

Capital Caring

Advanced Home Care & Hospice

Point of Hope Center Groups

SEPTEMBER 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 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: 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, Sept. 1, 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 Drive, Suite 180 Largo, MD 20774

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 (No group Sept. 2)

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 (No group Sept. 2)

Facilitator: 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.**

ARLINGTON, VA

LOSS OF SPOUSE OR PARTNER

Walter Reed Community Center
2909 16th St S.

Arlington, VA 22204

Tuesdays, September 10 - October 29, 2019; 4:30-6:30pm

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

WASHINGTON, DC

MINDFULNESS AND LOSS

Sibley Memorial Hospital,
Medical Building A
2nd Floor Conference Room #5
5255 Loughboro Rd NW
Washington DC 20016

Thursdays, September 12 - October 17, 2019; 6:30-8pm

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

ALEXANDRIA, VA

LOSS OF SPOUSE OR PARTNER

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

Fridays, September 20- October 25, 2019; 1:30-3pm

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

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, September 13 - November 15, 2019; 10am

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

STONE RIDGE, VA

(Loudoun County)

UNDERSTANDING GRIEF FOR THE NEWLY BEREAVED

Gum Springs Library
24600 Millstream Drive, Room C
Stone Ridge, VA 20105

Saturday, September 14, 2019; 10:15am - 12pm

For information: Jamie Losikoff-Kent, LCSW; 703-957-1781

ALEXANDRIA, VA

GRIEF BOOK STUDY

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

Thursdays, Sept. 19, Oct. 3, 17, 31, 2019; 2-3:30 pm

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

FREDERICKSBURG, VA

SERVICE OF REMEMBRANCE

Fredericksburg United Methodist Church
308 Hanover St., Fredericksburg, VA 22401

Sunday, September 22, 2019; 2-3pm

For information: Kristi DiFilippo, LCSW; 540-735-0972

CENTREVILLE, VA

GRIEF'S EMOTIONAL, PHYSICAL, BEHAVIORAL & SPIRITUAL IMPACT FOR NEWLY BEREAVED ADULTS

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

Tuesday, September 24, 2019, 7-8:30pm

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

WASHINGTON, DC

GRIEF 101

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

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

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

WASHINGTON, DC

EXPLORE & ENJOY WHAT WE LEARN FROM 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

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

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

BEING THANKFUL AT THANKSGIVING WHILE GRIEVING

Tuesday, November 19, 2018, 7-8:30pm

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

Capital Caring
Advanced Home Care & Hospice

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