

Point of Hope Center Groups

JANUARY 2019



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 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 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, 10 – 11:30am
Facilitator: Teyawanda Booker, LCSW-C;
 301-808-5671

GRIEF 101

4th Thursday monthly, 10 – 11:30am
Facilitator: Salome Smalling, BCC;
 301-808-5642

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 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 Room, 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
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

Continues.

Continued.

**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.**

**ALEXANDRIA, VA
COPING WITH GRIEF IN THE NEW YEAR**

Hollin Hall Senior Center
1500 Shenandoah Road
Alexandria, VA 22308
**Wednesday, January 9, 2019;
1 - 2:30pm**
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, 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

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

Smith Center for Healing and the Arts
1632 U Street, 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

**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

**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



PALLIATIVE CARE | COUNSELING | HOSPICE

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