Point of Hope Grief Support Groups

**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 or 703-333-6954

*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.*

**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.*

**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; J.Lanouette@capitalcaring.org, 703-351-2808

*Registration required.*

Visit our website for a comprehensive list of support groups: www.capitalcaring.org/grief-support
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
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 – 3:00 pm
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 a 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, jlbaldwin@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

Visit our website for a comprehensive list of support groups: www.capitalcaring.org/grief-support
**Fredericksburg**

**Circle of Hope**

You are not alone! Join fellow grievers 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; kdifilippo@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  
**Registration required.**

**King George**

**Circle of Hope**

You are not alone! Join fellow grievers 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; kdifilippo@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 pm  
**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.**

Visit our website for a comprehensive list of support groups: www.capitalcaring.org/grief-support
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.*

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