

Grief is a normal reaction to loss — and everyone experiences loss from time to time.

How each person handles these losses is very important — and can have a profound effect on their spiritual, psychological, and even physical well-being.

Capital Hospice's Point of Hope Grief Counseling Center helps people deal with loss by providing comfort and relief and by offering a wide range of individualized and group services and therapies designed to help each person through their own private journey of grief.

No one need suffer grief alone; everyone can benefit from care and comfort. And that's where the Point of Hope Grief Counseling Center can help.

ABOUT CAPITAL HOSPICE

- One of the oldest, largest and most experienced hospice care programs in the US
- Nationally recognized leader in hospice care, serving more than 40,000 patients since 1977
- More doctors, nurses and other healthcare professionals certified in hospice and palliative care than any hospice organization in the region
- Referrals and Information
1.800.869.2136

You may make a donation online at www.capitalhospice.org or by calling 703.531.6225.



Point of Hope
Grief Counseling
Center

6565 Arlington Boulevard, Suite 501
Falls Church, VA 22042
703.538.2044
800.255.3042
www.pointofhope.org
www.capitalhospice.org

Capital Hospice is accredited by the Joint Commission on Accreditation of Healthcare Organizations.

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Point of Hope
Grief Counseling
Center

Dealing with Grief



Serving Northern Virginia,
Washington DC and
Prince George's County, Maryland

THE POINT OF HOPE GRIEF COUNSELING CENTER—HELPING PEOPLE DEAL WITH GRIEF

It's natural to feel grief after a loss. The death of a loved one or the end of a friendship or professional association can generate feelings of sadness, depression or anxiety. It's part of being human to experience grief — and most people experience grief in a very individual way.

But suffering grief individually does not have to mean dealing with grief alone. Studies have repeatedly shown that experienced professionals can help ease the burden of grief, and bring comfort and relief to those grieving a loss.

Where does one find this kind of help? At the Point of Hope Grief Counseling Center.

ABOUT THE POINT OF HOPE GRIEF COUNSELING CENTER

- Helps grieving adults, teenagers and children with individual, family and group services
- Serves Northern Virginia, Washington DC and Prince George's County, Maryland
- Se habla español
- For additional information, call 800.255.3042

SERVICES OFFERED BY THE POINT OF HOPE GRIEF COUNSELING CENTER

- Grief Support Groups
- Counseling for Individuals, Families and Groups
- Camps and Retreats
- Seminars and Workshops
- Custom-designed grief support programs for businesses, schools, communities, etc.

THE DIFFERENCE IS EXPERIENCE

The Point of Hope Grief Counseling Center is an integral part of Capital Hospice, one of the country's largest and oldest hospice programs. In fact, Capital Hospice has helped more than 40,000 patients and their families throughout the Washington DC metropolitan area work through the physical, emotional and spiritual issues faced at end of life.

Building on this depth of experience, the Point of Hope Grief Counseling Center has an unparalleled ability to help each individual — regardless of age,

religion or cultural background — find what brings comfort and relief from the pain of grieving. All grief counseling services are provided by experienced, credentialed, mental health professionals.

COST OF SERVICES

Services to individuals and families are typically fee-based (a schedule is available). However, donations, foundation grants and other support from the community enables the Point of Hope Grief Counseling Center to provide services to those who have no resources of their own.

Fees for services to businesses, organizations and communities are available on request.



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