

Grief Support Groups

November/December/January 2020–2021

Please limit your group selections to no more than two. A Grief Counselor will then reach out to you to assess readiness for group participation. Your registration will be complete after submission of all required consent forms. Visit www.capitalcaring.org/grief-support for information.

Loss of Spouse or Partner

A Man's Grief: Drop-In Group

This group provides a place where men can meet with other men who have suffered the loss of a loved one. Men tend to not like talking about emotions, but we grieve non-the-less. For many men the first response to grief is to suppress it, however there is healing when we can find a safe place, a friend or group, where we can talk. Joining this men's only group may be a one-time thing or you may want to attend all of the scheduled meetings. Expect open discussion where we learn from each other and from materials provided by the counselors. Expect others to want to learn of your loved one and expect to find others who understand you.

Date/Time: Every other Thursday, Nov 5, 19, Dec 3, 17; 10–11:30am

Counselor: Bob Uhrig, MA, ruhrig@capitalcaring.org; 703–489–6125, Clint Dunham, MDiv cdunham@capitalcaring.org, 703–655–0067

Loss of Spouse Support for Those Who are Still Working: Drop-In Group

This group offers a supportive environment for widowed persons who are still working to share their grief experience, receive grief education and move forward in their grief journey through an interactive group format. This groups is for persons whose loss occurred at least 2-3 months prior and are not participating in other groups.

Date/Time: 2nd & 4th Mondays monthly; 6:30–8:00pm

Counselor: Karen Tyner, LCSW; kttyner@capitalcaring.org

Loss of Spouse or Life Partner: Drop-In Group

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.

Date/Time: 3rd Tuesday monthly; 10:30–12:00pm

Counselor: Chaplain Paulette Davidson; pdavidson@capitalcaring.org, 703–215–6423

Loss of Parent

Loss of Parent Support Group: 8 Week Group

This support group is designed for any individual who has lost a parent at least 3 months prior to the first meeting. This group is designed to provide grief education, allow space for participation to share stories as well as to support one another on this journey.

Date/Time: Wednesdays, Jan 6–Feb 24, 2021; 6:30–8pm

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

Group size is limited, and priority will be given to those who can attend at least 6 of 8 sessions.

Loss of Child

Helping Hearts: Loss of Child at Any Age: Drop-In Group

This group will discuss the loss of a child at any age from any illness or accidental death. The group will start and end with positive messages of affirmation bringing a renewal of hope, sense of purpose and well-being.

Date/Time: 1st and 3rd Tuesdays monthly starting December 1; 6–7:30pm

Counselors: Roxanne Woodward, MSW; rwoodward@capitalcaring.org, 703–957–1867. Group limited to 15 participants.

For Children & Teens

Caring Circle Peer Grief Support for Kids

Art-based activities are used to provide education about grief and coping for kids in 2nd–5th grade who have experienced the loss of a sibling or parent; as well as make connections with other kids who have experienced loss.

Date/Time: Thursdays, November 5–December 17 (No meeting on Thanksgiving); 4–5pm

Counselor: Mary Beaven mbeaven@capitalcaring.org, (703) 967–9759 and Monica Delaney, LPC, ATR–BC.

Book Clubs

Fall into a Good Book on a Sunday Afternoon: A Book Club for the Bereaved: 2 Sessions

*The group will read and reflect on the following diverse books to find inspiration, comfort and healing from grief and loss: *The Five People You meet In Heaven* by Mitch Albom (Inspirational Fiction) and *Carnegie's Maid* by Marie Benedict (Historical Fiction).*

Date/Time: Nov 15, Dec 6; 2–3:30pm

Counselors: Roxanne Woodward, MSW; 703–957–1867, rwoodward@capitalcaring.org.

Book Club limited to 15 participants

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Novel Grief Support

How Do We Mourn: A Support Group for a Loss Due to COVID-19 by Death, Decline/Illness, Finances or Spirit: Drop-In Group

A support group for adults for losses relating to COVID-19 as a result of death (the bereaved), decline or illness, financial impact or spiritual suffering. For the last 15 minutes of the support group, a guided imagery and/or meditation will be provided to encourage wellbeing.

Date/Time: 2nd and 4th Mondays monthly through December; 6:45 – 8pm.

Counselor: Roxanne M. Woodward, MSW, rwoodward@capitalcaring.org; 703-957-1867. Group limited to 15 participants.

Grief as Seen through the Heart of the Psalmist: Drop-In Group

The journey of grief can feel new and foreign; however, the depths of emotions are part of the human story and documented in the Psalms. Join other adults on this spiritual grief journey us to discuss and learn about the wisdom found in the Psalms.

Date/Time: 2nd Thurs monthly Sept – Dec; 2 – 3:30pm

Counselors: Chesley Simpson, LCSW csimpson@capitalcaring.org; 703-333-6954, Carla Thompson, MDiv cthompson@capitalcaring.org. Group limited to 25 participants

Gratitude Amid Grief: A Personal Practice: 6 Sessions

Practicing gratitude can be a valuable tool for appreciating life and navigating grief. Gratitude is simple appreciation. Gratitude does not minimize or gloss-over grief. Gratitude during grief gives us choices and something simple to hold on to for hope. Group activities will include short meditations and simple exercises on gratitude. Participants will also be invited to establish 1) a gratitude journal and/or 2) a daily gratitude text-buddy. Attendance at all/most sessions required.

Date/Time: Tuesdays Nov 3–Dec 8; 7–8pm

Counselors: Mike Ridge, LCSW, mridge@capitalcaring.org, 703-531-6242 and Shannon Collier, MA, MS, scollier@capitalcaring.org, 703-283-2193.

Artmaking for Self-Care: Taking Care of the Griever Workshop

It is important to take care of yourself and taking time for therapeutic breaks during the week can be one way to do that. Join us for an art workshop designed to connect with self and others and relax through artmaking. No artistic experience necessary. For adults age 21 and older.

Date/Time: Thursday, November 5; 4–5pm

Counselors: Jen Baldwin, LCPAT, ATR-BC Grief Counselor and Art Therapist, jbaldwin@capitalcaring.org, 703-283-3936, along with George Washington University Art Therapy Graduate Students.

Soul Food Festival: 2 Sessions

Warm up this winter by sharing and making recipes that you used to enjoy with your loved one. Prior to the first event date, group members, of any age, will submit one or two recipes that evoke a positive memory of their loved ones. At the first Zoom meeting we will review and share about the collective recipes in an electronic recipe book. For the second Zoom meeting group members will create and enjoy a dish from one of their group peers, or a family favorite of their own. Please submit up to two recipes to scollier@capitalcaring.org by January 4, 2021. Group limited to 12 participants.

Date/Time: Saturdays, January 9 & 16, 2021; 4–6pm

Counselors: Shannon Collier, scollier@capitalcaring.org, 703-283-2193

Paws to Remember: Pet Loss Drop-In Group

A companion animal can play a very important role in our lives and their loss can be profound. Join this compassionate and empathetic space to be supported as you grieve your beloved pet. Share your story and connect with others who understand your grief. This group is intended to offer comfort to grieving animal lovers age 18 and older who have experienced the loss of a pet in the last six months.

Date/Time: 2nd Mondays monthly starting Jan 11; 11am–12pm

Counselors: Kristi DiFilippo, LCSW, kdifilippo@capitalcaring.org, 703-946-5371; Sarah Berry, MSW, sberry@capitalcaring.org, 804-836-6078

New Year Changed Self: Vision Collage for 2021

After the initial shock of grief recedes, we are often left to navigate a changed life and altered sense of self. In this art workshop, for adults 18yo and older, we will create vision collages to explore questions regarding identity, goals, and purpose for the coming year. No artistic experience needed.

Date/Time: Friday, January 22; 4–5:30pm

Counselors: Jennifer Lanouette, LCSW, janouette@capitalcaring.org, 703-946-8715; Jen Baldwin, LCPAT, ATR-BC, jbaldwin@capitalcaring.org, 703-283-3936

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Anticipatory Grief

Caregiver Central: A Support Group for those Dedicated to Caring for Others: Drop-In Group

A support group to discuss the realities, hardships, and beauty of caring for others. At the end of the support groups a short meditation and guided imagery will be provided for well-being and to lessen caregiver, burden and stress.

Date/Time: 2nd & 4th Mondays through Dec; 2–3:30pm

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

Caregiving Journey Workshop

Caregiving for a loved one can be harder than most people understand especially during a pandemic and the holiday season. Please join us to discuss the caregiving journey with tips on family member caregiving, advocacy for your loved one, the importance of self-care for the caregiver and connection with other caregivers. Workshop limited to 15 participants.

Date/Time: Thursday, December 3; 2–3:30pm

Counselor: Chesley Simpson, LCSW,
csimpson@capitalcaring.org, Maria McKain, LCSW.

Holiday Grief Support

Hope for the Holidays: Coping with Grief During the Holiday Season

This holiday season may be difficult to cope with when you have experienced the death of a loved one. Don't let grief tear you apart! This workshop provides guidance and support to help cope with your grief during the holidays. Join us as we explore common grief reactions and share coping strategies. Group limited to 12 participants.

Date/Time: Friday, November 6; 10am–12pm

Counselor: Teyawanda Booker; tbooker@capitalcaring.org, 301–808–5667 and S. Sabrina St. Clair; ssclair@capitalcaring.org, 202–327–8274.

Being Thankful at Thanksgiving While Grieving for Widowed Persons

Join others as we share thoughts about getting through this family holiday without your loved one this year. This holiday support is for widowed persons whose loss was at least 2-3 months prior and are not participating in other groups. Group limited to 15 participants.

Date/Time: Monday, November 16; 6:30–8pm

Counselor: Karen Tyner, LCSW, kytyner@capitalcaring.org

Holiday Grief Support, continued.

Missing a Child at the Holidays Workshop

This holiday grief workshop is for those who have experienced the loss of a child under age 21 at least 3 months prior. Participants will learn about strategies to prepare for the holidays and ways to incorporate their children into holiday routines and rituals.

Date/Time: Wednesday, December 9; 6:30–8:30pm

Counselors: Monica Delaney, LPC, ATR-BC,
mdelaney1@capitalcaring.org and Mary Beaven, LCSW

Coping with the Loss of a Parent During the Holidays

Holidays and special days are often the most challenging times for grieving people. Although intended as times of joy and togetherness, holidays can stir up difficult thoughts and feelings. Please join with other adults as we explore supportive ways to approach the coming holiday season without our parents.

Date/Time: Saturday, November 21; 10am–12pm

Counselor: Rosemary Viani, LCSW, 703–957–1776,
rviani@capitalcaring.org and Allison Patrick, MSW, 703–328–8564, apattick@capitalcaring.org

Walking Mindfully Through the Holidays

During this holiday season, it is important to focus on caring for ourselves and each other through mindful reflection and movement. We will gather over Zoom briefly to share and set an intention: perhaps to breathe, remember, or reflect. Then each participant will walk in their own neighborhood or yard or participate however you are most comfortable marking this time.

Date/Time: December 4, 11, 18; 10am

Counselor: Jennifer Lanouette, LCSW,
janouette@capitalcaring.org, Brooke Johnson, LCSW,
bjohnson@capitalcaring.org, Jen Baldwin, LCPAT,
jbaldwin@capitalcaring.org

Self-Care During the Holidays

The winter season can be a difficult and stressful time, particularly for those who are grieving the loss of a loved one. Join other adults in this workshop to learn tips for offering yourself care, compassion, and grace as you navigate this season.

Date/Time: Friday, December 11; 2–3:30pm

Counselors: Jennifer Lanouette, LCSW,
janouette@capitalcaring.org, 703–946–8715, Chesley Simpson, LCSW, csimpson@capitalcaring.org, 703–333–6954