

Point of Hope Grief Support Groups

VIRGINIA

Alexandria

General Grief Support

Grief is a normal and very human response to loss. These ongoing groups are open to the community to provide the opportunity to discuss grief reactions and enhance coping skills.

Group Type: Drop-In

Participant Age: Adult

Dates/Times: 1st & 3rd Wednesdays monthly from 1–2:30pm (no group Jan. 1, 2020)

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

Counselor: Chesley Simpson, MSW; csimpson@capitalcaring.org or 703-333-6954

No registration required.

Faith, Death & Mourning

This educational series will take an in-depth look at what various faiths believe regarding the death and dying rituals and the process of mourning those we have lost.

Group Type: Educational Workshop Series

Participant Age: Adult

Dates/Times: 2nd Thursday of each month (January – April); 2:00–3:30 PM

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

Counselor: Chesley Simpson, MSW; Carla Thompson, MDiv., csimpson@capitalcaring.org; 703-333-6954; cthompson@capitalcaring.org

Registration required.

Centering Yourself in the New Year

This workshop will be led by a local meditation expert and is designed to help you feel strong and able as you begin the New Year without your loved one. There will be a guided meditation session incorporating the pain of grief as well as some mindfulness movements to help you feel grounded and centered.

Group Type: Meditation Workshop

Participant Age: Adult

Dates/Times: January 23, 2020; 2:00–3:30 PM

Location: Capital Caring Health, 5845 Richmond Highway, Suite 150, Alexandria, VA 22303

Counselor: Chesley Simpson, MSW, csimpson@capitalcaring.org or 703-333-6954

Registration required.

Arlington

Loss of Spouse or Partner

Losing a spouse or partner can be devastating, overwhelming, and lonely. Sharing your story with others who are on a similar journey can be a helpful way of finding comfort, support, and a path through your grief.

Group Type: 8-week

Participant Age: Adult

Location: Walter Reed Community Center, 2909 16th St. S., Arlington, VA. 22204

Date/Time: Tuesdays, January 14–March 3, 2020; 4:30–6:30 PM

Counselor: Jennifer Lanouette, MSW; JLanouette@capitalcaring.org, 703-351-2808

Registration required.

Fauquier County

Ease a Grieving Heart

You will find support and understanding from others who have experienced grief and loss with the opportunity to begin the healing process through sharing your own story and hearing the stories of others.

Group Type: Drop-in

Participant Age: Adult 18 to 80

Location: Fauquier Hospital, Chestnut Conference Room, 500 Hospital Drive, Warrenton, VA

Date/Time: The 1st and 3rd Mondays of the month from 1 to 2:30 pm

Counselor: Roxanne M. Woodward, MSW 703-957-1867; rwoodward@capitalcaring.org

No registration required.

Fairfax County

Loss of a Parent Grief Support Group

This bereavement group is open to persons who have lost a parent. This group will help you share your feelings and learn ways to cope with this difficult experience in a supportive environment.

Group Type: Drop In

Participant Age: Adult

Dates/Times: 4th Wednesday monthly, 2 pm–3:30 pm

Location: Herndon Fortnightly Library, Conference Room, 768 Center Street, Herndon, VA 20176

Counselor: Rosemary Viani, LCSW; rviani@capitalcaring.org 703-957-1776

No registration required.

Spousal or Life Partner Loss Grief Support Group

This group is open to persons whose spouse or life partner has died. This group will help you share your feelings and learn ways to cope with this difficult experience.

Group Type: Drop In
Participant: Age Adult

Dates/Times: 1st & 3rd Wednesdays monthly, 2 pm–3:30 pm (No group January 1, 2020)

Location: Herndon Fortnightly Library, Conference Room, 768 Center Street, Herndon, VA 20176

Counselor: Rosemary Viani, LCSW; rviani@capitalcaring.org, 703-957-1776

No registration required.

Expressive Collage

Are you a creative and a visual person? This workshop uses collage as an active way to deal with your grief, while connecting with others and receiving support. No previous art experience needed.

Group Type: Workshop
Participant: Adult

Dates/Times: Saturday March 28th 10am–Noon

Location: Herndon Fortnightly Library, Meeting Room, 768 Center Street, Herndon, VA 20176

Counselors: Rosemary Viani, LCSW and Jennifer Lanouette, MSW, rviani@capitalcaring.org, jlanouette@capitalcaring.org

Registration required by March 20th; 703-957-1776

Falls Church

Grief & Transformation

For many people who have lost a life partner, there is a profound sense of life, as they have known it, having come to an end. But rather than ending, it is changed; even the relationship with the deceased has not ended, but is forever altered. This group is designed to offer compassionate support to one another in the face of this profound transformation.

Group Type: 8-week
Participant Age: Adult

Dates/Times: Fridays, 1:00 – 3:00pm

Location: Capital Caring Health 3180 Fairview Park Dr. Falls Church, VA 22042

Counselor: Mike Ridge, LCSW; 703-571-6242; mridge@capitalcaring.org

Registration required.

Into the Unknown: Navigating Parent Loss as a Young Adult

This eight-week grief support group offers young adults a safe place to connect and share with others who have experienced the recent death of a parent.

Group Type: 8-week

Participant Age: Ages 20–49

Dates/Times: Tuesdays, January 28th–March 17th, 2020; 4:30 pm–6:30 pm

Location: 3180 Fairview Park Dr., Suite 175, Falls Church, VA 22042

Counselor: Brooke Johnson, LCSW; 703-538-2032; bjohnson@capitalcaring.org

Registration required.

New Year Changed Self—Vision Board for 2020

After the initial shock of grief recedes, we are often left to navigate a changed life and altered sense of self. In this workshop we will create collages to explore questions regarding identity, goals, and purpose for the coming year. No art experience needed; all materials provided. Participants are welcome to bring personal photos to include in their vision-boards if desired.

Group Type: Workshop

Participant Age: Adult

Dates/Times: Saturday, January 25, 2020; 10am–Noon

Location: 3180 Fairview Park Dr., Falls Church, VA 22042

Counselor: Jennifer Lanouette, MSW; 703-351-2808; jlanouette@capitalcaring.org

Registration required.

Ceremony of Remembrance

Our annual Ceremony of Remembrance offers a unique opportunity to mourn the loss of a loved one. Join with others in our community through shared ritual, including music and a candle-lighting ceremony. Light refreshments and coffee will be served following the program.

Dates/Times: Wednesday, February 5, 2020; 7PM

Location: Dulin Methodist Church, 513 East Broad St., Falls Church, VA 22046

Counselor: Mike Ridge, LCSW; 703-531-6242; mridge@capitalcaring.org

Registration required.

When Grief is Shared: A Creative Family Support Group

This 6-week group will feature a different theme each meeting and will invite both adults and children the opportunity to use art to creatively share about their grief and feelings. Take-home activities and skill-building foster conversation and further connection at home throughout the week.

Group Type: 6-week (families are asked to miss no more than 1 session)

Participant Age: Children ages 6–12 and their parent

Dates/Times: Thursdays, March 19 – April 30th, 5–6:30 p.m. (no group April 9)

Location: 3180 Fairview Park Drive, Falls Church, VA

Counselors: Brooke Johnson, LCSW; Monica Delaney, LPC, ATR-BC; Jennifer Baldwin, LCPAT, ATR-BC, Brooke Johnson, LCSW 703-538-2032; bjohnson@capitalcaring.org, mdelaney1@capitalcaring.org, jbaldwin@capitalcaring.org

Registration required.

Not Alone: Grief Support for Loss Due to Dementia

When we lose a loved one to dementia, it is as if we lose them twice. This group held in concert with the Insight Memory Care Center, is meant to address the unique quality of grief that loss to dementia can bring.

Group Type: Drop-in

Participant Age: Adult

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

Date/Time: 1st Monday monthly; 10:00am

Counselor: Mike Ridge, LCSW; mridge@capitalcaring.org 703-531-6242

Widower's Coffee

Men can sometimes find it hard to talk. This casual group is an opportunity to connect with other men who have lost a spouse for friendship and support.

Group Type: Drop-in

Participant Age: Adult Men

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

Date/Time: 2nd Monday monthly; 10:00am

Counselor: Mike Ridge, LCSW; mridge@capitalcaring.org 703-531-6242

Lunch Bunch: Casual Gathering for Those Who Have Lost a Spouse or Life Partner

No one can understand how we feel quite like someone who has shared our experience. Lunch Bunch is a place to meet those people, to talk, to relax, and even to laugh.

Group Type: Reservation required

Participant Age: Adult

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

Date/Time: 2nd Wednesday monthly; 11:30am

Counselor: Mike Ridge, LCSW; mridge@capitalcaring.org 703-531-6242

Fredericksburg

Circle of Hope

You are not alone! Join fellow griever in a comforting and supportive group environment. Learn how to navigate your grief and find hope again. Open to any type of loss related to the death of a loved one.

Group Type: Drop In
Participant Age: Adult
Dates/Times: 2nd and 4th Tuesdays
Monthly, 10-11:30am
Location: 111 Olde Greenwich Drive,
Fredericksburg, VA 22408
Counselor: Kristi DiFilippo, LCSW; 540-
735-0972; kdfilippo@capitalcaring.org
No registration required.

Family Caring Circle

Are you the parent or guardian of children who are grieving? Are you grieving as well? Family Caring Circles are open to families with children who have experienced the death of an immediate family member. Families will have a safe space to grieve and connect with other families in a hopeful and nurturing atmosphere.

Dates/Times: Monday, March 23, 2020:
6:30-8:30 pm
Location: Salem Fields Community
Church, 11120 Gordon Rd.,
Fredericksburg, VA 22407
Counselor: Mary Beaven, LCSW,
mbeaven@capitalcaring.org, 703-967-9759
Registration required.

King George

Circle of Hope

You are not alone! Join fellow griever in a comforting and supportive group environment. Learn how to navigate your grief and find hope again. Open to any type of loss related to the death of a loved one.

Group Type: Drop In
Participant Age: Adult
Dates/Times: 2nd and 4th Wednesdays
monthly, 10:30-11:30am
Location: L.E. Smoot Memorial Library
9533 Kings Highway
King George, VA 2245
Counselor: Kristi DiFilippo, LCSW; 540-
735-0972; kdfilippo@capitalcaring.org
No registration required.

Loudoun County

Coping With the Mid-Winter Blues

Take a break from the winter doldrums to join with others and find some new insights for coping with grief. This morning workshop offers support for adults who are dealing with the loss of a loved one.

Group Type: Workshop
Participant Age: Adult
Dates/Times: Saturday February 8th
10:30 am-12:30 pm
Location: Adler Lower Level Conference
Room, 24419 Millstream Dr., Stone Ridge,
Virginia, 20102
Counselors: Rosemary Viani, LCSW and
Jamie Kent, LCSW; rviani@capitalcaring.
org and jkent@capitalcaring.org
**Registration required by February 3rd;
703-957-1776.**

Walking Together

This group will provide the opportunity to meet with other widows, widowers and life partners while receiving support through empathy, compassion and hope. Members will also find practical tips for coping with the death of a spouse or life partner through general discussion while promoting resiliency and strength.

Group Type: Drop-in
Participant Age: Adult
Location: Adler Lower Level Conference
Room, 24419 Millstream Dr., Stone Ridge,
Virginia 20105
Date/Time: The 2nd and 4th Sundays of
the month from 2 to 3:30 pm
Counselor: Roxanne M. Woodward,
MSW 703-957-1867; rwoodward@
capitalcaring.org
No registration required.

Memory Making and Healing For Children

An afternoon workshop for children ages 7-14 years old who have lost a loved one. This workshop will offer creative activities and group support to help develop children's coping skills.

Group Type: Children's Grief Workshop
Participant: Ages 7-14
Dates/Times: February 15, 2020 1-4 p.m.
Location: Adler Lower Level Conference
Room, 24419 Millstream Dr., Stone Ridge,
Virginia 20105
Counselors: Rosemary Viani, LCSW and
Jamie Kent, LCSW; rviani@capitalcaring.
org and jkent@capitalcaring.org
**Registration required by February 10th;
703-957-1781.**

Spousal Loss or Life Partner Grief Support Group

This group is open to persons whose spouse or life partner has died. This group will help you learn ways to cope with this difficult experience.

Group Type: Drop In
Participant Age: Adult
Dates/Times: 2nd & 4th Tuesdays
monthly, 7 pm -8:30 pm
Location: St. James Episcopal Church
14 Cornwall St., Janney Parlor, Leesburg,
VA 20176, (Enter from parking lot on
North St.)
Counselor: Jamie Kent, LCSW;
jkent@capitalcaring.org, 703-957-1781
No registration required.

General Grief Support Group

This group is open to persons who has experience the loss of a loved one. This group will help you learn coping skills and given the opportunity to share your feelings and experiences.

Group Type: Drop In
Participant Age: Adult
Dates/Times: 2nd & 4th Thursdays
monthly, 2-3pm
Location: St. David's Episcopal Church
office building, 43600 Russell Branch
Pkwy, Ashburn, VA 20147
Counselor: Jamie Kent, LCSW;
jkent@capitalcaring.org, 703-957-1781
No registration required.

Prince William County

Loss of Spouse Grief Support

This group offers a supportive environment for widowed persons to share their grief experiences, receive grief education and move forward through their grief journey through an interactive group format.

Group Type: Drop-In Group
Participant Age: all ages welcome
Dates/Times: 1st & 3rd Mondays monthly
from 2-3:30pm, (no group Jan. 20, 2020),
2nd & 4th Mondays monthly from
6:30 - 8pm
Location: Manassas Senior Center
9320 Mosby Street, Longstreet
Conference Room, Manassas, VA 20110
Counselor: Karen Tyner, LCSW;
ktyner@capitalcaring.org 703-957-1871
**No registration required. You do not need
to be a member of the senior center to
attend.**

Richmond

Sharing the Grief Journey

In this six-week group, we will share the stories of our grief, and we will work together to express and process our emotions. We will talk about the grief process, methods of coping, and effective ways of journeying through grief.

Group Type: Six-week

Participant Age: Adult

Location: Capital Caring Health, Richmond Office, 9020 Stony Point Parkway, Suite 170, Richmond VA 23235

Date/Time: Mondays, January 27 – March 2, 2:00 – 3:30 pm

Counselor: Rob Brown, MDiv, MS, 804-971-2298 or rbrown1@capitalcaring.org

Registration required.

Lunch Bunch

Join us as we share lunch and conversation together at The Urban Farmhouse. As we eat, we will share in a social time with others who have also experienced a recent loss. (All participants are responsible for purchasing their own lunch.)

Group Type: Shared Lunch

Participant Age: Adult

Location: The Urban Farmhouse Market & Cafe (Midlothian), 13872 Coalfield Commons Place, Midlothian, VA 23114

Date/Time: Tuesday March 31, 11:30 a.m. – 1:00 p.m.

Counselor: Rob Brown, MDiv, MS, 804-971-2298 or rbrown1@capitalcaring.org

Registration required.