



# Point of Hope Center Groups

OCTOBER 2017

*Drop-In Groups: Available for those grieving a loss at any time after the death of a loved one. There is no need to register for a drop-in group.*

## ALEXANDRIA, VA

Paul Spring Retirement Community  
7116 Fort Hunt Road  
Alexandria, VA 22307

### GENERAL GRIEF SUPPORT

**1st Wednesday monthly**  
**1:00 p.m. – 2:30 p.m.**

**For information:** Chesley Simpson, MSW;  
703-333-6954

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Capital Caring  
5845 Richmond Highway, Suite 150  
Alexandria, VA 22303

### MEN'S BREAKFAST GROUP

Facilitated by Chaplain James Connors

**2nd Tuesday monthly**  
**10:00 a.m. – 11:00 a.m.**

**For information:** Chesley Simpson, MSW;  
703-333-6954

## ASHBURN, VA

St. David's Episcopal Church  
Church office building  
43600 Russell Branch Pkwy  
Ashburn, VA 20147

### GRIEF SUPPORT

**2nd & 4th Wednesdays monthly**  
**1:00 p.m. – 2:00 p.m.**

**Facilitator:** Jamie L. Kent, LCSW; 703-957-1781

## FALLS CHURCH, VA

Capital Caring  
2900 Telestar Court  
Falls Church, VA 22042

### LOSS OF SPOUSE OR LIFE PARTNER SUPPORT

**1st & 3rd Sundays monthly**  
**2:00 p.m. – 3:30 p.m.**

**Facilitator:** Dianne Henry-Leggette, LCSW;  
703-531-6242

## FREDERICKSBURG, VA

Capital Caring  
111 Olde Greenwich Drive, Suite 101  
Fredericksburg, VA 22408

### NEXT STEP: FROM THE 2ND YEAR ON

**1st and 3rd Tuesdays monthly**  
**10:30 a.m. – 12:00 p.m.**

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### GRIEF SUPPORT FOR ADULTS

**1st and 3rd Thursdays monthly**  
**10:30 a.m. – 12:00 p.m.**

**Facilitator:** Kristi DiFilippo, LCSW;  
540-735-0972

## HAYMARKET, GAINESVILLE REGION

Sudley United Methodist Church  
5308 Sudley Road, 2nd Floor Conference Room  
Manassas, Virginia 20109

### LOSS OF SPOUSE SUPPORT

**1st Sunday Monthly, 2:30pm**

**Facilitator:** Roxanne Woodward, MSW;  
703-957-1867

## HERNDON, VA

Herndon Fortnightly Public Library  
768 Center Street, Conference Room  
Herndon, VA 20170

### GENERAL GRIEF SUPPORT

**1st & 3rd Wednesday monthly**  
**12:30 p.m. – 2:00 p.m.**

**For information:** Rosemary Viani, LCSW;  
703-957-1776

## LARGO REGION

Doctors Community Hospital  
2nd Floor Conference Room  
8118 Good Luck Road  
Lanham, Maryland 20706

### GENERAL GRIEF SUPPORT

**2nd Monday monthly**  
**11:00 a.m. – 12:30 p.m.**

**Facilitator:** Teyawanda Booker, LCSW-C;  
301-883-0866

## LEESBURG, VA

St. James Episcopal Church  
Leesburg, VA 20176  
14 Cornwall St., Janney Parlor, Leesburg, VA  
(Enter From parking lot on North St.)

### LOSS OF SPOUSE OR LIFE PARTNER SUPPORT

**2nd and 4th Tuesdays monthly**  
**7:00 p.m. – 8:30 p.m.**

**Facilitator:** Jamie L. Kent, LCSW; 703-957-1781

## MANASSAS AREA, VA

Location TBA

### TEA & COFFEE SOCIALIZATION GRIEF SUPPORT

**2nd and 4th Tuesdays monthly**  
**2:30 p.m. – 4:00 p.m.**

RSVP required at least 2 days prior to event

**Facilitator:** Roxanne Woodward, MSW;  
703-957-1867

## PRINCE WILLIAM AREA

### LOSS OF SPOUSE SUPPORT

McCoart Administrative Building  
One County Complex Court  
Lake Ridge, VA 22192

**2nd & 4th Sundays monthly**  
**2:00 p.m. – 4:00 p.m.**

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Manassas Senior Center  
9320 Mosby Street  
Manassas, VA 20110

**1st & 3rd Thursdays monthly,**  
**2:00 p.m. – 3:30 p.m.**

**Facilitator:** Karen Tyner, LCSW;  
ktyner@capitalcaring.org

## WARRENTON, VA

Fauquier Hospital  
500 Hospital Drive, Chestnut Conference Room  
Warrenton, VA 20186

### GENERAL GRIEF SUPPORT

**1st & 3rd Mondays monthly**  
**1:00 p.m. – 2:30 p.m.**

**Facilitator:** Roxanne Woodward, MSW;  
703-957-1867

# Holiday Grief Supports

## WASHINGTON, DC

### **COPING WITH GRIEF AT THE HOLIDAYS WORKSHOP**

Capital Caring  
50 F ST NW Suite 3300  
Washington, DC 20001

**Sunday, November 12, 2017**

**1:30 PM – 4:00 PM**

**Registration required:** Sara Kerai, LPC;  
202-327-8274

## FALLS CHURCH, VA

### **COPING WITH GRIEF DURING THE HOLIDAYS**

Capital Caring  
2900 Telestar Court  
Falls Church, VA 22042

**Saturday, November 18, 2017,**

**9:30 am – 12 noon**

**Registration required:** Dianne Henry-Leggette,  
LCSW; 703-531-6242

## HERNDON, VA

### **COPING WITH THE HOLIDAYS**

Support for Adults & separate session for  
children ages 7-17  
Herndon Fortnightly Public Library, Meeting  
Room 1 & 2

768 Center Street  
Herndon, VA 20170

**Saturday, November 18, 2017,**

**10:00 a.m. – 12:00 p.m.**

**To register:** Rosemary Viani, LCSW;  
703-957-1776 or rviani@capitalcaring.org

## FREDERICKSBURG, VA REGION

### **COPING WITH GRIEF DURING THE HOLIDAYS**

Capital Caring Office  
111 Olde Greenwich Dr., Suite 101  
Fredericksburg, VA 22408

**Sunday, November 19, 2017, 2 – 4 PM**

**RSVP requested:** Kristi DiFilippo, LCSW;  
540-735-0972

## PRINCE WILLIAM AREA

### **COPING WITH GRIEF DURING THE HOLIDAYS**

Central Community Library, Community Room  
8601 Mathis Avenue  
Manassas, VA 20110

**Sunday, November 19, 2017, 2 – 4 PM**

**RSVP requested:** Karen Tyner, LCSW;  
ktyner@capitalcaring.org

## WARRENTON, VA

### **COPING WITH THE HOLIDAYS**

Fauquier Hospital  
500 Hospital Drive, Chestnut Conference Room  
Warrenton, VA 20186

**Friday, December 8, 2017, 2:00 – 3:30 PM**

**Registration required 2 days prior:** Roxanne  
M. Woodward, MSW; 703-957-1867

# Workshops / Retreats / Special Activities

The following workshops are free but **registration is required unless otherwise indicated. Please call facilitator to register.**

## ARLINGTON REGION

### **CEREMONY OF REMEMBRANCE**

Dulin United Methodist Church  
513 E. Broad Street  
Falls Church, VA 22046

**Wednesday, October 4, 2017, 7:00 PM**

**For information:** Karen D. Kostreba, LCSW;  
703-351-2808

## WASHINGTON, DC

### **MINDFULNESS TECHNIQUES FOR COPING WITH GRIEF**

50 F Street, NW, Suite 3300  
Washington, DC 20001

**Friday, October 6, 2017, 10:00am-12noon**

**For registration:** Brey Cribbs, LGSW;  
202-327-8268

## WASHINGTON, DC

### **WORKSHOP FOR GRIEVING PRIMARY CAREGIVERS**

50 F ST NW, Suite 3300  
Washington, D.C. 20001

**Friday, October 13, 2017**

**10:00 AM – 12:00 PM**

**Registration required:** Sara Kerai, LPC;  
202-327-8274

## WASHINGTON, DC

### **ANNUAL CEREMONY OF REMEMBRANCE**

First Trinity Lutheran Church  
309 E ST NW  
Washington, D.C., 20001

**Saturday, October 21, 2017, 2:00 PM**

**RSVP required:** Sara Kerai, LPC; 202-327-8274

## FREDERICKSBURG, VA REGION

### **MIDDLE SCHOOL POINT OF HOPE CAMP (AGES 12-15)**

Glasgow Farm, Fredericksburg, VA

**Sunday, November 5, 2017, 10 am – 6 pm**

**For information/registration:** Tara Hoyt;  
thoyt@capitalcaring.org

## LARGO REGION

### **ANNUAL CEREMONY OF REMEMBRANCE**

Capital Caring  
1801 McCormick Drive, Suite 180  
Largo, MD 20774

**Monday, November 13, 2017, 6-7 PM**

**For information:** Teyawanda Booker, LCSW-C;  
301-883-086

## WASHINGTON, DC

### **GRIEVING THE CONFLICTED RELATIONSHIP**

50 F ST NW, Suite 3300  
Washington, D.C. 20001

**Friday, December 8, 2017**

**10:00 AM – 12:00 PM**

**Registration required:** Sara Kerai, LPC;  
202-327-8274

