<table>
<thead>
<tr>
<th>Location</th>
<th>Address Details</th>
<th>Groups</th>
<th>Facilitator</th>
<th>Contact Information</th>
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<tr>
<td>ADLER CENTER</td>
<td>Capital Caring, 24419 Millstream Drive, (downstairs conference room), Aldie, VA 20105</td>
<td>WALKING TOGETHER: LOSS OF SPOUSE OR LIFE PARTNER SUPPORT&lt;br&gt;2nd &amp; 4th Sundays monthly, 2pm&lt;br&gt;Facilitator: Roxanne Woodward, MSW; 703-957-1867</td>
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<td>ALEXANDRIA, VA</td>
<td>Capital Caring, 5845 Richmond Highway, Suite 150, Alexandria, VA 22303</td>
<td>GENERAL GRIEF SUPPORT&lt;br&gt;1st &amp; 3rd Wednesdays monthly, 1-2:30pm&lt;br&gt;Facilitator: Chesley Simpson, MSW; 703-333-6954</td>
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<td>ASHBURN, VA</td>
<td>St. David’s Episcopal Church, Church office bldg., 43600 Russell Branch Pkwy., Ashburn, VA 20147</td>
<td>GRIEF SUPPORT&lt;br&gt;2nd &amp; 4th Thursdays monthly, 2-3pm (no group 11/28 or 12/26)&lt;br&gt;Facilitator: Jamie L. Kent, LCSW; 703-957-1781</td>
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<td>FAIRFAX, VA</td>
<td>Insight Memory Care Center, 3953 Pender Dr, Suite 100, Fairfax, VA 22030</td>
<td>GRIEF SUPPORT FOR LOSS DUE TO DEMENTIA&lt;br&gt;1st Monday monthly, 10am&lt;br&gt;Facilitator: Mike Ridge, LCSW; 703-531-6242</td>
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<td>FAIRFAX, VA</td>
<td>Esposito’s Restaurant, 9917 Fairfax Blvd., Fairfax, VA</td>
<td>MONTHLY LUNCH BUNCH: CASUAL GATHERING FOR THOSE WHO HAVE LOST A SPOUSE OR LIFE PARTNER&lt;br&gt;2nd Wednesday monthly, 11:30am-1pm&lt;br&gt;Reservation required: Mike Ridge, LCSW; 703-531-6242</td>
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<td>FALLS CHURCH, VA</td>
<td>Capital Caring, 2900 Telestar Court Falls Church, VA 22042</td>
<td>LOSS OF SPOUSE OR LIFE PARTNER SUPPORT&lt;br&gt;Sunday, Nov. 3, 2019 (final group), 2-3:30pm&lt;br&gt;Facilitator: Mike Ridge, LCSW; 703-531-6242</td>
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<td>FREDERICKSBURG, VA</td>
<td>Capital Caring, 111 Olde Greenwich Drive, Suite 101, Fredericksburg, VA 22408</td>
<td>GRIEF SUPPORT FOR ADULTS&lt;br&gt;2nd &amp; 4th Tuesdays Monthly, 10-11:30am&lt;br&gt;Facilitator: Kristi DiFilippo, LCSW; 540-735-0972</td>
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<td>HERndon, VA</td>
<td>Herndon Fortnightly Public Library 768 Center Street, Conference Room Herndon, VA 20170</td>
<td>GENERAL GRIEF SUPPORT&lt;br&gt;1st &amp; 3rd Wednesday monthly, 12:30-2pm&lt;br&gt;Facilitator: Rosemary Viani, LCSW; 703-957-1776</td>
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<td>KING GEORGE, VA</td>
<td>L. E. Smoot Memorial Library 9533 Kings Highway King George, VA 22485</td>
<td>GRIEF SUPPORT FOR ADULTS&lt;br&gt;2nd &amp; 4th Wednesdays monthly, 10:30-11:30am&lt;br&gt;Facilitator: Kristi DiFilippo, LCSW; 540-735-0972</td>
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<td>CAPITAL CARING LARGO OFFICE</td>
<td>1801 McCormick Dr., Suite 180, Largo, MD 20774</td>
<td>SIT ‘N’ STITCH: GRIEF SUPPORT&lt;br&gt;3rd Monday monthly, 1-3 pm&lt;br&gt;Facilitator: Jessica Cabness, LCSW-C; 301-883-0866. Bring your own project/materials. Knitting instruction available on request. &amp;&lt;br&gt;LOSS OF SPOUSE OR LIFE PARTNER&lt;br&gt;3rd Tuesday Monthly, 10-11:30am&lt;br&gt;RSVP: Paulette Davidson, M.Div; 301-883-0866 &amp;&lt;br&gt;KIDS CONNECT (SUPPORT GROUP FOR GRIEVING CHILDREN)&lt;br&gt;4th Saturday monthly, 10-11:30 am&lt;br&gt;Registration required: Paulette Davidson, M.Div; 301-883-0866</td>
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<td>LARGO REGION</td>
<td>Doctors Community Hospital 2nd Floor Conference Room 8118 Good Luck Road, Lanham, MD 20706</td>
<td>GENERAL GRIEF SUPPORT&lt;br&gt;2nd Monday monthly, 11am-12:30pm&lt;br&gt;Facilitator: Teyawanda Booker, LCSW-C; 301-883-0866</td>
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<td>LEESBURG, VA</td>
<td>St. James Episcopal Church, Leesburg, VA 20176, 14 Cornwall St., Janney Parlor, Leesburg, VA (Enter From parking lot on North St.)&lt;br&gt;LOSS OF SPOUSE OR LIFE PARTNER SUPPORT&lt;br&gt;2nd &amp; 4th Tuesdays monthly, 7 pm-8:30 pm, (no group 11/26 or 12/24)&lt;br&gt;Facilitator: Jamie L. Kent, LCSW; 703-957-1781</td>
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<td>MCLEAN, VA</td>
<td>Immanuel Presbyterian Church 1125 Savile Lane, McLean, VA 22101&lt;br&gt;GENERAL GRIEF SUPPORT&lt;br&gt;Wednesdays Nov. 6 &amp; 20, Dec. 4 (final group), 2019; 1:30-3pm&lt;br&gt;Facilitator: Jennifer Lanouette, MSW; 703-351-2808</td>
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<td>PRINCE WILLIAM AREA</td>
<td>Manassas Senior Center, 9320 Mosby Street, Longstreet Conf. Room, Manassas, VA 20110</td>
<td>LOSS OF SPOUSE SUPPORT&lt;br&gt;1st &amp; 3rd Mondays monthly, 2-3:30pm&lt;br&gt;2nd &amp; 4th Mondays monthly, 6:30-8pm (No group 12/23)&lt;br&gt;Facilitator: Karen Tyner, LCSW; <a href="mailto:ktyner@capitalcaring.org">ktyner@capitalcaring.org</a></td>
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<td>WARRENTON, VA</td>
<td>Fauquier Hospital, 500 Hospital Drive, Chestnut Conference Room, Warrenton, VA 20186</td>
<td>EASE A GRIEVING HEART: BEREAVEMENT SUPPORT FOR ADULTS&lt;br&gt;1st &amp; 3rd Mondays monthly, 1-2:30pm&lt;br&gt;Facilitator: Roxanne Woodward, MSW; 703-957-1867</td>
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**Workshops / Retreats / Special Activities**

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

**ARLINGTON, VA**

**FOREST FRIDAYS—WALK WITH OTHERS HEALING FROM LOSS**
Long Branch Nature Center
625 S Carlin Springs Road
Arlington, VA 22204

**Fridays, November 1–15, 2019; 10am**
**For information:** Jennifer Lanouette, MSW; 703-351-2808

**FALLS CHURCH, VA**

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

**Tuesday, November 5, 2019; 10am**
**Registration required:** Mike Ridge, LCSW; 703-531-6242

**WASHINGTON, DC**

**CEREMONY OF REMEMBRANCE**
Capital Caring, 1801 McCormick Drive, Suite 180, Largo, MD 20774

**Thursday, November 7, 2019 from 6–7:30 pm**
**RSVP:** Teyawanda Booker, LCSW-C; 301-883-0866

**WASHINGTON, DC**

**GETTING OUT OF YOUR HEAD WITH MOVEMENT & DANCE**
Smith Center for Healing and the Arts
1632 U St NW
Washington DC 20009

**Thursday, November 7, 2019; 6:30–8pm**
**For registration:** Varahi Kelsang, MA; 202-327-8268

**WASHINGTON, DC**

**GRIEF 101**
Capital Caring
50 F ST NW, Suite 3300
Washington, DC 20001

**Monday, January 13, 2020; 12–1pm**
**Registration required:** Sara Kerai, LPC; 202-327-8274

**FALLS CHURCH, VA**

**NEW YEAR, CHANGED SELF—VISIONBOARD FOR 2020**
Capital Caring, 3180 Fairview Park Dr.
Falls Church, VA 22042

**Saturday, January 25, 2020; 10am–12pm**
**Registration required:** Jennifer Lanouette, MSW; 703-351-2808

**WARRENTON, VA**

**COPING WITH LOSS DURING THE HOLIDAYS**
Fauquier Hospice Support, 42 N. 5th Street, Conference Room, Warrenton, VA 20186

**Saturday, November 9, 2019; 2–4pm**
**Saturday, December 7, 2019, 2–4 pm**
**Registration required:** Roxanne Woodward, MSW; 703-957-1867

**LARGO, MD**

**SURVIVING THE HOLIDAYS: COPING WITH GRIEF**
Capital Caring, 1801 McCormick Drive, Suite 180, Largo, MD 20774

**Tuesday, Nov. 12, 2019; 10–11:30am;**
**Thursday, Dec. 12, 2019; 5–6:30pm**
**RSVP:** Teyawanda Booker, LCSW-C; 301-883-0866

**FALLS CHURCH, VA**

**COPING WITH LOSS DURING THE HOLIDAYS**
Capital Caring, 2900 Telestar Ct.
Falls Church, VA 22042

**Saturday, Nov. 16, 2019; 9:30am–12pm**
**Registration required:** Brooke Johnson, LCSW; 703-538-2032

**WASHINGTON, DC**

**CHRISTMAS AT THE NATIONAL GALLERY**
National Gallery of Art, 6th & Constitution Ave, NW, Washington, DC 20565

**Friday, December 6, 2019; 10:30 am**
**Registration required:** Chesley Simpson, MSW; 703-333-6954

**WASHINGTON, DC**

**COPING WITH THE HOLIDAYS WHILE GRIEVING**
Capital Caring, 50 F Street NW, Suite 3300
Washington, DC 20001

**Saturday, Nov. 16, 2019; 10am–12pm**
**Registration required:** Sara Kerai, LPC; 202-327-8274

**WASHINGTON, DC**

**SELF-CARE THROUGH THE HOLIDAYS**
Capital Caring, 5845 Richmond Hwy, Suite 150, Alexandria, VA 22303

**Friday, December 13, 2019 2–3:30pm**
**RSVP:** Chesley Simpson, MSW; 703-333-6954

**CULPEPER, VA**

**COPING WITH LOSS DURING THE HOLIDAYS**
Capital Caring, 5845 Richmond Hwy, Suite 150, Alexandria, VA 22303

**Friday, December 13, 2019 2–3:30pm**
**RSVP:** Chesley Simpson, MSW; 703-333-6954

**WASHINGTON, DC**

**COPIING WITH LOSS DURING THE HOLIDAYS**
Fauquier Hospice Support, 42 N. 5th Street, Conference Room, Warrenton, VA 20186

**Monday, December 2, 2019; 2:30–4pm**
**Registration required:** Roxanne Woodward, MSW; 703-957-1867

**FREDERICKSBURG, VA**

**COPING WITH GRIEF AND THE HOLIDAYS**
Dinner & Workshop, All Ages Welcome
308 Hanover Street, Fredericksburg, VA 22401
Space is limited.

**Thursday Dec. 5, 2019; 6:30–8:30pm**
**Registration required:** Mary Beaven, LCSW; mbeaven@capitalcaring.org

**ALEXANDRIA, VA**

**SELF-CARE THROUGH THE HOLIDAYS**
Capital Caring, 5845 Richmond Hwy, Suite 150, Alexandria, VA 22303

**Friday, December 13, 2019 2–3:30pm**
**RSVP:** Chesley Simpson, MSW; 703-333-6954

**WARRENTON, VA**

**COPING WITH LOSS DURING THE HOLIDAYS**
Fauquier Hospice Support, 42 N. 5th Street, Conference Room, Warrenton, VA 20186

**Monday, December 2, 2019; 2:30–4pm**
**Registration required:** Roxanne Woodward, MSW; 703-957-1867

**FREDERICKSBURG, VA**

**COPING WITH GRIEF AND THE HOLIDAYS**
Dinner & Workshop, All Ages Welcome
308 Hanover Street, Fredericksburg, VA 22401
Space is limited.

**Thursday Dec. 5, 2019; 6:30–8:30pm**
**Registration required:** Mary Beaven, LCSW; mbeaven@capitalcaring.org

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