

# 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