

Point of Hope Grief Support Groups

WASHINGTON, DC / MARYLAND

WASHINGTON, DC

Grief 101

This grief support workshop provides information on the grief process, techniques for self-care, and an opportunity to meet others who have experienced a similar loss of a loved one within the last four months.

Group Type: Workshop

Participant Age: Adults

Location: 50 F. St. NW, Suite 3300, Washington, DC 20001

Date/Time: Monday, January 13, 2020; 12-1PM

Counselor: S. Sabrina St. Clair, DMin; sstclair@capitalcaring.org

Registration required, 202-327-8296.

Grief Support for Adults

Our drop-in groups are designed to support those who are grieving the death of a loved one. Our drop-in groups provide a safe, supportive space for participants to share feelings and memories. Information on the grief process, techniques for self-care, and an opportunity to meet others who have experienced a similar loss will be offered throughout the group meetings.

Group Type: Drop In

Date/Time: Tuesday's; 7:00-8:30 PM

Participant Age: Adults

Location: Capital Memorial Church
3150 Chesapeake Street
NW Washington, DC 20008

Counselor: S. Sabrina St. Clair, DMin; sstclair@capitalcaring.org, 202-327-8296

No registration required.

MARYLAND

Prince George's County

General Grief Support Group

As you grieve the death of a loved one, a wide variety of feelings and emotions come to the surface. The waves of grief can catch you off guard and leave you feeling overwhelmed. This general grief support group provides a safe space to share your story and gain support from others who have experienced a similar loss.

Group Type: Drop-In

Participant Age: Adult

Location: Doctors Community Hospital, 8118 Good Luck Road, Lanham, MD 20706, Second floor CCU/Conference Room

Date/Time: Monday's, January 13, February 10, March 9, 2020; 11:00-12:30 PM

Counselor: Teyawanda Booker, LCSW-C; 301-808-5667; tbooker@capitalcaring.org

Loss of Spouse or Life Partner

The death of a spouse can be devastating and riddled with overwhelming emotions and changes. This support group provides a safe space to share your story and gain support from others who have experienced a similar loss.

Group Type: Drop-In

Participant Age: Adult

Location: Capital Caring Health, 1801 McCormick Drive, Suite 180, Largo, MD 20774

Date/Time: Tuesday's, January 21, February 18, March 17 2020; 10:00-11:30 AM

Counselor: Paulette Davidson, M.Div.; 301-883-0866; pdavidson@capitalcaring.org

No registration required.

KIDS CONNECT

Children are invited to participate in age-appropriate support group activities that facilitate the expression of grief and promote healing.

Group Type: Workshop

Participant Age: 6-15 years

Location: Capital Caring Health, 1801 McCormick Drive, Suite 180, Largo, MD 20774

Date/Time: Saturday, January 25, February 22, March 28, 2020; 10:00-11:30 AM

Counselor: Teyawanda Booker, LCSW-C; 301-808-5667; tbooker@capitalcaring.org

Registration required.

Montgomery County

General Grief Support

Grieving the death of a loved one can be emotionally overwhelming at times, and at times very lonely. This general grief support group provides a safe space to share your story and gain support from others who have experienced a similar loss. It is a time and place for those suffering the loss of a loved one in the past one to twelve months to find support and strength.

Group Type: Drop-In

Participant Age: Adult

Location: Two Democracy Plaza, 6707 Democracy Blvd., Bethesda, MD 20817, Suite 140

Date/Time: The third Tuesday of January, February, and March. 10:30 to Noon.

January 21, February 18, March 17

Counselor: Bob Uhrig, MA 703-489-6125; ruhrig@capitalcaring.org

No registration required.