

Point of Hope Center Groups

NOVEMBER 2018

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

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 Wednesdays monthly, 1-2pm

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 Wednesday in Nov.: 3-4:30 pm

3rd Wednesday in Nov.: no group

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, (meets 11/13 in Nov.), 10 – 11:30am

Facilitator: Teyawanda Booker, LCSW-C; 301-808-5671

GRIEF 101

4th Thursday monthly, (meets 11/15 in Nov.), 10 – 11:30am

Facilitator: Salome Smalling, MA; 301-808-5642

KIDS CONNECT

4th Saturday monthly, 10 – 11:30am

Facilitator: Salome Smalling, MA; 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 Rm, 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 Dr., Chestnut Conference Rm., Warrenton, VA 20186

GENERAL GRIEF SUPPORT

1st & 3rd Mondays monthly, 1 – 2:30pm

Facilitator: Roxanne Woodward, MSW; 703-957-1867

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.**

LARGO MD

GRIEVING DURING THE HOLIDAY SEASON

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

**Thursday, November 1, 2018;
10-11:30am**

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

CULPEPER, VA

COPING WITH THE HOLIDAYS TEA, COFFEE & DISCUSSION

Miss Minerva's Tea Room
167 East Davis Street
Culpeper, VA 22701

Fridays, November 2 and December 21, 2018; 1pm

Registration required: Roxanne Woodward, MSW; 703-957-1867

ALEXANDRIA, VA

COPING WITH GRIEF DURING THE HOLIDAYS

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

**Saturday, November 3, 2018;
10am-12pm**

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

LARGO MD

CEREMONY OF REMEMBRANCE

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

Thursday, November 8, 2018; 6-7pm

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

WASHINGTON, D.C.

COPING WITH THE HOLIDAYS WHILE GRIEVING

Capital Caring
50 F ST NW Suite 3300
Washington, DC 20001

**Saturday, November 10, 2018;
10am-12pm**

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

WARRENTON, VA

COPING WITH THE HOLIDAYS LUNCH & DISCUSSION

Trinity Lutheran Church
276 Cleveland Street
Warrenton, VA 20186

Sunday, November 11, 2018; 1-3pm

Registration required: Roxanne Woodward, MSW; 703-957-1867

RICHMOND, VA

ANNUAL CEREMONY OF REMEMBRANCE

Discovery Village
9801 Harmony Woods Way
Henrico, VA 23233

Wednesday, November 14, 2018; 5pm

RSVP to: Rob Brown, BCC; 804-601-3180

WASHINGTON, D.C.

COPING WITH THE GRIEF AND LOSS OF A LOVED ONE

Smith Center for Healing and the Arts
1632 U Street NW
Washington, DC 20009

Thursday, November 15, 2018;

6:30-8:30pm

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

CENTREVILLE, VA

Centreville Regional Library, Conf. Rm
14200 St. Germain Drive
Centreville, VA 20121

BEING THANKFUL AT THANKSGIVING WHILE GRIEVING

Friday, November 16, 2018; 2:30-4pm

HOW TO SURVIVE ALL THE 'HAPPY HOLIDAYS' WHILE GRIEVING

Friday, December 7, 2018; 1:30-3pm

RSVP to: Karen Tyner, LCSW; ktyner@capitalcaring.org

FALLS CHURCH, VA

COPING WITH GRIEF DURING THE HOLIDAYS

Capital Caring
2900 Telestar Court
Falls Church, VA 22042

**Saturday, November 17, 2018;
9:30am-12pm**

Registration required: Dianne Henry-Leggette; 703-531-6242

STERLING, VA

HOLIDAY GRIEF WORKSHOP FOR ADULTS & CHILDREN AGES 7-17

Cascades Library, Mtg Rooms A & B
21030 Whitfield Place
Sterling, VA 20165

Saturday, November 17, 2018; 1-3pm

To register: Rosemary Viani, LCSW; 703-957-1776

ARLINGTON, VA

FAMILY FRIENDLY HOLIDAY CRAFT MAKING

Halquist Memorial
4715 15th St N, Arlington, VA 22205

**Wednesday, November 28, 2018;
6-7:30pm**

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

WASHINGTON, D.C.

CHRISTMAS AT THE NATIONAL GALLERY

Facilitated by Chaplain Carla Thompson
National Gallery of Art
6th & Constitution Ave, NW
Washington, DC 20565

**Thursday, November 29, 2018;
10:30 am**

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

WARRENTON, VA

PAINT AWAY THE BLUES ON A HOLIDAY ORNAMENT

Earth Glaze and Fire
80 Main Street
Warrenton, VA 20186

Saturday, December 1, 2018; 1-3PM

Registration required: Roxanne Woodward, MSW; 703-957-1867

PRINCE WILLIAM AREA

HOW TO SURVIVE THE "HAPPY HOLIDAYS" WHILE GRIEVING

Manassas Senior Center
9320 Mosby Street, Longstreet Conf Room
Manassas, VA 20110

Sunday, December 2, 2018; 2-4pm

For registration: Karen Tyner, LCSW; ktyner@capitalcaring.org

Workshops / Retreats / Special Activities (continued)

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

ARLINGTON, VA

COPING WITH GRIEF DURING THE HOLIDAYS

Arlington Central Library
1015 N Quincy St.
Arlington, VA 22201

Monday, December 3, 2018; 1-2pm

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

ARLINGTON, VA

WIDOWERS COFFEE

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

Wednesday, December 5, 2018; 10am

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

ALEXANDRIA, VA

HOLIDAY WORKSHOP SERIES

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

**Thursdays, December 6, 13, & 20, 2018;
1:30-3pm**

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

FREDERICKSBURG, VA

COPING WITH GRIEF AND THE HOLIDAYS DINNER & WORKSHOP

All Ages Welcome
Fredericksburg United Methodist Church
308 Hanover Street
Fredericksburg, VA 22401

Thursday, December 6, 2018; 6-8:30pm

Registration required: Mary Beaven, LCSW;
mbeaven@capitalcaring.org

WARRENTON, VA

COPING WITH THE HOLIDAYS DINNER & DISCUSSION

McMahon's Irish Pub & Restaurant
380 Broadview Avenue
Warrenton, VA 20186

Sunday, December 9, 2018; 6pm

Registration required: Roxanne Woodward,
MSW; 703-957-1867

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

