


# Coping Skills for Grief & Bereavement

MONDAYS 12-1:30PM  
DBT OZARKS | SPRINGFIELD, MO


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Supportive program designed for individuals who are experiencing grief and loss of a loved one. This group follows the principles of Dialectical Behavior Therapy (DBT) to help you navigate the complex emotions and challenges associated with grief.



417-261-5682 

[dbtozarks.com/griefgroup](https://dbtozarks.com/griefgroup) 

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Springfield, MO 65804

Pre-Registration Required