

# **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

English

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Spanish

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

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Fairfax County

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Falls Church City