## Anger and Domestic Abuse Prevention and Treatment, ADAPT

Age Requirements
No Age Requirement
Family
No
Intake Process
Call the office. Call the hotline if this is an emergency
Report Problems
Call the Agency
Self Refer
Yes
Domestic and Sexual Violence Services
https://www.fairfaxcounty.gov/familyservices/domestic-sexual-violence
https://www.fairfaxcounty.gov/familyservices/domestic-sexual-violence/anger-dom...
Main
(703) 968-4052

Phone Emergency
(703) 360-7273

TTY/TTD
(703) 324-5706

12000 Government Center Parkway
Suite 339
22035 VA
United States

Monday: 8:00 am-4:30 pm
Tuesday: 8:00 am-4:30 pm
Wednesday: 8:00 am-4:30 pm
Thursday: 8:00 am-4:30 pm
Friday: 8:00 am-4:30 pm
Saturday: Closed
Sunday: Closed
Languages Spoken

ADAPT is a state-certified batterer intervention program that features an 18-week psychoeducational group approach. ADAPT teaches emotional regulation skills to adult residents of Fairfax County and the cities of Falls Church and Fairfax who have been physically, emotionally, or sexually abusive to a spouse, partner, child, parent, or other family member.

ADAPT Participants are taught to prevent abuse through the development of compassion for themselves and others. ADAPT helps program participants learn to:

- Regulate anger and shame.
- Take responsibility for behavior and feelings.
- Let go of harmful blame.
- Accept not being in control of another person or situation.
- Develop safe and compassionate solutions to family conflicts.
- Assess the role of substances on thoughts, feelings, and behavior.

Groups are offered at Chantilly, Reston, Fairfax-Merrifield, and South County (Alexandria). Each group meets for 18 consecutive weeks, for two hours and occurs on one weekday evening per week, usually on Tuesdays, Wednesday, or Thursdays. Each group has a start time of either 6 pm or 7 pm, based on location.

Service Area(s)
Fairfax City
,

Fairfax County

Falls Church City

