

Point of Hope Center Groups

OCTOBER 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 Wednesdays monthly, 6:30pm

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

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: 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

Sundays, Oct. 6, Nov. 3, 2019, 2 - 3:30pm (final group will be Nov 3)

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 and 4th Tuesdays monthly, 7:00 pm-8:30 pm

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

LORTON, VA

Lorton Library 9520 Richmond Highway Lorton, VA 22079

GENERAL GRIEF SUPPORT

2nd Wednesday monthly, 2-3:30pm

Facilitator: Jenna Menon, LCSW; 703-957-1861

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 (No group 10/14)

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.**

ALEXANDRIA, VA

GRIEF BOOK STUDY

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

**Thursdays, Oct. 3, 17, 31, 2019;
2-3:30 pm**

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

ARLINGTON, VA

FOREST FRIDAYS - WALK WITH OTHERS HEALING FROM LOSS

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

**Fridays, October 4 - November 15,
2019; 10am**

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

WASHINGTON, DC

GRIEF 101

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

**Mondays, October 21, 2019 & January
13, 2020; 12 - 1 pm**

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

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

GRIEF SUPPORTS FOR THE UPCOMING HOLIDAYS

HERNDON, VA

HOLIDAY GRIEF WORKSHOP FOR ADULTS & CHILDREN AGES 7-17

Herndon Fortnightly Public Library
768 Center Street, Mtg Rooms A & B
Herndon, VA 20170

**Saturday, October 26, 2019;
10am-12pm**

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

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, November 12, 2019;
10-11:30am; Thursday, December 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, November 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 ST NW, Suite 3300
Washington, DC 20001

**Saturday, November 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, 2018, 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 December 5, 2019;
6:30-8:30pm**

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

CULPEPER, VA

COPING WITH LOSS DURING THE HOLIDAYS

Culpeper Library Conference Room
271 Southgate Shopping Center,
Culpeper, VA 22701

Thursday, December 19, 2019; 2-4pm

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