

**Bear River Mental Health  
Brigham City Outpatient Clinic  
950 South 663 West, Brigham City, Utah**

**COGNITIVE BEHAVIOR THERAPY**

**Monday 4:00 pm – 5:00 pm (School children grades 1-4)**

Learn to manage anger effectively, stop violence or threats of violence, develop self-control over thoughts and actions, receive support from others.

**EMOTIONAL REGULATION & SOCIAL SKILLS GROUP**

**Monday 4:00 pm – 5:00 pm (School children grades 1-3)**

Does your child need extra support learning how to manage big feelings, make friends, and communicate effectively? Join our fun, interactive group designed to help children build confidence and skills through games, activities, and group learning! Children will learn how to recognize and express emotions in healthy ways, problem solving & coping strategies, communication & friendship skills, and confidence & self-esteem building.

**ANGER MANAGEMENT**

**Monday 4:30 pm – 6:00 pm (12-week session)**

Learn to manage anger effectively, stop violence or threats of violence, develop self-control over thoughts and actions, receive support from others.

**TRAUMA-FOCUSED EMOTIONAL REGULATION – Adult Women – In person only**

**Tuesday 4:00 pm – 5:30 pm**

In this group participants will learn how to work through shame and embrace vulnerability and self-compassion. Participants will also learn to label and get to know their feelings to progress on their healing journey. Experiential activities will be a part of the class.

**SEEKING SAFETY – WOMEN ONLY (2/18/26 – 12 WK COURSE)**

**Wednesday 1:00 pm – 2:00 pm**

This group will focus on PTSD and Safety in relationships for women who have experienced trauma, domestic violence, and/or substance abuse. The group will learn coping skills, changing maladaptive behaviors, and finding safety in their relationships. The group will be run by a certified clinician.

**SCHOOL GROUP (Grades 4-5)**

**Wednesday 4:00 pm – 5:00 pm (every other Wed.)**

In this group children will benefit from learning Emotional Regulation and Social Skills through learning healthy communication, listening skills, building relationships and developing coping skills. Parents are responsible for transportation to and after group.

### **MEN'S GROUP – In person only**

**Wednesday 5:00 pm – 6:00 pm**

In this group men meet to learn about emotional regulation, shame, perfection, self-compassion, anger, anxiety management and more.

### **BUILDING EMOTIONAL INTELLIGENCE and SELF-WORTH (BESD Grades 6-7)**

**Thursday 3:30 pm – 5:00 pm**

In this group participants will learn mindfulness skills, distress tolerance, emotional regulation, and interpersonal effectiveness. This group aims to help participants to stop comparing themselves to others, be assertive and set healthy boundaries, handle self-doubt, and develop self-awareness, self-acceptance and self-worth.

### **MIDDLE SCHOOL ACCEPTANCE AND COMMITMENT THERAPY**

**Thursday 3:30 pm – 5:00 pm (Grades 8-9)**

Participants will learn to manage emotions, navigate life stressors, and build psychological flexibility through the skills from the ACT Hexaflex.

### **HIGH SCHOOL ACCEPTANCE AND COMMITMENT THERAPY GROUP #1**

**Friday 12:30 pm – 2:00 pm (Grades 10-12)**

Participants will utilize skills from the ACT Hexaflex to navigate their life stressors. This group will focus on application of the Hexaflex skills rather than learning them.

### **HIGH SCHOOL ACCEPTANCE AND COMMITMENT THERAPY GROUP #2**

**Friday 2:15 pm – 3:45 pm (Grades 10-12)**

Participants will learn to manage emotions, navigate life stressors, and build psychological flexibility through the skills from the ACT Hexaflex.