

## Point of Hope Center Groups

NOVEMBER 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 Sundays monthly, 2pm**

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

### ALEXANDRIA, VA

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

#### **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 bldg., 43600 Russell Branch Pkwy., Ashburn, VA 20147

#### **GRIEF SUPPORT**

**2nd & 4th Thursdays monthly, 2-3pm (no group 11/28 or 12/26)**

**Facilitator:** Jamie L. Kent, LCSW; 703-957-1781

### FAIRFAX, VA

Insight Memory Care Center, 3953 Pender Dr, Suite 100, Fairfax, VA 22030

#### **GRIEF SUPPORT FOR LOSS DUE TO DEMENTIA**

**1st Monday monthly, 10am**

**Facilitator:** Mike Ridge, LCSW; 703-531-6242

### FAIRFAX, VA

Esposito's Restaurant, 9917 Fairfax Blvd., Fairfax, VA

#### **MONTHLY LUNCH BUNCH: CASUAL GATHERING FOR THOSE WHO HAVE LOST A SPOUSE OR LIFE PARTNER**

**2nd Wednesday monthly, 11:30am-1pm**

**Reservation required:** Mike Ridge, LCSW; 703-531-6242

### FALLS CHURCH, VA

Capital Caring, 2900 Telestar Court Falls Church, VA 22042

#### **LOSS OF SPOUSE OR LIFE PARTNER SUPPORT**

**Sunday, Nov. 3, 2019 (final group), 2-3:30pm**

**Facilitator:** Mike Ridge, LCSW; 703-531-6242

### 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**

**2nd & 4th Wednesdays monthly, 10:30-11:30am**

**Facilitator:** Kristi DiFilippo, LCSW; 540-735-0972

### CAPITAL CARING LARGO OFFICE

1801 McCormick Dr., Suite 180, Largo, MD 20774

#### **SIT 'N' STITCH: GRIEF SUPPORT**

**3rd Monday monthly, 1-3 pm**

**Facilitator:** Jessica Cabness, LCSW-C; 301-883-0866. Bring your own project/materials. Knitting instruction available on request.

&

#### **LOSS OF SPOUSE OR LIFE PARTNER**

**3rd Tuesday Monthly, 10-11:30am**

**RSVP:** Paulette Davidson, M.Div; 301-883-0866

&

#### **KIDS CONNECT (SUPPORT GROUP FOR GRIEVING CHILDREN)**

**4th Saturday monthly, 10-11:30 am**

**Registration required:** Paulette Davidson, M.Div; 301-883-0866

### 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

### 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 & 4th Tuesdays monthly, 7 pm-8:30 pm, (no group 11/26 or 12/24)-**

**Facilitator:** Jamie L. Kent, LCSW; 703-957-1781

### MCLEAN, VA

Immanuel Presbyterian Church 1125 Savile Lane, McLean, VA 22101

#### **GENERAL GRIEF SUPPORT**

**Wednesdays Nov. 6 & 20, Dec. 4 (final group), 2019; 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**

**(No group 12/23)**

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

### WARRENTON, VA

Fauquier Hospital, 500 Hospital Drive, Chestnut Conference Room, Warrenton, VA 20186

#### **EASE A GRIEVING HEART: BEREAVEMENT SUPPORT FOR ADULTS**

**1st & 3rd Mondays monthly, 1-2:30pm**

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

## 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

### LARGO, MD

#### **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

## GRIEF SUPPORTS FOR THE UPCOMING HOLIDAYS

### 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

#### **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

### CENTREVILLE, VA

#### **BEING THANKFUL AT THANKSGIVING WHILE GRIEVING**

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

**Tuesday, November 19, 2019, 7-8:30pm**

**Registration required:** Karen Tyner, LCSW;  
ktyner@capitalcaring.org

### WARRENTON, VA

#### **COPING WITH LOSS DURING THE HOLIDAYS**

Fauquier Hospital, 500 Hospital Dr, Chestnut  
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

### 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

### ARLINGTON, VA

#### **COPING WITH LOSS DURING THE HOLIDAYS**

Arlington Public Library, Columbia Pike Branch  
816 S Walter Reed Dr., Arlington, VA 22204  
Westmont Room 2nd floor

**Monday, December 9, 2019; 4-5pm**

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

### 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

### CULPEPER, VA

#### **COPING WITH LOSS DURING THE HOLIDAYS**

Culpeper Library Conf. Rm., 271 Southgate  
Shopping Center, Culpeper, VA 22701

**Thursday, December 19, 2019; 2-4pm**

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