Survivors of Sexual Assault Support Group

Age Requirements 16-21 18 and over Available 24/7 No Other Eligibility Criteria Women **Family** No **Intake Contact General Staff** Intake Contact Email info@ywca-shr.org **Intake Process** Telephone referral. For more information, please contact the administrative office at 757-625-4248. Report Problems Call the Agency Self Refer Yes YWCA of South Hampton Roads https://www.ywca-shr.org/ https://www.ywca-shr.org/what-we-do/counseling-services/support-groups/ Main (757) 625-4248 Phone Emergency (757) 226-9922 5215 Colley Avenue 23508 VA **United States**

Fee Structure

No Fee

Languages Spoken English

YWCA offers a support group for survivors of Sexual Assault. The group meets every Thursday from 5:30 pm until 7 pm. This peer support group is for sexual assault survivors who want to share their experiences and feelings with others who have also been through such trauma. Members are encouraged to share their experiences with one another while learning skills to elevate self-esteem, change negative patterns, increase mindfulness, and learn new coping strategies for trauma-related symptoms. This group is free to the public, and new members can join at any time.

Call the 24/7 YWCA Crisis Line at 757-226-9922.

Service Area(s)
Chesapeake City
,
Norfolk City
,
Portsmouth City
,
Virginia Beach City