-Cult-Exiter-Support-Group)

**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)

**Arlington**

Arlington Abuse Survivors Meetup  
Healing from any type of abuse is  
hard. But it is not necessary to heal  
alone. If you are willing to share,  
there is power and freedom in  
telling your truth. Support yourself  
as a healing survivor and maybe  
someone else with similar  
experiences.

Abuse Survivors Meetup Group  
Arlington  
Virginia

[www.meetup.com/Arlington-Abuse-Survivors-Meetup](http://www.meetup.com/Arlington-Abuse-Survivors-Meetup)

<b>Ashland</b>	<p>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.</p>	<p>Hanover Safe Place  629A N. Washington Highway  Ashland  VA 23005  804-752-2728 Office</p>	<p><a href="http://www.hanoversafeplace.com">www.hanoversafeplace.com</a>  <a href="mailto:counselor@hanoversafeplace.com">counselor@hanoversafeplace.com</a></p>
<b>Bedford</b>	<p>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.</p>	<p>Bedford County Domestic Violence Services  PO Box 783  580 Grove Street  Bedford  VA 24523  540-587-0970 Office / Hotline  <a href="http://www.facebook.com/BedfordDVS">www.facebook.com/BedfordDVS</a></p>	<p><a href="mailto:BDVS@co.bedford.va.us">BDVS@co.bedford.va.us</a></p>
<b>Blackstone</b>	<p>Hotline 1-888-819-2926  Emergency shelter  Serving victims of domestic violence and sexual assault in the Counties of South Central Virginia</p>	<p>Piedmont Crisis Center  PO Box 487  Blackstone  VA 23824  434-292-1077 Office</p>	<p><a href="http://www.madelineshouse.org">www.madelineshouse.org</a>  <a href="mailto:info@madelineshouse.org">info@madelineshouse.org</a></p>
<b>Bristol</b>	<p>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</p>	<p>Crisis Center  PO Box 642  Bristol  VA 24203  276-466-2218 Office</p>	<p><a href="http://www.crisiscenterinc.org">www.crisiscenterinc.org</a>  <a href="mailto:info@crisiscenterinc.org">info@crisiscenterinc.org</a></p>
<b>Bristol</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  Bristol  VA 24201  276-466-5587 Office</p>	<p><a href="http://www.peopleinc.net">www.peopleinc.net</a>  <a href="mailto:bristol@peopleinc.net">bristol@peopleinc.net</a></p>
<b>Burke</b>	<p>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&amp;3rd Tuesdays 7.30-9pm  Contact Chris Davies for more details 703-704-6727</p>	<p>Chris Davies  Burke  VA 22015  703-704-6727 Office</p>	<p><a href="http://www.malesurvivor.org">www.malesurvivor.org</a>  <a href="mailto:chris.davies@fairfaxcounty.gov">chris.davies@fairfaxcounty.gov</a></p>

<b>Charlottesville</b>	<p>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 &amp; childhood difficulties  Meets Wednesdays 9.30 - 11 am  Cost \$40 - \$50</p>	<p>Ms Kathleen McFadden  Charlottesville  VA 22902  240-215-5753 Office  <a href="http://www.kmcounseling.vpweb.com/">www.kmcounseling.vpweb.com/</a></p>	
<b>Charlottesville</b>	<p>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 &amp; childhood difficulties  Meets Tuesdays 6 - 7.30 pm  Cost \$40 - \$50</p>	<p>Ms Kathleen McFadden  Charlottesville  VA 22902  240-215-5753 Office  <a href="http://www.kmcounseling.vpweb.com/">www.kmcounseling.vpweb.com/</a></p>	
<b>Charlottesville</b>	<p>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.</p>	<p>Sexual Assault Resource Agency (SARA)  Charlottesville  VA 22902  434-295-7273 Office</p>	<p><a href="http://www.saracville.org">www.saracville.org</a></p>
<b>Charlottesville</b>	<p>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 &amp; Spanish  Transitional housing  Pet Safe fostering program  FREE individual / group counseling  Support groups for the community as well as shelter residents</p>	<p>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></p>	
<b>Chesapeake</b>	<p>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.</p>	<p>The Lamplighters Male Chapter  Chesapeake  Virginia  <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.  We meet on the 2nd and 4th</p>	<p>Mens Peer Support Group  Chesapeake  VA 23320</p>	<p><a href="mailto:mensgroup.va@gmail.com">mensgroup.va@gmail.com</a></p>

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.

<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: Emergency shelter Court advocacy Help with protective orders Child and youth support program Individual and group counseling.	Services to Abused Families, Inc PO Box 402 Culpeper VA 22701 800-825-8876 Office / Hotline	<a href="http://www.safejourneys.org">www.safejourneys.org</a>
<b>Danville</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 510 Patton Street Danville VA 24541 434-374-1192 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>Dumfries</b>	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	<a href="http://www.actspwc.org">www.actspwc.org</a> <a href="mailto:actsinfo@actspwc.org">actsinfo@actspwc.org</a>
<b>Fairfax</b>	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	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	<a href="http://www.fairfaxcounty.gov/dfs/">www.fairfaxcounty.gov/dfs/</a>

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**

**Advice Line 703-560-2600**

DR Eliana Gil is the founder of the Gil Institute for Trauma Recovery and Education, where she provides therapy, consulting, supervision and training. All Gil Institute therapists advocate for developmentally appropriate services to children youth and adults and utilize the expressive therapies (art, play, sand) to provide alternate forms of communication and expression so the child feels safe. The Gil Institute offers several treatment options, including individual, group, couples, family and parent-child therapy. We work with children as young as three and adults of all ages. We run a 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 [www.meierclinics.com](http://www.meierclinics.com)  
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  
Group integrates cognitive-behavioral strategies for coping with symptoms of PTSD. There is a psychoeducational component as well as therapeutic discussion.

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

Men and women with any type of past trauma, including physical, sexual or combat trauma are welcome. An individual session before starting the group is required  
Meets Wednesdays 12 - 1 pm  
Cost \$90 +

**Falls Church**

Support Group for Friends and Family of Rape and Abuse Survivors and Mental Health Challenges. This group will be a place we can come for comfort. To know that others are walking through what you are walking through. To learn how to be comforting, patient and encouraging friends and family of those who have been hurt.

Friends and Family Support Meetup Group  
Falls Church  
Virginia

[www.meetup.com/Friends-and-Family-of-Rape-Abuse-Survivors-Support-Group/?gje1b](http://www.meetup.com/Friends-and-Family-of-Rape-Abuse-Survivors-Support-Group/?gje1b)

**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)

**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  
3331 Shannon Airport Circle  
Fredericksburgs  
VA 22408  
540-371-6771 Office

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

**Fredericksburg**

Survivors of Domestic Violence and Rape Support Group  
Meetup support group.

Survivors of Domestic Violence and Rape Support Group  
Fredericksburg  
Virginia

[www.meetup.com/Survivors-Of-Domestic-Violence-And-Rape/](http://www.meetup.com/Survivors-Of-Domestic-Violence-And-Rape/)

**Gainesville**

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

People Inc  
Gainesville  
VA 20155  
571-248-6533 Office

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

**Gate City**

Confidential services & emergency shelter for victims of domestic violence and sexual assault.

Hope House of Scott County  
PO Box 1992  
Gate City  
VA 24244  
276-386-1373 Office

[www.facebook.com/HopeHouseOfScottCountyInc/](http://www.facebook.com/HopeHouseOfScottCountyInc/)

<b>Gloucester</b>	804-694-5890 Sexual Assault 804-694-5552 Domestic violence We are pleased to offer services to survivors residing in the Gloucester King and Queen, King William, Mathews and Middlesex Counties Local support group meetings call 804-694-5890 for more details All services FREE of charge.	Avalon Center PO Box 23 Gloucester VA 23061 804-694-5890 Office / Hotline <a href="http://www.avaloncenter.org/">www.avaloncenter.org/</a>	<a href="http://www.laurelshelterinc.org">www.laurelshelterinc.org</a> <a href="mailto:laurelshelterinc@verizon.net">laurelshelterinc@verizon.net</a>
<b>Grundy</b>	Hotline 276-886-0999 24 Hour support hotline Emergency shelter for victims of domestic and sexual violence Counseling available	People Inc Grundy VA 24614 276-935-4747 Office	<a href="http://www.peopleinc.net">www.peopleinc.net</a> <a href="mailto:info@peopleinc.net">info@peopleinc.net</a>
<b>Hampton</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 Hampton Virginia	<a href="http://www.thelamplighters.org">www.thelamplighters.org</a> <a href="mailto:margie@thelamplighters.org">margie@thelamplighters.org</a>
<b>Hampton</b>	Hotline 757-723-7774 ( 24 hours) The mission of Transitions Family Violence Services is to build safe and healthy families by supporting healthy, violence-free family life. Transitions is the sole provider of comprehensive domestic violence in Hampton, Newport News, Poquoson and co-provider in York County. The agency offers programs that prevent violence, saves lives and makes the community more aware of domestic violence and it's deleterious effects on families and available services. Offering programs which benefit 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.	Transitions Family Violence Services PO Box 561 Hampton VA 23669 757-728-0025 ext 509 Office 757-728-1538 FAX	<a href="https://www.facebook.com/Transitions-Family-Violence-Services-104856827268/">www.facebook.com/Transitions-Family-Violence-Services-104856827268/</a>
<b>Harrisonburg</b>	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	Collins Center PO Box 1473 Harrisonburg VA 2801 540-432-6430 Office	<a href="http://www.thecollinscenter.org">www.thecollinscenter.org</a> <a href="mailto:info@thecollinscenter.org">info@thecollinscenter.org</a>



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

#### **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

[FirstStepVA@gmail.com](mailto:FirstStepVA@gmail.com)

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

#### **Haymarket**

**Helpline 1-800-656-HOPE (4673)**  
Regain Your voice is an organization whose mission and purpose is to address the issue of sexual violence in the community and to respond to the needs of people who have experienced and / or been impacted by sexual violence through providing resources, education, prevention and outreach.

REGAIN YOUR VOICE  
PO Box 925  
Haymarket  
VA 20169  
571-327-1864 Office

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

[www.facebook.com/regainyourvoice/](https://www.facebook.com/regainyourvoice/)

#### **Herndon**

Women 4 Women - Meetup Group  
The thing women have yet to learn is nobody gives you power. You just take it. "Roseanne Barr". Ours is a wellness support group for emotionally abused women, who have gone through, are going through or are about to go through 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.

Women 4 Women Meetup  
Herndon  
VA

[www.meetup.com/meetup-group-QxRKMAqV/?gj=ej1b](https://www.meetup.com/meetup-group-QxRKMAqV/?gj=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**

Domestic Violence Victims and Survivors Group.  
I welcome both men and women from Indian subcontinent (desi - community) who are survivors and victims of domestic violence and

Domestic Violence Victims And Survivors Meetup Group  
Leesburg  
VA

abuse to express their thoughts and feelings. Lets get together to share our experience and stories and be positive support for each other.

[www.meetup.com/Domestic-Violence-Victims-And-Survivors-Group](http://www.meetup.com/Domestic-Violence-Victims-And-Survivors-Group)

**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/)

**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.ywca.org/site/pp.asp?c=mk11L6MPJvE&b=919375](http://www.ywca.org/site/pp.asp?c=mk11L6MPJvE&b=919375)

**Martinsville**

Hotline 276-632-8701  
24 Hour crisis hotline  
We provide FREE and confidential services in Martinsville, Henry and Patrick Counties

Southside Survivors Response  
Martinsville  
VA 24114  
276-632-8701 Office / Hotline  
[www.facebook.com/ssrcenter/](http://www.facebook.com/ssrcenter/)

[www.ssrcenter.org/index.cfm](http://www.ssrcenter.org/index.cfm)

Emergency shelter  
Legal and health advocacy  
Hospital accompaniment  
Individual counseling  
Support groups for victims of sexual  
and domestic violence

<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 Call 757-599-9844 for group details.	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>
<b>Norfolk</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	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>

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](mailto:amanda.gill@ywca-shr.org)

**North Tazewell**

Hotline 276-979-8959 (24 Hours)  
We are a joint domestic violence  
and sexual assault program, which  
provides direct support & advocacy  
to victims and their families in  
Tazewell and Russell Counties.  
Emergency residential shelter  
Emergency transportation  
Crisis intervention / safety planning  
Medical and legal advocacy  
Court and systems advocacy  
Children's and teen's services  
Education for schools / community  
Individual counseling  
Support groups.

Family Crisis Services of Clinch  
Valley Community Action  
North Tazewell  
VA 24630  
276-988-5583 Office

[www.clinchvalleycaa.org/index.php/cvca-programs/family-crisis-services](http://www.clinchvalleycaa.org/index.php/cvca-programs/family-crisis-services)

**Norton**

1-877-348-3416 Sexual Assault  
1-800-572-2278 Domestic violence  
24 Hour hotlines  
Our mission is to provide services  
to all victims and their families who  
find themselves in crisis situations.  
Serving Buchanan, Dickenson, Lee  
Russell, Scott and Wise Countied.  
Emergency shelter  
Court accompiment 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](http://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  
757-787-1329 Office / Hotline

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

[www.facebook.com/escadv23417/](https://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

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

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

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.**

**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)

**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.wrcnrv.org](http://www.wrcnrv.org)  
[director@wrcnrv.org](mailto:director@wrcnrv.org)

**Reston**

PTSD and Mindfulness Group  
Understanding the science behind  
PTSD and techniques including  
mindfulness to help calm the

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

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](http://www.therapists.psychologytoday.com/rms/name/Madelyn_B_Schrader_RN,LPC_Reston_Virginia_50328)

**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.

Lucy Block  
Richmond  
VA 23238  
804-302-5713 Office

[LucyBlock.LPC@gmail.com](mailto:LucyBlock.LPC@gmail.com)

Meets Tuesdays 7 - 8.30 pm  
Cost \$30 - \$40

[www.therapists.psychologytoday.com/rms/name/Lucy\\_Block\\_Rimington\\_LPC\\_Richmond\\_Virginia\\_143155](http://www.therapists.psychologytoday.com/rms/name/Lucy_Block_Rimington_LPC_Richmond_Virginia_143155)

**Richmond**

Women's Trauma Group  
This is a closed trauma group for women who are working through PTSD, DID, anxiety and other symptoms due to trauma. An individual session is first required to assess prospective member before entering the group. Small 6 member group limit and the group will be an on going group.  
Meets every Monday at Noon  
Cost \$40 - \$60

McKenzie Casad  
Richmond  
VA 23219  
757-553-2780 Office  
[mckenzie@cypresscounseling.com](mailto:mckenzie@cypresscounseling.com)

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

**Richmond**

From Surviving to Thriving Group  
For women survivors of childhood sexual abuse  
Meets every Monday 6 - 7.30 pm  
Cost \$20 - \$30

Ms Patricia L Harris  
Family Focus, Inc  
Richmond  
VA 23228  
804-214-3557 Office  
[www.facebook.com/Family-Focus-Inc-499832913406798/](http://www.facebook.com/Family-Focus-Inc-499832913406798/)

**Richmond**

Healing from Violence Group  
This group is for adult women survivors of sexual & interpersonal violence and is run by a licensed professional counselor and a board certified art therapist  
Meets on Mondays Cost \$30  
Call 804-616-3137 for group details

Carol Olson  
Richmond  
VA 23219  
804-616-3137 Office

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

**Richmond**

Statewide hotline 1-800-838-8238  
We are a diverse group of individuals and organizations that believes all people have the right to a life free of sexual and domestic violence by providing up to date resources of the state of Virginia

Virginia Sexual and Domestic Violence Action Alliance  
5008 Monument Avenue  
Suite A  
Richmond  
VA 23230  
804-377-0335 Office

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

**Richmond**

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

YWCA - Richmond  
6 N. 5th Street  
Richmond  
VA 23219  
804-643-6761 Office

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

All our services are FREE of charge

<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, 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>	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>
<b>Springfield</b>	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	Men Finding Healing from Sexual Abuse Group Springfield Library Contact Chris Davis 703-704-6727 TTY 703-324-5706	

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/)

<b>Staunton</b>	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 <a href="http://www.facebook.com/NewDirectionsCenter/">www.facebook.com/NewDirectionsCenter/</a>	<a href="http://www.newdirectionscenter.org/">www.newdirectionscenter.org/</a> <a href="mailto:ndc@newdirectionscenter.org">ndc@newdirectionscenter.org</a>
<b>Sterling</b>	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 <a href="mailto:margie@thelamplighters.org">margie@thelamplighters.org</a>	<a href="http://www.thelamplighters.org">www.thelamplighters.org</a>
<b>Sterling</b>	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 <a href="http://www.wind-opt.com/doctor/dr-robin-norris-2/">www.wind-opt.com/doctor/dr-robin-norris-2/</a>	<a href="http://www.wind-opt.com/">www.wind-opt.com/</a> <a href="mailto:info@wind-opt.com">info@wind-opt.com</a>
<b>Suffolk</b>	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	<a href="http://www.thegenieveshelter.org">www.thegenieveshelter.org</a> <a href="mailto:genieve88@earthlink.net">genieve88@earthlink.net</a>
<b>Vienna</b>	Family Abuse Workshop What stops those who experience family abuse from getting the help they need? Physical and sexual violence, threats of violence, emotional intimidation, verbal abuse and financial control. Call 703-348-1691 for workshop details or email Megan at address on the right of our page	Ms Megan MacCutcheon Vienna VA 22180 703-348-1691 Office <a href="mailto:megan@meganmaccutcheon.com">megan@meganmaccutcheon.com</a>	<a href="http://www.meganmaccutcheon.com">www.meganmaccutcheon.com</a>



<b>Vienna</b>	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	<a href="http://www.malesurvivor.org">www.malesurvivor.org</a> <a href="mailto:jraymond@comcast.net">jraymond@comcast.net</a>
<b>Vienna</b>	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	<a href="http://www.thewomenscenter.org">www.thewomenscenter.org</a> <a href="mailto:questions@thewomenscenter.org">questions@thewomenscenter.org</a>
<b>Vienna</b>	The Women's Center provides easy access to highly trained professionals and therapists. We ensure a high level of counseling and care to our community. Individual, couples and family counseling. Domestic violence counseling. EMDR, Psychological assessments, Support and therapy groups including: Anxiety group, emotional abuse group, survivors of sexual abuse group. Please see our website for a full list of support groups and they're dates and times.	The Women's Center 133 Park Street N.E Vienna VA 22180 703-281-2657 Appointments	<a href="http://www.thewomenscenter.org">www.thewomenscenter.org</a> <a href="mailto:questions@thewomenscenter.org">questions@thewomenscenter.org</a>
<b>Virginia Beach</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 Virginia Beach Virginia	<a href="http://www.thelamplighters.org">www.thelamplighters.org</a> <a href="mailto:margie@thelamplighters.org">margie@thelamplighters.org</a>
<b>Virginia Beach</b>	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	<a href="http://www.samaritanhouseva.org">www.samaritanhouseva.org</a>
<b>Warsaw</b>	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	<a href="http://www.havenshelter.org">www.havenshelter.org</a> <a href="mailto:vsc@havenshelter.org">vsc@havenshelter.org</a>

<b>Williamsburg</b>	<p>Hotline 757-258-5051  24 hour crisis hotline  We have been serving the greater Williamsburg area for 30 years and support victims of domestic violence and sexual assault.  Emergency shelter  Legal advocacy  Individual and group counseling  Weekly support groups facilitated by a trained counselor experienced in meeting the needs of survivors.</p>	<p>Avalon Center  PO Box 6805  Williamsburg  VA 23188  757-258-5022 Office</p>	<p><a href="http://www.avaloncenter.org">www.avaloncenter.org</a>  <a href="mailto:admin@avaloncenter.org">admin@avaloncenter.org</a></p>
<b>Winchester</b>	<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><a href="http://www.thelaurelcenter.org">www.thelaurelcenter.org</a>  <a href="mailto:tlc.info@thelaurelcenter.org">tlc.info@thelaurelcenter.org</a></p>
<b>Woodbridge</b>	<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 &amp; Change LLC  12751 Marblestone Drive  Suite 200  Woodbridge  VA 22192  Tel. 703-878-3281  <a href="mailto:elaynesmith@thecenterforconnection.com">elaynesmith@thecenterforconnection.com</a></p>	<p><a href="http://www.thecenterforconnection.com">www.thecenterforconnection.com</a></p>
<b>Woodbridge</b>	<p>Overcoming a Difficult Childhood Group for "adult children" individuals still being impacted by a difficult family/childhood experience. Perhaps parental alcoholism or other addictions, depression, physical or emotional neglect or abuse. Meets Thursdays 7 -8.30pm  Cost \$30 - \$40</p>	<p>Mr Michael Borash  Woodbridge  VA 22193  800-799-1212 Office</p>	<p><a href="http://www.metroimago.com">www.metroimago.com</a>  <a href="mailto:Mike@metroimago.com">Mike@metroimago.com</a></p>
<b>Woodstock</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  Woodstock  VA 22664  540-459-9096 Office</p>	<p><a href="http://www.peopleinc.net">www.peopleinc.net</a>  <a href="mailto:woodstock@peopleinc.net">woodstock@peopleinc.net</a></p>
<b>Woodstock</b>	<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 &amp; accompaniment</p>	<p>Response  PO Box 287  Woodstock  VA 22664  540-459-5599 Office</p>	<p><a href="http://www.responseva.org/">www.responseva.org/</a></p>

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

**Wytheville**

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

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

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