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
**WALKING TOGETHER: LOSS OF SPOUSE OR LIFE PARTNER SUPPORT**
2nd & 4th Sundays monthly, 2pm
Facilitator: Roxanne Woodward, MSW; 703-957-1867

**ALEXANDRIA, VA**
Capital Caring, 5845 Richmond Highway, Suite 150, Alexandria, VA 22303
**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 bldg., 43600 Russell Branch Pkwy., Ashburn, VA 20147
**GRIEF SUPPORT**
2nd & 4th Thursdays monthly, 2-3pm (no group 12/26)
Facilitator: Jamie L. Kent, LCSW; 703-957-1781

**FAIRFAX, VA**
Insight Memory Care Center, 3953 Pender Dr., Suite 100, Fairfax, VA 22030
**GRIEF SUPPORT FOR LOSS DUE TO DEMENTIA**
1st Monday monthly, 10am
Facilitator: Mike Ridge, LCSW; 703-531-6242

**FAIRFAX, VA**
Esposito’s Restaurant, 9917 Fairfax Blvd., Fairfax, VA
**MONTHLY LUNCH BUNCH: CASUAL GATHERING FOR THOSE WHO HAVE LOST A SPOUSE OR LIFE PARTNER**
2nd Wednesday monthly, 11:30am-1pm
Reservation required: Mike Ridge, LCSW; 703-531-6242

**FALLS CHURCH, VA**
Panera Bread
450 W Broad St., Falls Church, VA 22046
**WIDOWERS COFFEE**
2nd Monday monthly, 10am
Registration required: Mike Ridge, LCSW; 703-531-6242

**FREDERICKSBURG, VA**
Capital Caring, 111 Olde Greenwich Drive, Suite 101, Fredericksburg, VA 22408
**GRIEF SUPPORT FOR ADULTS**
2nd & 4th Sundays Monthly, 10-11:30am
Facilitator: Kristi DiFilippo, LCSW; 540-735-0972

**HERDON, VA**
Herndon Fortnightly Public Library, 768 Center Street, Conf. Rm., Herndon, VA 20170
**GENERAL GRIEF SUPPORT**
1st & 3rd Wednesday monthly, 12:30-2pm
Facilitator: Rosemary Viani, LCSW; 703-957-1776

**KING GEORGE, VA**
L. E. Smoot Memorial Library
9533 Kings Highway
King George, VA 22485
**GRIEF SUPPORT FOR ADULTS**
2nd & 4th Wednesdays monthly, 10:30-11:30am
Facilitator: Kristi DiFilippo, LCSW; 540-735-0972

**LARGO REGION**
Doctors Community Hospital, 2nd Floor, Conf. Rm., 8118 Good Luck Rd., Lanham, MD 20706
**GENERAL GRIEF SUPPORT**
2nd Monday monthly, 11am-12:30pm
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**
(no group 12/24)
Facilitator: Jamie L. Kent, LCSW; 703-957-1781

**MCLEAN, VA**
Immanuel Presbyterian Church
1125 Savile Lane, McLean, VA 22101
**GENERAL GRIEF SUPPORT**
Wed., Dec. 4 (final group), 2019; 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 (No group 12/23)
Facilitator: Karen Tyner, LCSW; ktyner@capitalcaring.org

**WARRENTON, VA**
Fauquier Hospital, 500 Hospital Drive, Chestnut Conference Room, Warrenton, VA 20186
**EASE A GRIEVING HEART: BEREAVEMENT SUPPORT FOR ADULTS**
1st & 3rd Tuesdays monthly; 7–8:30pm
Facilitator: S. Sabrina St. Clair, DMin; 202-327-8296
Workshops / Retreats / Special Activities
The following workshops are free but registration is required unless otherwise indicated. Please call facilitator to register.

ARLINGTON, VA
SURVIVING THE POST-HOLIDAY BLUES
Arlington Central Library, 1015 N Quincy Street, Arlington, VA 22201
Monday, January 6, 2020; 1:30-2:30pm
For information: Jennifer Lanouette, MSW; 703-351-2808

WASHINGTON, DC
GRIEF 101
Capital Caring, 50 F Street NW, Suite 3300 Washington, DC 20001
Monday, January 13, 2020; 12 - 1pm
Registration required: S. Sabrina St. Clair, DMIn; 202-327-8296

FALLS CHURCH, VA
NEW YEAR, CHANGED SELF—VISIONBOARD FOR 2020
Capital Caring, 3180 Fairview Park Dr. Falls Church, VA 22042
Saturday, January 25, 2020; 10am-12pm
Registration required: Jennifer Lanouette, MSW; 703-351-2808

FALLS CHURCH, VA
CEREMONY OF REMEMBRANCE
Dulin Methodist Church, 513 East Broad Street Falls Church, VA 22046
Wednesday, February 5, 2020; 7pm
For information: Mike Ridge, LCSW; 703-531-6242

ARLINGTON, VA
GRIEF SUPPORTS FOR THE UPCOMING HOLIDAYS

WARRENTON, VA
COPING WITH LOSS DURING THE HOLIDAYS
Fauquier Hospital, 500 Hospital Dr, Chestnut Conference Room, Warrenton, VA 20186
Monday, December 2, 2019; 2:30-4pm
Registration required: Roxanne Woodward, MSW; 703-957-1867

FREDERICKSBURG, VA
COPING WITH GRIEF AND THE HOLIDAYS
Dinner & Workshop, All Ages Welcome 308 Hanover Street, Fredericksburg, VA 22401 Space is limited.
Thursday December 5, 2019; 6:30-8:30pm
Registration required: Mary Beaver, LCSW, mbeaver@capitalcaring.org

WASHINGTON, DC
CHRISTMAS AT THE NATIONAL GALLERY
National Gallery of Art, 6th & Constitution Ave., NW, Washington, DC 20565 Friday, December 6, 2019; 10:30 am
Registration required: Chesley Simpson, MSW; 703-333-6954

WARRENTON, VA
COPING WITH LOSS DURING THE HOLIDAYS
Fauquier Hospice Support, 42 N. 5th Street, Conference Room, Warrenton, VA 20186
Saturday, December 7, 2019, 2-4 pm
Registration required: Roxanne Woodward, MSW; 703-957-1867

ALEXANDRIA, VA
SELF-CARE THROUGH THE HOLIDAYS
Capital Caring, 5845 Richmond Hwy; Suite 150 Alexandria, VA 22303
Friday, December 13, 2019 2-3:30pm
RSVP: Chesley Simpson, MSW; 703-333-6954

CULPEPER, VA
COPING WITH LOSS DURING THE HOLIDAYS
Culpeper Library Conference Room 271 Southgate Shopping Center, Culpeper, VA 22701
Thursday, December 19, 2019; 2-4pm
Registration required: Roxanne Woodward, MSW; 703-957-1867

WASHINGTON, DC
ADJUSTING TO LOSS AND CHANGE
Sibley Memorial Hospital Renaissance Building—D
Sibley Hospital Renaissance Building: Ground Floor, Conference Rm. #4 5257 Loughboro Rd., NW Washington DC 20016
Thursdays, March 5-26, 2020; 1-2:30pm
Registration required: Call Varahi Kelsang, MA; 202-327-8268

FALLS CHURCH, VA
YOUNG ADULTS WHO HAVE LOST A PARENT
Capital Caring Health 3180 Fairview Park Dr., Ste. 100 Falls Church, VA 22042
Tuesdays, January 21–March 10, 2020; 4:30-6:30pm
For registration: Brooke Johnson, LCSW; 703-538-2032

FALLS CHURCH, VA
GRIEF & TRANSFORMATION: LOSS OF SPOUSE OR LIFE PARTNER
Capital Caring Health 3180 Fairview Park Dr. Falls Church, VA 22042
Fridays, February 7–March 27, 2020; time TBA
For registration: Mike Ridge, LCSW; 703-571-6242

WASHINGTON, DC
LOSS OF SPOUSE OR PARTNER
Walter Reed Community Center 2909 18th St. S Arlington, VA 22204
Tuesdays, January 14–March 3, 2020; 4:30-6:30pm
Registration required: Jennifer Lanouette, MSW; 703-351-2808

WASHINGTON, DC
ADJUSTING TO LOSS AND CHANGE
Sibley Memorial Hospital Renaissance Building—D
Sibley Hospital Renaissance Building: Ground Floor, Conference Rm. #4 5257 Loughboro Rd., NW Washington DC 20016
Thursdays, March 5-26, 2020; 1-2:30pm
Registration required: Call Varahi Kelsang, MA; 202-327-8268

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.

ARLINGTON, VA
LOSS OF SPOUSE OR PARTNER
Walter Reed Community Center 2909 18th St. S Arlington, VA 22204
Tuesdays, January 14–March 3, 2020; 4:30-6:30pm
Registration required: Jennifer Lanouette, MSW; 703-351-2808

FALLS CHURCH, VA
LOSS OF SPOUSE OR PARTNER
Archer Memorial Building, 5000 S. Jefferson St., Falls Church, VA 22046
Tuesdays, February 5–April 2, 2019; 4:30-6:30pm
Registration required: Mike Ridge, LCSW; 703-571-6242

WASHINGTON, DC
ADJUSTING TO LOSS AND CHANGE
Sibley Memorial Hospital Renaissance Building—D
Sibley Hospital Renaissance Building: Ground Floor, Conference Rm. #4 5257 Loughboro Rd., NW Washington DC 20016
Thursdays, March 5-26, 2020; 1-2:30pm
Registration required: Call Varahi Kelsang, MA; 202-327-8268

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