

**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.

**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.

**APPROACHING MENTAL HEALTH THROUGH ANIME – Teens 11-15 yrs.**

**Wednesday 4:30 pm – 6:00 pm**

This group will address communication, boundaries, common thinking errors, shame, anger, and other subjects pertinent to teens.

**ACYI GROUPS**

**Thursday During School**

The objective of Emotional Regulation Group is to assist clients to better understand and manage their emotions. This includes understanding emotion as well as expressing them in an appropriate manner.

**BOP Summer Group Youth Program  
663 Parker Ln, Brigham City – 435-734-9449**

**HIGH SCHOOL AP ACT**

**Tuesday 1:00 pm – 2:30 pm (Grades 10-12 - Kendall)**

This group focuses on applying Acceptance and Commitment Therapy concepts at a deeper level to adolescent life. Group members learn to implement ACT principles to create positive changes in their lives

**HOW TO COPE WITH BIG FEELINGS**

**Tuesday 1:00 pm – 2:30 pm (Ages 6-9 – Jenny & Noah)**

The focus of this group is to help children handle powerful emotions, teach them to stay calm and make better choices. By learning about big emotions through engaging activities, children will build healthy habits to react better in situations that make them mad.

## HIGH SCHOOL ACT

**Tuesday 3:00 pm – 4:30 pm (Grades 10-12 - Kendall)**

This group focuses on teaching Acceptance and Commitment Therapy concepts at a deeper level to adolescent life. Group members take a more active role in topics discussed and struggles addressed.

## ACYI/INTERMEDIATE GROUP

**Wednesday 10:30 am – 12:00 pm (Grades 6 & 7 – Brian)**

**OR Thursday 10:30 am – 12:00 pm**

The objective of Emotional Regulation Group is to assist clients to better understand and manage their emotions. This includes understanding emotion as well as expressing them in an appropriate manner.

## BODY POSITIVITY

**Thursday 10:00 am – 11:30 am (Ages 11-14 – Andrea & Jenny)**

The goal of this group is for individuals to learn how to build a healthy relationship with themselves by shifting their mindset to a place of self-acceptance and reduce negative self-talk, feelings, and behaviors that impact their mental health.

## MIDDLE SCHOOL ACT #1

**Thursday 1:00 pm – 2:30 pm (Grades 8 & 9 – Kendall)**

This group focuses on teaching Acceptance and Commitment Therapy (ACT) principles and skills and applying them to adolescent life.

## MIDDLE SCHOOL ACT #2

**Thursday 3:00 pm – 4:30 pm (Grades 8 & 9 – Kendall)**

This group focuses on teaching Acceptance and Commitment Therapy (ACT) principles and skills and applying them to adolescent life.

## DURING THE SCHOOL YEAR

### MIDDLE SCHOOL ACT GROUP

**Tuesday During School**

This group focuses on teaching Acceptance and Commitment Therapy principles and skills and applying them to adolescent life.

### HIGH SCHOOL ACT GROUP

**Thursday During School**

This group focuses on teaching Acceptance and Commitment Therapy principles and skills and applying them to adolescent life.

### HIGH SCHOOL AP ACT GROUP

**Thursday During School**

This group focuses on teaching Acceptance and Commitment Therapy concepts at a deeper level to adolescent life. Group members take a more active role in topics discussed and struggles addressed.

(Updated 7/3/2024)