

## **Victim to Victim (V2V) Retreats**

Age Requirements

18 and over

Other Eligibility Criteria

Victims of sexual assault

Intake Process

Visit the website or call for information

Provider Refer

Yes

Self Refer

Yes

H-e-a-r-t, Inc.

<https://h-e-a-r-t.org/>

Main

(804) 829-2981

P O Box 1813

23187-1813 VA

United States

Languages Spoken

English

Victim to Victim (V2V) Retreats are offered periodically throughout the year. The retreats are designed in conjunction with victims of sexual assault to promote the unique bond between survivors and to foster emotional, mental, spiritual and physical healing. Retreat Motto is "From one survivor to another, bonded together; share your heart, lift your voice, speak out to reach out!" The retreats are peer to peer based and limited to six female participants. The retreat follows 3 phases. Phase I is five days in a large beach house; Phase II is a one day retreat; Phase III is a day of review, revise and resolve. Each participant must be recommended by their therapist.

The mission of H-E-A-R-T is to provide HOPE for victims of sexual assault through the provision of essential and therapeutic support, by affecting positive change in laws influencing their lives, and by educating both the public and professionals

commissioned to serve victims.

Service Area(s)

Nationwide

Email

[robanddeb@hughes.net](mailto:robanddeb@hughes.net)