



Grief Support Groups

Winter Haven

Every First Monday, 10:30 – 11:30 p.m.

Winter Haven Senior Center

250 S. Lake Silver Drive

Winter Haven, FL 33881

Grief Support and Art Therapy

Every First Thursday, 11:00 a.m. to 12:30 p.m.

Side Street Studio

110 3rd St SW

Winter Haven, FL 33880

Lakeland

Every First Wednesday, 9:30 – 11 a.m.

Lakeland Senior Center

1510 Commercial Park Drive

Lakeland, FL 33801

Davenport

For those who have lost a child (any age)

Every Tuesday, 9:30 – 11 a.m.

VITAS Offices

38251 US 27 South, Suite B

Davenport, FL 33837

Wauchula

Spanish Support Group

Every First Friday, 1 to 3 p.m.

VITAS Office

113 Main Street

Wauchula, FL 33873

Sebring

Every First Friday, 9:30 - 10:30 a.m.

St. John's UMC

3214 Grand Prix Dr, Sebring, FL 33872

Lake Wales

Every First Wednesday, 2 - 4 p.m.

Lake Wales Public Library

290 Cypress Garden Lane

Lake Wales, FL 33853

Online Resources

www.GriefNet.org – An internet community dealing with grief, death and major loss.

www.Grieving.com – Online grief support system helping people cope with loss.

www.healthfulchat.org -- Bereavement and grief support community with chat rooms and grief forums.

www.opentohope.com – Online forum helping people heal from significant loss.

www.webhealing.com – Crisis, grief and healing discussions.

www.nationalwidowers.org – A resource for men who are grieving the loss of a spouse.

<https://www.compassionatefriends.org/> For those who have lost a child, any age.

These are not VITAS sites, so use care to protect personal information.

(863) 583-7100

VITAS
Healthcare