

Point of Hope Center Groups

FEBRUARY 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
RSVP requested one day prior

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 (no grp 2/18/19)

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

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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



PALLIATIVE CARE | COUNSELING | HOSPICE

Workshops / Retreats / Special Activities

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

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

WOODBIDGE, VA COPING WITH GRIEF AND WINTER BLUES

Chinn Park Regional Library
13065 Chinn Park Drive
Woodbridge, VA 22192
Friday, February 8, 2019, 1:30-3pm
For registration: Chesley Simpson, MSW;
703-333-6954

ALEXANDRIA, VA FAITH, DEATH & MOURNING

Facilitated by Chaplain Carla Thompson
Capital Caring
5845 Richmond Highway, Suite 150
Alexandria, VA 22303
**Thursdays, February 21, March 21 &
April 18, 2019, 2-3:30pm**
Registration required: 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, February 26, 2019,
10am-12pm; Tuesday, April 23, 2019,
6-8pm**
Registration required: Salome Smalling, BCC;
301-808-5642

GRIEF 101
1801 McCormick Drive, Suite 180
Largo, MD 20774
Thursday, March 7, 2019, 6-7:30pm
Registration required: Salome Smalling, BCC;
301-808-5642

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

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

ARLINGTON, VA LOSS OF SPOUSE OR PARTNER

Halquist Memorial
4715 15th St N.
Arlington, VA
**Mondays, February 4—March 25, 2019;
1:30-3:30pm**
For registration: Jennifer Lanouette, MSW;
703-351-2808

LARGO, MD NEW BEGINNINGS: LIFE AFTER THE FIRST YEAR

Capital Caring
1801 McCormick Drive, Suite 180
Largo, MD 20774
**Thursdays, February 7—March 28,
10am-12pm**
Registration required: Teyawanda Booker,
LCSW-C; 301-883-0866

FALLS CHURCH, VA WHEN GRIEF IS SHARED: SUPPORT FOR PARENT & THEIR CHILD AGES 6-12

Capital Caring
2900 Telestar Court
Falls Church, VA 22042
**Tuesdays, February 12 & 26,
March 12 & 26, 2019; 4:30-6pm**
For registration: Monica Delaney, LPC;
703-908-5912

ALEXANDRIA, VA BOOK STUDY: FINAL GIFTS

Capital Caring
5845 Richmond Highway, Suite 150
Alexandria, VA 22303
**Fridays: February 15, March 1 & 15,
April 5, 2019; 2-3:30pm**
Registration required: Chesley Simpson,
MSW; 703-333-6954

WASHINGTON, DC CREATING HEALTHY WAYS TO COPE WITH LOSS

Capital Caring
50 F ST NW, Suite 3300
Washington, DC 20001
**Tuesdays, March 5—April 9, 2019;
6:30-8pm**
For registration: Varahi Kelsang, MA;
202-327-8268

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