

Point of Hope Center Groups

OCTOBER 2018

Drop-In Groups: Available for those grieving after the death of a loved one. No registration needed.



ADLER CENTER

Capital Caring, 24419 Millstream Dr., (downstairs conference room), Aldie, VA 20105

LOSS OF SPOUSE SUPPORT AGED 30-55

2nd & 4th Wednesdays monthly, 6:30pm

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

ALEXANDRIA, VA

Paul Spring Retirement Community
7116 Fort Hunt Rd., Alexandria, VA 22307

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 Wednesdays monthly, 1-2pm

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 (begins 10/10/18)**

Reservation required: Dianne Henry-Leggette at 703-531-6242

FALLS CHURCH, VA

Capital Caring, 2900 Telestar Court
Falls Church, VA 22042

LOSS OF SPOUSE OR LIFE PARTNER SUPPORT

1st Sunday monthly, 2 - 3:30pm

Facilitator: Dianne Henry-Leggette, LCSW;
703-531-6242

FREDERICKSBURG, VA

Capital Caring, 111 Olde Greenwich Drive,
Suite 101, Fredericksburg, VA 22408

GRIEF SUPPORT FOR ADULTS

1st and 3rd Thursdays monthly, 10:30am - 12pm

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

LARGO REGION

Doctors Community Hospital
2nd Floor Conference Room
8118 Good Luck Rd., Lanham, MD 20706

GENERAL GRIEF SUPPORT

2nd Monday monthly, 11am - 12:30pm

Facilitator: Teyawanda Booker, LCSW-C;
301-883-0866

CAPITAL CARING LARGO OFFICE

1801 McCormick Drive, Suite 180
Largo, MD 20774

WIDOWS AND WIDOWERS SUPPORT GROUP

3rd Tuesday monthly, (meets 11/13 in Nov.), 10 - 11:30am

Facilitator: Teyawanda Booker, LCSW-C;
301-808-5671

GRIEF 101

4th Thursday monthly, (meets 11/15 in Nov.), 10 - 11:30am

Facilitator: Salome Smalling, MA; 301-808-5642

KIDS CONNECT

4th Saturday monthly, 10 - 11:30am

Facilitator: Salome Smalling, BCC
Candidate; 301-808-5642

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 p.m. - 8:30 p.m.**

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

PRINCE WILLIAM AREA

Manassas Senior Center, 9320 Mosby St.,
Longstreet Conf Rm, Manassas, VA 20110

LOSS OF SPOUSE SUPPORT

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

2nd & 4th Mondays monthly; 6:30 - 8pm

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

RICHMOND, VA

Capital Caring, 10800 Midlothian Turnpike,
Suite 150, Richmond, VA 23235

GRIEF SUPPORT

**2nd and 4th Thursdays monthly,
10:30am-12pm**

Facilitator: Rob Brown, BCC; 804-601-3180

WARRENTON, VA

Fauquier Hospital, 500 Hospital Dr., Chestnut
Conference Rm., Warrenton, VA 20186

GENERAL GRIEF SUPPORT

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

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

WARRENTON AREA

TEA & COFFEE SOCIALIZATION GRIEF SUPPORT

Location given upon registration

4th Tuesday monthly, 2 - 4pm

Registration required at least 2 days prior:
Roxanne Woodward, MSW; 703-957-1867

WASHINGTON, DC

SUPPORT FOR GRIEVING CANCER CAREGIVERS

George Washington Hospital Medical
Faculty Associates, Katzen Board Room
(room 1-402), 1st floor, 2150 Pennsylvania
Ave NW, Washington, DC 20037
(Parking validation available for the garage
at 22nd and I St NW)

1st Thursday monthly, 12-1pm

Facilitator: Varahi Kelsang, MA; 202-327-8274

Workshops / Retreats / Special Activities

The following workshops are free but **registration is required unless otherwise indicated. Please call facilitator to register.**

FREDERICKSBURG, VA

SERVICE OF REMEMBRANCE

Fredericksburg United Methodist Church
308 Hanover St
Fredericksburg, VA 22401

Sunday, October 7, 2018; 2-3pm

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

LAKE RIDGE, VA

FINAL GIFTS BOOK CLUB

Westminster at Lake Ridge
12191 Clipper Drive
Lake Ridge, VA 22192

**Thursdays, October 11, October 25 and
November 8, 2018; 1-2:30pm**

Registration required: Chesley Simpson,
MSW; 703-333-6954

WASHINGTON, D.C.

HOW MINDFULNESS NURTURES HEALING

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

**Tuesday October 16, 2018; 5:30-
7:30pm**

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

CENTREVILLE, VA

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

THE CONFLICTING EMOTIONS OF GRIEF

Friday, October 19, 2018; 1:30-3pm

BEING THANKFUL AT THANKSGIVING WHILE GRIEVING

Friday, November 16, 2018; 2:30-4pm

HOW TO SURVIVE ALL THE 'HAPPY HOLIDAYS' WHILE GRIEVING

Friday, December 7, 2018; 1:30-3pm

RSVP to: Karen Tyner, LCSW; ktyner@
capitalcaring.org

WASHINGTON, D.C.

ANNUAL CEREMONY OF REMEMBRANCE

Trinity Lutheran Church
309 E St. NW
Washington, DC 20001

Saturday, October 20, 2018, 11am

RSVP to: Sara Kerai, LPC; 202-327-8274

ARLINGTON, VA

FALL FOLIAGE WALKING WEDNESDAYS

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

**Wednesdays: October 24 & 31,
November 7 & 14; 12-12:30pm**

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

LARGO MD

SCRAP AND CHAT—CREATING MEMORIAL SCRAP BOOKS

Capital Caring
1801 McCormick Dr, Suite 180
Largo, MD 20774

Thursday, October 24, 2018; 10-12pm

Registration required: Salome Smalling,
MA; 301-808-5642

FRONT ROYAL, VA

ESCAPE TO THE MOUNTAINS GRIEF RETREAT

Featuring Equestrian Therapy to Heal from
Loss, Ages 7 to adult
Royal Horseshoe Farm

Saturday, October 27, 2018; 9am-5pm

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

LARGO MD

GRIEVING DURING THE HOLIDAY SEASON

Capital Caring
1801 McCormick Dr, Suite 180
Largo, MD 20774

**Thursday, November 1, 2018; 10-
11:30am**

Registration required: Teyawanda Booker,
LCSW-C; 301-883-0866

CULPEPER, VA

COPING WITH THE HOLIDAYS TEA, COFFEE & DISCUSSION

Miss Minerva's Tea Room
167 East Davis Street
Culpeper, VA 22701

**Fridays, November 2 and December
21, 2018; 1pm**

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

ALEXANDRIA, VA

COPING WITH GRIEF DURING THE HOLIDAYS

5845 Richmond Highway; Suite 150
Alexandria, VA 22303

**Saturday, November 3, 2018; 10am-
12pm**

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

LARGO MD

CEREMONY OF REMEMBRANCE

Capital Caring
1801 McCormick Dr, Suite 180
Largo, MD 20774

Thursday, November 8, 2018; 6-7pm

Registration required: Salome Smalling,
MA; 301-808-5642

WASHINGTON, D.C.

COPING WITH THE HOLIDAYS WHILE GRIEVING

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

**Saturday, November 10, 2018; 10am-
12pm**

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

WARRENTON, VA

COPING WITH THE HOLIDAYS LUNCH & DISCUSSION

Trinity Lutheran Church
276 Cleveland Street
Warrenton, VA 20186

Sunday, November 11, 2018; 1-3pm

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

RICHMOND, VA

ANNUAL CEREMONY OF REMEMBRANCE

Discovery Village
9801 Harmony Woods Way
Henrico, VA 23233

Wednesday, November 14, 2018; 5pm

RSVP to: Rob Brown, BCC; 804-601-3180

Workshops / Retreats / Special Activities (continued)

The following workshops are free but **registration is required unless otherwise indicated. Please call facilitator to register.**

WASHINGTON, D.C.

COPING WITH THE GRIEF AND LOSS OF A LOVED ONE

Smith Center for Healing and the Arts
1632 U Street NW
Washington, DC 20009

Thursday, November 15, 2018; 6:30-8:30pm

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

FALLS CHURCH, VA

COPING WITH GRIEF DURING THE HOLIDAYS

Capital Caring
2900 Telestar Court
Falls Church, VA 22042

Saturday, November 17, 2018; 9:30am-12pm

Registration required: Dianne Henry-Leggette; 703-531-6242

STERLING, VA

HOLIDAY GRIEF WORKSHOP FOR ADULTS & CHILDREN AGES 7-17

Cascades Library, Mtg Rooms A & B
21030 Whitfield Place
Sterling, VA 20165

Saturday, November 17, 2018; 1-3pm

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

ARLINGTON, VA

FAMILY FRIENDLY HOLIDAY CRAFT MAKING

Halquist Memorial
4715 15th St N, Arlington, VA 22205

Wednesday, November 28, 2018; 6-7:30pm

Registration required: Monica Delaney, LPC; 703-908-5912

WARRENTON, VA

PAINT AWAY THE BLUES ON A HOLIDAY ORNAMENT

Earth Glaze and Fire
80 Main Street
Warrenton, VA 20186

Saturday, December 1, 2018; 1-3PM

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

PRINCE WILLIAM AREA

HOW TO SURVIVE THE "HAPPY HOLIDAYS" WHILE GRIEVING

Manassas Senior Center
9320 Mosby Street, Longstreet Conf Rm
Manassas, VA 20110

Sunday, December 2, 2018; 2-4pm

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

ARLINGTON, VA

COPING WITH GRIEF DURING THE HOLIDAYS

Arlington Central Library
1015 N Quincy St.
Arlington, VA 22201

Monday, December 3, 2018; 1pm-2pm

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

WARRENTON, VA

COPING WITH THE HOLIDAYS DINNER & DISCUSSION

McMahon's Irish Pub & Restaurant
380 Broadview Avenue
Warrenton, VA 20186

Sunday, December 9, 2018; 6pm

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

