

Point of Hope Center Groups

MARCH 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

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

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

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



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.**

LARGO, MD

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

ALEXANDRIA, VA

FAITH, DEATH & MOURNING

Facilitated by Chaplain Carla Thompson
Capital Caring, 5845 Richmond Highway,
Suite 150, Alexandria, VA 22303

**Thursdays, March 21 & April 18, 2019;
2-3:30pm**

Registration required: Chesley Simpson,
MSW; csimpson@capitalcaring.org

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

LARGO, MD

SCRAP AND CHAT—CREATING MEMORIAL SCRAP BOOKS

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

Tuesday, April 23, 2019, 6-8pm

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

ARLINGTON, VA

WIDOWERS COFFEE

Panera Bread, 450 West Broad St.
Falls Church, VA

Wednesday, April 24, 2019; 10-11:30am

For registration: Monica Delaney, LPC,
703-908-5912

ARLINGTON, VA

SPRING STROLLS

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

**Fridays, April 26 - May 31, 2019;
11am-12pm**

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

WASHINGTON, DC

MOTHER LOSS WORKSHOP

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

Friday, May 3, 2019; 10am-12pm

For registration: Sara Kerai, LPC;
202-327-8274

LOUDOUN REGION

CEREMONY OF REMEMBRANCE

St. David's Episcopal Church
43600 Russell Branch Parkway
Ashburn, VA 20147

Saturday, May 4, 2019, 3pm

RSVP: Rosemary Viani, LCSW; 703-957-1776

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.**

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

FAIRFAX, VA

LOSS OF SPOUSE OR LIFE PARTNER

Location TBA

Tuesdays, April 23-June 11, 2019; 6-8pm

For registration: Brooke Johnson, LCSW;
703-538-2032

WASHINGTON, DC

JOURNALING-BASED GROUP FOR GRIEF AND LOSS

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

Thursdays, April 25-May 30, 2019; 5:30-7pm

For registration: Sara Kerai, LPC;
202-327-8274

ALEXANDRIA, VA

ADULTS WHO HAVE LOST A LOVED ONE

Capital Caring
5845 Richmond Highway, Suite 150
Alexandria, VA 22303

Fridays, April 26-June 14, 2019; 1:30-3pm

For registration: Chesley Simpson, MSW;
703-333-6954

ARLINGTON, VA

ADULTS WHO HAVE LOST A PARENT

Halquist Memorial
4715 15th St. N., Arlington, VA

Wednesdays, May 1-June 19, 2019; 6-8pm

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

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