



VITAS® Healthcare support groups provide information and guidance to those experiencing grief and loss. VITAS now offers regularly scheduled, phone-in and ZOOM support groups to meet the needs of caregivers. All groups are facilitated by VITAS Bereavement Services.

For questions and for more information, including the phone-in numbers and Zoom links, please contact VITAS Bereavement Services at [407-875-0028] or [Robin.Gallant@Vitas.com or Carolyn.Doherty@ Vitas.com]

Phone-In Groups: Held Weekly (60 minutes)	
Topic:	Day and Time:
Spousal Loss	Mondays 3 pm ET; 2 pm CT; 12 pm PT
General Support	Tuesdays 10 am ET; 9 am CT; 7 am PT
Parental Loss	Tuesdays 7 pm ET; 6pm CT; 4 pm PT
Spanish-Speaking	Thursdays 2 pm ET; 1 pm CT; 11 am PT
Senior Loss	Thursdays 4 pm ET; 3 pm CT; 1 pm P
General Support	Fridays 8 am ET; 7 am CT; 5 am PT
General Support	Fridays 7 pm ET; 6 pm CT; 4 pm PT

Phone-In Groups: Held Monthly (60 minutes)	
Topic:	Day and Time:
Spanish-Speaking	1st Tuesday 1 pm ET; 12 pm CT; 10 am PT
Women and Grief	2nd Tuesday 1 pm ET; 12 pm CT; 10 am PT
Young Adults and Grief	2nd Tuesday 7 pm ET; 6 pm CT; 4 pm PT
Veteran Grief Support	3rd Tuesday 1 pm ET; 12 pm CT; 10 am PT
LGBT+ and Grief	4th Tuesday 5 pm ET; 4 pm CT; 2 pm PT
General Support	1st Wednesday 1 pm ET; 12 pm CT; 10 am PT
General Support	2nd Thursday 1 pm ET; 12 pm CT; 10 am PT
Children and Grief	4th Thursday 7 pm ET; 6 pm CT; 4 pm PT
Men and Grief	1st Friday

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Zoom Groups: Held Weekly (60 minutes)	
Topic:	Day and Time:
Spousal Loss	Mondays 1 pm ET; 12 pm CT; 10 am PT
Parents of Grieving Children	Mondays 2:30 pm ET; 1:30 pm CT; 11:30 pm PT
General Support	Tuesdays 3 pm ET; 2 pm CT; 12 pm PT
Adult Parental Loss	Wednesdays 7 pm ET; 6 pm CT; 4 pm PT
Grupo de Apoyo General para Hispanoparlantes: Jueves	Thursdays 12 pm ET; 11 pm CT; 9 am PT
Veteran Grief Support	Thursdays 2 pm ET; 1 pm CT; 11 am PST
General Support	Thursdays 8 pm ET; 7 pm CT; 5 pm PT
General Support	Fridays 11 pm ET; 10 am CT; 8 am PT
Teen Support	Fridays 2 pm ET; 1 CT; 11 pm PT
General Support	Saturdays 5 pm ET; 4 pm CT; 2 PT

	1 pm ET; 12 pm CT; 10 am PT
Zoom Groups for Parents and Children: Held Weekly (30 Minutes)	
Topic:	Day and Time:
3-6 years old, Children & Parent's Grief Support	Tuesdays 1 pm ET; 12 pm CT; 10 am PT
7-10 years old, Children & Parent's Grief Support	Tuesdays 1:45 pm ET; 12:45 pm CT; 10:45 pm PT
Zoom Groups: Held Monthly (60 minutes)	
General Support	1 st Wednesday 12 pm ET; 11 am CT; 9 am PT
General Support	4th Thursday 5 pm ET; 4 pm CT; 2pm PT
Zoom Groups: One Time Events (60 minutes)	
Honoring Moms	Friday, May 8th 4 pm ET; 3pm CT; 1pm PT
Memorial Day Remembrance	Monday, May 25th 5 pm ET; 4 pm CT; 2pm PT
Memorial Day Remembrance	Monday, May 25th 11 am ET; 10 am CT; 8am PT
Honoring Dads	Friday, June 19th 5 pm ET; 4 pm CT; 2pm PT

As of 4.17.2020