Domestic Violence Awareness
You Can Be a Resource!

Healthy Relationships

Your relationship is healthy if:

- You trust your partner
- You make important decisions together
- You can spend time away from your partner
- Your partner encourages you to enjoy different activities
- Your partner likes you for who you are — not for what you look like
- You are not afraid to say what you think

How do I Support a Friend who has Experienced Domestic Violence?

- Accept his or her feelings
- Believe and reassure her or him
- Remind her/him that no one deserves to be assaulted
- Listen without judging or trying to "fix it"
- Remember that it is important for survivors to make their own decisions
- Encourage her/him to call a Domestic and Sexual Violence Center for support
- Take care of yourself. Call a Domestic and Sexual Violence Center to talk about your own feelings

If you or someone you know needs assistance, please consult the resources on the other side of this card.

Call us.

We are here to help!

Domestic Violence Resources
Northern Virginia

Alexandria Domestic Violence Program and Shelter
703-838-4911/ TTY VA Relay Service 711

ACTS-Turning Points (Prince William Co., Manassas City, Manassas Park, Woodbridge)
703-441-8606/TTY VA Relay Service 711

Arlington Violence Intervention Program
703-228-4848/TTY 703-228-1598

Bethany House of Northern Virginia
703-658-9500

Doorways for Women and Families (Arlington)
703-237-0881/TTY VA Relay Service 711

Artemis House
(Fairfax County Domestic Violence Shelter)
703-435-4940/TTY 703-435-1235

Inova Fairfax Hospital Domestic Violence Program
703-776-6799 /TTY VA Relay Service 711

Fairfax County Domestic and Sexual Violence Hotline
703-360-7273 /TTY 703-435-1235

Fairfax County Police Department, Victim Services Section (VSS)
703-246-2141/TTY 703-204-2264 (non-emergency)

Foundation for Appropriate and Immediate Temporary Help (FAITH)
571-323-2198

Loudoun Abused Women's Shelter
703-777-6552/TTY VA Relay Service 711

NOVACO (Transitional Housing Program)
703-218-3984

Fort Belvoir Victim Advocacy Program
703-805-2631/TTY VA Relay Service 711

Fort Myer Victim Advocacy Program
703-696-8463/TTY VA Relay Service 711

Time To Fly Foundation
877-570-9488

The Women's Center
703-281-2657

The Women's Support Group of Mount Vernon
571-263-6284

Virginia Statewide Domestic and Sexual Violence Hotline
800-838-VADV/ TTY 800-838-VADV

National Domestic Violence Hotline
800-799-SAFE/ TTY 800-787-3224