

## AREA SUPPORT GROUPS

IF YOU OR SOMEONE YOU KNOW IS/ARE A VICTIM (S) OF DOMESTIC VIOLENCE  
THERE ARE SUPPORT GROUPS THAT CAN HELP.

### NORFOLK

#### **Domestic Violence Support**

Mondays: 6:00 pm . 7:30 pm  
(757) 622-6794

#### **Community Psychological Resources**

Therapeutic Support Group  
(This program takes some insurances)  
Mondays: 6:00 pm  
(757) 622-6794

### CHESAPEAKE

#### **PALS**

Tuesdays: 6:00 pm .  
(757) 382-8172

#### **H.E.R. Shelter**

Call for dates and times  
(757) 485-3384

### HAMPTON

#### **Transitions Family Violence Services**

Tuesdays: 6:00 pm - 7:30 pm  
(757) 722-2261

### VIRGINIA BEACH

#### **Group Samaritan House/Safe Harbor**

Thursdays: 6:30 pm . 7:30 pm  
(757) 631-0710 (Ask for intake)

### PORTSMOUTH

#### **H.E.R. Shelter**

7:30 pm Call for dates and times  
(757) 485-3384

### SUFFOLK/ ISLE OF WIGHT CO/ FRANKLIN/ SMITHFIELD / SOUTH HAMPTON CO / SURRY

#### **Geneive Shelter**

Thursdays: 6:00 pm . 7:30 pm  
1/800 969-4673- Hotline  
757.925.4365

**WOMEN IN CRISIS 24/7 HOTLINE (757) 625-5570**  
THESE GROUPS ARE FREE AND MOST OFFER FREE CHILD CARE  
CALL FOR MEETING LOCATIONS