The Women’s Center

Did You Know?

♦ 33% of women in treatment have been the victims of sexual & physical violence
♦ 73% of women in treatment have suffered abuse by their partner
♦ 58% of women in treatment were victims of childhood physical abuse.

“My philosophy is that not only are you responsible for your life, but doing the best at this moment puts you in the best place for the next moment.”

_Oprah Winfrey, American television host, actress, producer, and philanthropist_

Start Your Journey - Contact Us Today

Program Goals

♦ To encourage and promote a drug-free lifestyle
♦ To empower women to develop healthy relationships with their children and other family members
♦ To provide groups to assist them with coping, stress management and manage everyday crises
♦ To provide information and assistance to ensure appropriate support for women as well as their infants and children
♦ To encourage the development of short and long term goals
♦ To facilitate emotional healing from past trauma
♦ To provide housing for women in active recovery
♦ To assist with educational pursuits
♦ To give pregnant women priority access to treatment services

Portsmouth Behavioral Healthcare Services

The Women’s Center

505 Washington St., Suite 700
7th Floor
Portsmouth, Virginia 23704
Telephone: (757) 393-8896
The Women's Intensive Outpatient Program (WIOP) provides groups for women in recovery to gain hope, self-advocacy, personal responsibility and support for friends and family.

In groups you will gain education about

- Relationships
- Relapse Prevention
- Wellness
- Embracing Life and Living
- Abuse Issues
- Parenting
- Children of Alcoholics
- Self Esteem
- Life Skills
- Job Readiness
- Coping with Depression
- Cultural Diversity
- Local resource agencies and programs to help you on your journey to recovery
- And much more!