

Point of Hope Center Groups

MAY 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

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

**(STARTS JUNE 12, 2019) 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, 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 group June 3)**

**2nd & 4th Mondays monthly, 6:30-8pm
(No group May 27; group will meet on
Wed, May 29. 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

GENERAL GRIEF SUPPORT

**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

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.**

ARLINGTON, VA

SPRING STROLLS

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

Fridays, May 3 - 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

ALEXANDRIA, VA

MINDFULNESS WALKS

Locations vary each week

Tuesdays in May 2019; 10am

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

LARGO REGION

MOTHER LOSS WORKSHOP FOR ADULTS

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

Saturday, May 11, 2019, 10am-12pm

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

ALEXANDRIA, VA

UNDERSTANDING GRIEF THROUGH MUSIC

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

**Thursdays, May 16, June 20, July 18,
August 15, 2019; 2-3:30 pm**

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

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

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

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



PALLIATIVE CARE | COUNSELING | HOSPICE

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