

# Point of Hope Center Groups

JULY 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

### **WALKING TOGETHER: LOSS OF SPOUSE OR LIFE PARTNER SUPPORT**

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

## 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:** Brooke Johnson, LCSW;  
703-538-2032

## FREDERICKSBURG, VA

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

### **GRIEF SUPPORT FOR ADULTS**

**2nd & 4th Tuesdays Monthly,  
10-11:30am**

**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

## 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 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

## 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 group July 1)**

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

**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 AGE 21 & OVER**

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

**Facilitator:** 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  
(No group July 4, group will meet on  
July 18)**

**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.**

### LARGO, MD

#### **PIECING IT TOGETHER: QUILTING THROUGH GRIEF**

Capital Caring  
1801 McCormick Dr., Suite 180  
Largo, MD 20774

**Mondays, July 8-29, 2019;  
1-3:30 pm**

**Registration required:** Jessica Cabness,  
LCSW-C; 301-808-5644

### WASHINGTON, DC

#### **MINDFULNESS AND LOSS**

Sibley Memorial Hospital,  
Medical Building A  
2nd Floor Conference Room #5  
5255 Loughboro Rd. NW  
Washington DC 20016

**Thursdays September 12-October  
17, 2019; 6:30-8pm**

**Registration required:** Varahi Kelsang,  
MA; 202-327-8268

## Workshops / Retreats / Special Activities

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

### ALEXANDRIA, VA

#### **SUMMER BOOK CLUB FOR WIDOWS**

Capital Caring  
5945 Richmond Highway, Suite 150  
Alexandria, VA 22303

**Fridays, July 12, August 9, 2019;  
1:30-3pm**

**For registration:** Chesley Simpson, MSW;  
csimpson@capitalcaring.org

### ALEXANDRIA, VA

#### **UNDERSTANDING GRIEF THROUGH MUSIC**

Capital Caring  
5945 Richmond Highway, Suite 150  
Alexandria, VA 22303

**Thursdays, July 18, August 15, 2019;  
2-3:30 pm**

**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, July 23, 2019; 10am-12pm**

**Registration required:** Salome Smalling, BCC;  
301-808-5642

### WASHINGTON, DC

#### **RE-ADJUSTING TO WORK AFTER A LOSS**

Capital Caring  
50 F St. NW, Suite 3300  
Washington, DC 20001

**Friday, July 26, 2019; 10am-12pm**

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

### WASHINGTON, DC

#### **WORKSHOP FOR GRIEVING PRIMARY CAREGIVERS**

Capital Caring  
50 F St. NW, Suite 3300  
Washington, DC 20001

**Friday, August 9, 2019; 10am-12pm**

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

### WASHINGTON, DC

#### **GETTING OUT OF YOUR HEAD—USING MOVEMENT & DANCE**

To Express our Experiences  
Smith Center for Healing and the Arts  
1632 U St. NW  
Washington DC 20009

**Wednesday, August 14, 2019; 6:30-8pm**

**For registration:** Varahi Kelsang, MA;  
202-327-8268

### ARLINGTON, VA

#### **WIDOWERS COFFEE**

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

**Tuesday, August 20, 2019; 10am**

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

