

Point of Hope Center Groups

JUNE 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 (No group June 3)

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

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, 10am-12pm

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 group June 3, July 1)

2nd & 4th Mondays monthly, 6:30-8pm (No group June 10)

Facilitator: Karen Tyner, LCSW; ktyner@capitalcaring.org

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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

NEW BEGINNINGS: LIFE AFTER THE FIRST YEAR

Capital Caring
1801 McCormick Drive, Suite 180
Largo, MD 20774

**Thursdays, June 6 – August 1, 2019;
10am-12pm**

Registration required: Teyawanda Booker,
LCSW-C; 301-883-0866

Workshops / Retreats / Special Activities

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

ARLINGTON, VA

SUMMER STROLLS

Long Branch Nature Center
625 S Carlin Springs Road
Arlington, VA 22204

**Mondays, June 3-24, 2019;
9:30-10:30am**

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

LARGO, MD

GRIEVING THE LOSS OF YOUR FATHER

Capital Caring
1801 McCormick Drive, Suite 180
Largo, MD 20774

Tuesday, June 11, 2019; 6-8pm

Registration required: Teyawanda Booker,
LCSW-C; 301-883-0866

LARGO, MD

GRIEF 101

Capital Caring
1801 McCormick Drive, Suite 180
Largo, MD 20774

Thursday, June 13, 2019; 6-7:30pm

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

ALEXANDRIA, VA

SUMMER BOOK CLUB FOR WIDOWS

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

**Fridays, June 14, July 12, August 9,
2019; 1:30-3pm**

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

WOODBRIIDGE, VA

GRIEF 101

Chinn Park Regional Library
13065 Chinn Park Drive
Woodbridge, VA 22192

Wednesday, June 19, 2019; 2-3:30pm

For registration: Jenna Menon, LCSW;
703-957-1861

ALEXANDRIA, VA

UNDERSTANDING GRIEF THROUGH MUSIC

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

**Thursdays, June 20, July 18,
August 15, 2019; 2-3:30pm**

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

ARLINGTON, VA

SUMMER SOUL-STICE: SONGS & REMEMBRANCE GATHERING

Halquist Memorial
4715 15th St N.

Arlington VA 22205

(In outdoor garden gazebo)

Friday, June 21, 2019; 6pm

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

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