

# Point of Hope Center Groups

DECEMBER 2018



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

## ADLER CENTER

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

### LOSS OF SPOUSE SUPPORT FOR AGE 30-55

**2nd & 4th Wednesdays monthly, 6:30pm**  
**RSVP requested one day prior Dec.-Feb.**

**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 Wednesdays monthly, 1-2pm**

**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 Rd., 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,**  
**(meets 11/13 in Nov.), 10 - 11:30am**

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

### GRIEF 101

**4th Thursday monthly,**  
**(meets 11/15 in Nov.), 10 - 11:30am**

**Facilitator:** Salome Smalling, MA; 301-808-5642

### KIDS CONNECT

**4th Saturday monthly, 10 - 11:30am**

**Facilitator:** Salome Smalling, MA; 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 p.m. - 8:30 p.m.**

**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 (begins 1/16/19)**

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

## PRINCE WILLIAM AREA

Manassas Senior Center, 9320 Mosby St.,  
 Longstreet Conf Rm, Manassas, VA 20110

### LOSS OF SPOUSE SUPPORT

**1st & 3rd Mondays monthly; 2 - 3:30pm**  
**(no grp 1/21/19)**

**2nd & 4th Mondays monthly; 6:30 - 8pm**  
**(no grp 12/24/18)**

**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 Dr., Chestnut  
 Conference Rm., Warrenton, VA 20186

### GENERAL GRIEF SUPPORT

**1st & 3rd Mondays monthly, 1 - 2:30pm**  
**(no grp 1/21/19)**

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

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## WARRENTON AREA

### TEA & COFFEE SOCIALIZATION GRIEF SUPPORT

Location given upon registration

**4th Tuesday monthly, 2 - 4pm  
(no grp 12/25/18)**

**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

## 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.**

## FALLS CHURCH, VA

### ADULTS WHO HAVE LOST A PARENT

Capital Caring  
2900 Telestar Court  
Falls Church, VA 22042

**Thursdays, January 31 - March 21, 2019;  
6-8pm**

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

## FALLS CHURCH, VA

### WHEN GRIEF IS SHARED: SUPPORT FOR PARENT & THEIR CHILD AGES 6-12

Capital Caring  
2900 Telestar Ct.  
Falls Church, VA 22042

**Tuesdays, February 12 & 26,  
March 12 & 26, 2019; 4:30-6pm**

**For registration:** Monica Delaney, LPC;  
703-908-5912

## Workshops / Retreats / Special Activities

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

## WARRENTON, VA

### PAINT AWAY THE BLUES ON A HOLIDAY ORNAMENT

Earth Glaze and Fire  
80 Main Street  
Warrenton, VA 20186

**Saturday, December 1, 2018; 1-3PM**

**Registration required:** Roxanne Woodward,  
MSW; 703-957-1867

## PRINCE WILLIAM AREA

### HOW TO SURVIVE THE "HAPPY HOLIDAYS" WHILE GRIEVING

Manassas Senior Center  
9320 Mosby Street, Longstreet Conf Rm  
Manassas, VA 20110

**Sunday, December 2, 2018; 2-4pm**

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

## ARLINGTON, VA

### COPING WITH GRIEF DURING THE HOLIDAYS

Arlington Central Library  
1015 N Quincy St.  
Arlington, VA 22201

**Monday, December 3, 2018; 1-2pm**

**For information:** Jennifer Lanouette, MSW;  
703-351-2808

## ARLINGTON, VA

### WIDOWERS COFFEE

Panera Bread  
450 W Broad St.  
Falls Church, VA 22046

**Wednesday, December 5, 2018; 10am**

**Registration required:** Monica Delaney, LPC;  
703-908-5912

## ALEXANDRIA, VA

### HOLIDAY WORKSHOP SERIES

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

**Thursdays, December 6, 13, & 20, 2018;  
1:30-3pm**

**Registration requested:** Chesley Simpson,  
MSW; csimpson@capitalcaring.org

## FREDERICKSBURG, VA

### COPING WITH GRIEF AND THE HOLIDAYS DINNER & WORKSHOP

All Ages Welcome  
Fredericksburg United Methodist Church  
308 Hanover Street  
Fredericksburg, VA 22401

**Thursday, December 6, 2018; 6-8:30pm**

**Registration required:** Mary Beaven, LCSW;  
mbeaven@capitalcaring.org

## CENTREVILLE, VA

Centreville Regional Library, Conf. Rm  
14200 St. Germain Drive  
Centreville, VA 20121

### HOW TO SURVIVE ALL THE 'HAPPY HOLIDAYS' WHILE GRIEVING

**Friday, December 7, 2018; 1:30-3pm**

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

## WARRENTON, VA

### COPING WITH THE HOLIDAYS DINNER & DISCUSSION

McMahon's Irish Pub & Restaurant  
380 Broadview Avenue  
Warrenton, VA 20186

**Sunday, December 9, 2018; 6pm**

**Registration required:** Roxanne Woodward,  
MSW; 703-957-1867

## CULPEPER, VA

### COPING WITH THE HOLIDAYS TEA, COFFEE & DISCUSSION

Miss Minerva's Tea Room  
167 East Davis Street  
Culpeper, VA 22701

**Friday, December 21, 2018; 1pm**

**Registration required:** Roxanne Woodward,  
MSW; 703-957-1867

## ALEXANDRIA, VA

### FAITH, DEATH & MOURNING

Facilitated by Chaplain Carla Thompson  
Capital Caring  
5845 Richmond Highway; Suite 150  
Alexandria, VA 22303

**Thursdays, January 17, February 21,  
March 21 & April 18, 2019; 2-3:30pm**

**Registration required:** Chesley Simpson,  
MSW; csimpson@capitalcaring.org

## WASHINGTON, DC

### WORKSHOP FOR GRIEVING PRIMARY CAREGIVERS

Capital Caring  
50 F ST NW Suite 3300  
WASHINGTON DC 20001

**Friday, February 8, 2019; 10am-12pm**

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



PALLIATIVE CARE | COUNSELING | HOSPICE

View the monthly calendar online: [www.capitalcaring.org/service/pointofhope](http://www.capitalcaring.org/service/pointofhope)