

**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

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
(Starting January 2025)**

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.

SUMMER GROUPS

ART THERAPY FOR TREATING ANXIETY AND DEPRESSION

Monday 1:00 pm – 2:30 pm (Ages 13-16). Starts June 9th.

Wednesday 1:00 pm – 2:30 pm (Ages 10-12). Starts June 11th.

A supportive and fun group designed to explore emotions, build self-esteem, and boost confidence through creative expression. Participants will learn through guided art activities healthy ways to regulate their emotions, strengthen their connection to self, and foster a positive body image in a safe and judgement free space. (*No art experience necessary)

