



Improving lives THROUGH
supports and services
THAT FOSTER self-determination.

1/11/21

Offerings Support Group

For COVID-19 related grief and loss

Tuesdays at 4:30
Beginning January 19

ReDiscover's Show Me Hope Crisis Counseling Program offers free virtual support group for friends, family, and care team members who have experienced Covid-19 related grief and loss. The group will meet weekly for 6 one-hour sessions and draw from mindfulness, expressive therapies, and solution-focused therapy techniques to guide our discussion in support of each other.

[Click for the flyer](#)

[Click for the registration](#)

www.dmh.mo.gov/dd
573-751-4054

MISSOURI DEPARTMENT OF MENTAL HEALTH