

Point of Hope Center Groups

APRIL 2019

Drop-In Groups: Available for those grieving after the death of a loved one. No registration needed.



ADLER CENTER

Capital Caring, 24419 Millstream Drive, (downstairs conference room), Aldie, VA 20105

LOSS OF SPOUSE SUPPORT FOR AGE 30-55

2nd & 4th Wednesdays monthly, 6:30pm

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

ALEXANDRIA, VA

Paul Spring Retirement Community 7116 Fort Hunt Rd., Alexandria, VA 22307

GENERAL GRIEF SUPPORT

1st & 3rd Wednesdays monthly, 1-2:30pm

Facilitator: 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 Thursdays monthly, 2-3pm

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

FAIRFAX, VA

MONTHLY LUNCH BUNCH: CASUAL GATHERING FOR THOSE WHO HAVE LOST A SPOUSE OR LIFE PARTNER

Esposito's Restaurant, 9917 Fairfax Blvd., Fairfax, VA

2nd Wednesday monthly,

11:30am-1pm

Reservation required: Dianne Henry-Leggette at 703-531-6242

FALLS CHURCH, VA

Capital Caring, 2900 Telestar Court Falls Church, VA 22042

LOSS OF SPOUSE OR LIFE PARTNER SUPPORT

1st Sunday monthly, 2-3:30pm

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

FREDERICKSBURG, VA

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

GRIEF SUPPORT FOR ADULTS

1st and 3rd Thursdays monthly, 10:30am-12pm

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

HERNDON, VA

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

GENERAL GRIEF SUPPORT

1st & 3rd Wednesday monthly, 12:30-2pm

Facilitator: Rosemary Viani, LCSW; 703-957-1776

LARGO REGION

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

GENERAL GRIEF SUPPORT

2nd Monday monthly, 11am-12:30pm

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

CAPITAL CARING LARGO OFFICE

1801 McCormick Drive, Suite 180 Largo, MD 20774

WIDOWS AND WIDOWERS SUPPORT GROUP

3rd Tuesday monthly, 10-11:30am

Facilitator: Teyawanda Booker, LCSW-C; 301-808-5671

KIDS CONNECT

4th Saturday monthly, 10-11:30am

Facilitator: Salome Smalling, BCC; 301-808-5642

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 pm-8:30 pm

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

MCLEAN, VA

Immanuel Presbyterian Church 1125 Savile Lane, McLean, VA 22101

GENERAL GRIEF SUPPORT

1st & 3rd Wednesdays monthly, 1:30-3pm

Facilitator: Jennifer Lanouette, MSW; 703-351-2808

PRINCE WILLIAM AREA

Manassas Senior Center, 9320 Mosby Street, Longstreet Conf. Room, Manassas, VA 20110

LOSS OF SPOUSE SUPPORT

1st & 3rd Mondays monthly, 2-3:30pm

2nd & 4th Mondays monthly, 6:30-8pm

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

RICHMOND, VA

Capital Caring, 10800 Midlothian Turnpike, Suite 150, Richmond, VA 23235

GRIEF SUPPORT

2nd & 4th Thursdays monthly,

10:30am-12pm

Facilitator: Rob Brown, BCC; 804-601-3180

WARRENTON, VA

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

GENERAL GRIEF SUPPORT

1st & 3rd Mondays monthly, 1-2:30pm

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

Continues.

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**WARRENTON AREA
TEA & COFFEE SOCIALIZATION
GRIEF SUPPORT**

Location given upon registration
4th Tuesday monthly, 2-4pm
**Registration required at least 2 days
prior:** Roxanne Woodward, MSW;
703-957-1867

**WASHINGTON, DC
SUPPORT FOR GRIEVING CANCER
CAREGIVERS**

George Washington Hospital Medical
Faculty Associates, Katzen Board Room
(room 1-402), 1st floor, 2150 Pennsylvania
Ave., NW, Washington, DC 20037,
(Parking validation available for the
garage at 22nd and I St. NW)
1st Thursday monthly, 12-1pm
Facilitator: Varahi Kelsang, MA;
202-327-8274



Workshops / Retreats / Special Activities

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

**WASHINGTON, DC
HOW GRIEF CAN ENABLE US TO
CHANGE**

Smith Center for Healing and the Arts, 1632 U
St. NW, Washington, DC 20009
Thursday, April 4, 2019; 6:30-8:30pm
For registration: Varahi Kelsang, MA;
202-327-8268

**ALEXANDRIA, VA
FAITH, DEATH & MOURNING**

Facilitated by Chaplain Carla Thompson
Capital Caring, 5845 Richmond Highway,
Suite 150, Alexandria, VA 22303
Thursday, April 18, 2019; 2-3:30pm
Registration required: Chesley Simpson,
MSW; csimpson@capitalcaring.org

**WASHINGTON, DC
LENTEN SEASON AT THE NATIONAL
GALLERY**

National Gallery of Art, 6th and Constitution
Avenue, NW, Washington, DC 20565
Friday, April 19, 2019; 10:30am
For registration: Chesley Simpson, MSW;
csimpson@capitalcaring.org

**LARGO, MD
SCRAP AND CHAT—CREATING
MEMORIAL SCRAP BOOKS**

Capital Caring, 1801 McCormick Drive, Suite
180, Largo MD 20774
Tuesday, April 23, 2019, 6-8pm
Registration required: Salome Smalling, BCC;
301-808-5642

**ARLINGTON, VA
WIDOWERS COFFEE**

Panera Bread, 450 West Broad St.
Falls Church, VA
Wednesday, April 24, 2019; 10-11:30am
For registration: Monica Delaney, LPC,
703-908-5912

**ARLINGTON, VA
SPRING STROLLS**

Long Branch Nature Center, 625 S Carlin
Springs Road, Arlington, VA 22204
**Fridays, April 26 - May 31, 2019;
11am-12pm**
For information: Jennifer Lanouette, MSW;
703-351-2808

**WASHINGTON, DC
MOTHER LOSS WORKSHOP**

Capital Caring, 50 F ST NW, Suite 3300
Washington, DC 20001
Friday, May 3, 2019; 10am-12pm
For registration: Sara Kerai, LPC;
202-327-8274

**LOUDOUN REGION
CEREMONY OF REMEMBRANCE**

St. David's Episcopal Church, 43600 Russell
Branch Parkway, Ashburn, VA 20147
Saturday, May 4, 2019, 3pm
RSVP: Rosemary Viani, LCSW;
703-957-1776

**ALEXANDRIA, VA
MINDFULNESS WALKS**

Locations vary each week
Tuesdays in May 2019; 9:30am
For registration: Chesley Simpson, MSW;
csimpson@capitalcaring.org

**FAUQUIER/CULPEPER/
RAPPAHANNOCK AREA
HEALING WITH HORSES AND NATURE:
A GRIEF AND LOSS RETREAT**

Ages 6 to Adult
Royal Horseshoe Farm, 509 Morgan Ford
Lane, Front Royal, VA 22630
Saturday, July 20, 2019; 10am-5pm
Registration required: Roxanne Woodward,
MSW; 703-957-1867

4 to 8-Week Support Groups

The following support groups are free but **registration is required** and the number of participants is limited. The groups are designed for people whose loved one died at least three months prior to the first meeting. **Please call facilitator to register.**

**WASHINGTON, DC
JOURNALING-BASED GROUP FOR GRIEF
AND LOSS**

Capital Caring, 50 F ST NW, Suite 3300,
Washington, DC 20001
**Thursdays, April 25-May 30, 2019;
5:30-7pm**
For registration: Sara Kerai, LPC;
202-327-8274

**ALEXANDRIA, VA
LOSS OF SPOUSE OR LIFE PARTNER**

Capital Caring, 5845 Richmond Highway,
Suite 150, Alexandria, VA 22303
**Fridays, April 26 - June 14, 2019;
1:30-3pm**
For registration: Chesley Simpson, MSW;
703-333-6954

**ARLINGTON, VA
ADULTS WHO HAVE LOST A PARENT**

Halquist Memorial, 4715 15th St N.,
Arlington, VA
**Wednesdays, May 1-June 19, 2019;
6-8pm**
For registration: Jennifer Lanouette, MSW;
703-351-2808

View the monthly calendar online: www.capitalcaring.org/service/pointofhope