

Point of Hope Center Groups

DECEMBER 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 Sundays monthly, 2pm

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 (no group 12/26)

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

FAIRFAX, VA

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

GRIEF SUPPORT FOR LOSS DUE TO DEMENTIA

1st Monday monthly, 10am

Facilitator: Mike Ridge, LCSW; 703-531-6242

FAIRFAX, VA

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

MONTHLY LUNCH BUNCH: CASUAL GATHERING FOR THOSE WHO HAVE LOST A SPOUSE OR LIFE PARTNER

2nd Wednesday monthly, 11:30am-1pm

Reservation required: Mike Ridge, LCSW; 703-531-6242

FALLS CHURCH, VA

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

WIDOWERS COFFEE

2nd Monday monthly; 10am

Registration required: 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, Conf. Rm., 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, Conf. Rm., 8118 Good Luck Rd., 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 (no group 12/24)

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

MCLEAN, VA

Immanuel Presbyterian Church, 1125 Savile Lane, McLean, VA 22101

GENERAL GRIEF SUPPORT

Wed., Dec. 4 (final group), 2019; 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 12/23)

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

WASHINGTON, DC

Capital Memorial Church, 3150 Chesapeake St. NW, Washington, DC 20008

GRIEF SUPPORT FOR ADULTS

1st & 3rd Tuesdays monthly; 7-8:30pm

Facilitator: S. Sabrina St. Clair, DMin; 202-327-8296

Workshops / Retreats / Special Activities

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

ARLINGTON, VA

SURVIVING THE POST-HOLIDAY BLUES

Arlington Central Library, 1015 N Quincy Street, Arlington, VA 22201

Monday, January 6, 2020; 1:30-2:30pm

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

WASHINGTON, DC

GRIEF 101

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

Monday, January 13, 2020; 12 - 1pm

Registration required: S. Sabrina St. Clair, DMin; 202-327-8296

FALLS CHURCH, VA

NEW YEAR, CHANGED SELF—VISIONBOARD FOR 2020

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

Saturday, January 25, 2020; 10am-12pm

Registration required: Jennifer Lanouette, MSW; 703-351-2808

FALLS CHURCH, VA

CEREMONY OF REMEMBRANCE

Dulin Methodist Church, 513 East Broad Street Falls Church, VA 22046

Wednesday, February 5, 2020; 7pm

For information: Mike Ridge, LCSW; 703-531-6242

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, January 14–March 3, 2020; 4:30-6:30pm

Registration required: Jennifer Lanouette, MSW; 703-351-2808

FALLS CHURCH, VA

YOUNG ADULTS WHO HAVE LOST A PARENT

Capital Caring Health 3180 Fairview Park Dr., Ste. 100 Falls Church, VA 22042

Tuesdays, January 21–March 10, 2020; 4:30-6:30pm

For registration: Brooke Johnson, LCSW; 703-538-2032

FALLS CHURCH, VA

GRIEF & TRANSFORMATION: LOSS OF SPOUSE OR LIFE PARTNER

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

Fridays, February 7–March 27, 2020; time TBA

For registration: Mike Ridge, LCSW; 703-571-6242

WASHINGTON, DC

ADJUSTING TO LOSS AND CHANGE

Sibley Memorial Hospital Renaissance Building—D Sibley Hospital Renaissance Building: Ground Floor, Conference Rm. #4 5257 Loughboro Rd., NW Washington DC 20016

Thursdays, March 5–26, 2020; 1-2:30pm

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

GRIEF SUPPORTS FOR THE UPCOMING HOLIDAYS

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

WASHINGTON, DC

CHRISTMAS AT THE NATIONAL GALLERY

National Gallery of Art, 6th & Constitution Ave., NW, Washington, DC 20565

Friday, December 6, 2018; 10:30 am

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

WARRENTON, VA

COPING WITH LOSS DURING THE HOLIDAYS

Fauquier Hospice Support, 42 N. 5th Street, Conference Room, Warrenton, VA 20186

Saturday, December 7, 2019, 2-4 pm

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

ARLINGTON, VA

COPING WITH LOSS DURING THE HOLIDAYS

Arlington Public Library, Columbia Pike Branch 816 S Walter Reed Dr., Arlington, VA 22204 Westmont Room 2nd floor

Monday, December 9, 2019; 4-5pm

RSVP: Jennifer Lanouette, MSW; 703-351-2808

LARGO, MD

SURVIVING THE HOLIDAYS: COPING WITH GRIEF

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

Thursday, December 12, 2019; 5-6:30pm

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

ALEXANDRIA, VA

SELF-CARE THROUGH THE HOLIDAYS

Capital Caring, 5845 Richmond Hwy; Suite 150 Alexandria, VA 22303

Friday, December 13, 2019 2-3:30pm

RSVP: Chesley Simpson, MSW; 703-333-6954

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