

Brigham City Group List

Monday

9 am-10 am	Current Events/Breakfast	Corben	BCH
10am - 12 pm	Health and Wellness	Noah	BCH
12 pm-1 pm	Lunch		BCH
1 pm-2:30 pm	TED	Stephanie	BCH
4:30 pm-6 pm	Anger Management	Brian & Aaron	BOP

Tuesday

10 am-12 pm	Zen	Jen	BCH
12 pm-1 pm	Lunch		BCH
1 pm-2:30 pm	Arts and Music	Jess	BCH
4 pm - 5:30 pm	Daring Greatly	Joan & Evelyn	BOP

Wednesday

10 am-12 pm	Health and Wellness/Nutrition and Cooking	Jess	BCH
12 pm-1 pm	Lunch		BCH
3:30 pm -5:30 pm	Seeking Safety	Jen & Stephanie	BCH
1 pm - 2:30 pm	DBT Skills		BCH

Thursday

9 am-10 am	Happiness/Breakfast	Noah	BCH
10 am-12 pm	Community Integration	Jen & Stephanie	BCH
12 pm-1 pm	Lunch		BCH
1 pm - 2 pm	DBT	Eve & Evelyn	BOP
1 pm-2:30 pm	Social Skills Group	Noah	BCH
9 am - 10 am	Current Events		BCH
10am - 12 pm	Battling Boredom		BCH
1 pm - 3 pm	Social Skills Group		BCH
4 pm- 5:30 pm	Self Compassion	Jessie & Kristin	BOP

Friday

10 am-12 pm	Health and Wellness/Active Lifestyle	Corben	BCH
12 pm-1 pm	Lunch		BCH

BCH-Brigham City House

BOP-Brigham Out Patient