

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

**ACCEPTANCE and COMMITMENT THERAPY (ACT) for ADULTS**

**Friday 10:00 am –12:00 pm**

Adults only. This group focuses on teaching Acceptance and Commitment Therapy principles and skills and implementing skills and perspectives in a variety of ways.

**ACCEPTANCE and COMMITMENT THERAPY (ACT) I MIDDLE SCHOOL**

**Thursday 10:30 am –12:00 pm**

This group focuses on teaching Acceptance and Commitment Therapy principles and skills.

**ACCEPTANCE and COMMITMENT THERAPY (ACT) II MIDDLE SCHOOL**

**Thursday 1:00 pm –2:30 pm**

This group focuses on implementing Acceptance and Commitment Therapy skills and perspectives in a variety of ways.

**ACCEPTANCE and COMMITMENT THERAPY (ACT) HIGH SCHOOL**

**Tuesday 10:30 am –12:00 pm**

This group focuses on teaching Acceptance and Commitment Therapy principles and skills and implementing skills and perspectives in a variety of ways.

**ANGER MANAGEMENT (HYBRID)**

**Monday 4:30 PM – 6:30 PM**

The group is anger management for substance use disorder and mental health clients. Keep in mind that you do not need to be limited to having both. We accept clients that have either substance use addiction or mental health problems. The purpose of the group is to: 1. Learn to manage anger effectively. 2. Stop violence or threats of violence. 3. Develop self-control over thoughts and actions. 4. And receive supports from others. This group is a closed group that meets weekly for 12 sessions.

## **AUTOMATIC NEGATIVE THOUGHTS (ANT)**

**Friday 1:00 pm – 2:00 pm (for 8 weeks)**

The focus of this group is to help participants appropriately deal with automatic negative thoughts by teaching clients coping strategies, awareness of automatic negative thoughts and replacing them with positive thoughts. Participants will learn the needed skills to eradicate unwanted negative thoughts.

## **BOY'S GROUP**

**Thursday 3:00 pm – 4:30 pm**

The participants in this group are taught Dialectical Behavioral Therapy (DBT) skills, formatted for children. They are also effectively taught useful information about challenging emotions, giving them the tools to identify and communicate their emotional experience in a way that is child friendly and easy to understand.

## **DARING GREATLY: The courage to feel- (Adult Women)**

**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. This is an open class.

## **DBT SKILLS GROUP - Telehealth (Adults)**

**Thursday 1:00 PM -2:30 PM**

In this group participants will learn mindfulness skills, distress tolerance, emotional regulation, and interpersonal effectiveness.

11/16/2022