How You Can Help:

• Become a volunteer! We have a large team of committed volunteers who co-lead survivors’ and offenders’ groups, take crisis calls, accompany survivors for forensic nurse examinations, help with education and outreach programs, and provide administrative office assistance. If you are interested in volunteering, please contact our Volunteer Coordinator at 703-324-9495; TTY 703-324-5706.

• Counseling and batterer intervention internships are available for Master’s-level students in counseling, psychology, and social work.

• We welcome professionals and organizations that serve survivors of domestic and sexual violence to contact us for consultation. We are committed to a coordinated community response to violence.

For group or individual counseling, call 703-324-5730; TTY 703-324-5706 to request an appointment with a trained counselor.

All services are confidential, free (except for ADAPT), and provided regardless of race, gender, ethnicity, national origin, age, disability, religion, or sexual orientation.

Fairfax County is committed to nondiscrimination in all county programs, services and activities. Reasonable accommodations will be provided upon request. To request this information in an alternate format, call 703-324-5870; TTY 703-222-9452. A Fairfax County, VA. publication. July 2013
What Does Counseling Involve?
All counseling services are provided free of charge. A trained counselor will listen to you without judging and help you with healing, safety, and other issues related to your experiences with domestic and/or sexual violence. You can receive up to 10 weekly individual counseling sessions. The counselor will also help you find other services and resources to meet your needs.

You may also participate in group counseling. Groups run for 8 to 10 sessions and include peer support and education.

- **Women’s Domestic Violence Group**
  – Support and education to understand domestic violence and promote safety and healing. A children’s group is also available at the same time and place.

- **Children Matter!** – Held at the same time as the women’s domestic violence group. Support and education for children who have had domestic violence in their homes and families. There are separate groups for children and teens of different ages.

- **Trauma Survivors’ Coping Skills Group**
  – Teaching women who have been sexually abused or had other trauma to manage unpleasant emotions, gain a sense of security, and learn to thrive.

- **Men’s Survivors’ Group** – Support for men who want to understand and heal from sexual abuse they experienced in childhood.

Call 703-324-5730; TTY 703-324-5706 to request an appointment with a trained counselor. English and Spanish-speaking counselors are available. We also provide interpreters for other languages.

Who Is Eligible?
- You or a family member must have experienced domestic or sexual violence, stalking, or human trafficking.
- You must live in, work in, or have been abused or assaulted in Fairfax County or the Cities of Fairfax or Falls Church. (The Men’s Survivor Group does not require residency for participation.)
- Children are eligible for individual counseling services.
- Because our services are short-term, they are not appropriate for the following:
  - Persons with a serious mental illness who are not receiving psychiatric care or if the condition could make our services unhelpful or harmful;
  - Persons already in counseling or treatments elsewhere that could duplicate or conflict with our services, unless services are coordinated;
  - To treat issues arising from sexual abuse by a parent or immediate family member (incest).

Where Do I Go For Counseling?
You can meet with us in one of many locations throughout Fairfax County. When you call to request counseling, the counselor who works closest to your zip code will contact you.

How Long Is The Wait For Services?
Our goal is to return your call within one working day. To help us provide our services without delay, please call back promptly if you receive a voice message from us. Counseling can start within a few weeks or sooner from the time you speak with a counselor. Depending on demand, there might be a longer wait at a particular site.

Additional Services Include:
- **24-hour Hotline (domestic and sexual violence, stalking, and human trafficking)**
  Interpreters are available for hotline calls in any language 703-360-7273; TTY 703-435-1235.

- **Artemis House**
  Emergency shelter for domestic violence survivors and their families 703-435-4940; TTY 703-435-1235.

- **Domestic Violence Action Center (DVAC)**
  Advocacy center serving those affected by domestic violence and stalking; DVAC is located at the Fairfax County court complex 703-246-4573; TTY 711.

- **ADAPT (Anger and Domestic Abuse Prevention and Treatment)**
  *Fees are associated with this program. Batterer Intervention Program for those who commit domestic violence 703-968-4052; TTY 703-324-5706.

- **Mujeres Transformando Vidas**
  Educational group in Spanish for women, offered at several Family Resource Centers in Fairfax County 703-324-9483; TTY 703-324-5706.

- **Housing/Economic Specialist**
  Provides information for people affected by domestic violence who need help finding housing and employment 703-324-2842; TTY 703-324-5706.

- **Children’s Services**
  Provides information and resources for children impacted by domestic or sexual violence 703-324-2395; TTY 703-324-5706.

- **Court Specialist**
  Provides information about survivors’ legal rights and assistance accessing legal resources and the court system 703-246-3451; TTY 711.

- **Community Outreach and Education**
  Presentations to adults, teens, and children in various community settings 703-324-5730; TTY 703-324-5706.

- **Compassion Training for Couples in Conflict**
  A workshop for couples experiencing conflict in their relationship who are looking for peaceful, cooperative solutions 703-324-9484; TTY 703-324-5706.