

**Bear River Mental Health
Brigham City House
625 South 300 East, Brigham City, Utah**

HEALTH and WELLNESS – MOVING YOUR BODY, HEALTHY LIFESTYLE CHOICES, EXERCISE AND NUTRITION

Monday 9:30 am – 12:00 pm

Discussion-based group where participants can develop critical thinking skills and ask questions regarding their health to debunk misconceptions about calories, exercise, healthy habits, physical health, mental health and more.

PTSD PROCESSING & SKILLS

Monday 1:00 pm – 2:30 pm

This group focuses on identifying trauma triggers, the body/mind partnership, developing coping skills and techniques for overcoming trauma symptoms. A PTSD workbook will be used during group sessions to assist in processing, planning, and learning. Mindfulness and relaxation will be incorporated into each session for healing benefits.

ROLE PLAYING FOR SOCIAL AND INTERPERSONAL SKILLS DEVELOPMENT, AND PERSONALITY GROWTH – D&D and ME

Monday 1:00 pm – 3:30 pm OR

Thursday 1:00 pm – 3:30 pm

Role plays with others, exploring interactions, social skills, making decisions, consequences of those decisions, and your responses to the role plays, practicing self-awareness, and the impact of the role play on your emotions, and coping with them.

RELAXATION & MINDFULNESS

Tuesday 9:30 am – 12:00 pm

Participants in this group focus on learning and practicing techniques and skills that promote relaxation, emotional regulation, and combat anxiety.

CREATING MINDFULNESS, COPING SKILLS, SELF AWARENESS, AND EMOTION REGULATION THROUGH ART, MUSIC, AND OTHER MEDIA.

Tuesday 1:00 pm – 3:30 pm

This group will learn different forms of music and art that can be used for coping skills. Participants learn hands-on while exploring new types of art and creating ways to express emotion.

HEALTH and WELLNESS: COOKINGS & NUTRITION

Healthy Diet and Food Preparation Skills

Wednesday 10:00 am – 12:00 pm

Participants will learn about different forms of healthy eating and cooking. Develop a healthy relationship with food and diets along with learning food preparation skills.

ADL AND LIFE SKILLS GROUP

Wednesday 1:00 pm – 3:30 pm

This group focuses on a variety of different skills including household self-help, sewing, positive thinking, relationships, boundaries, etc.

LGBTQ+ PROCESS GROUP (18+)

Wednesday 1:00 pm – 2:30 pm

In this group clients will process thoughts, feelings, beliefs, and experiences related to several topics. Topics such as self-worth, internalized shame, letting go of regret, codependency and healthy boundaries, emotions, core beliefs, self-judgements, self-compassion, finding happiness, and overall self-exploration.

COMMUNITY INTEGRATION & BREAKFAST

Thursday 9:30 am – 12:00 pm

Explore your community and discover resources and connections.

DEVELOPING FRIENDSHIPS, COMMUNICATION, CONVERSATION, AND MAINTAINING RELATIONSHIPS - SOCIAL SKILLS

Friday 9:30 am – 12:00 pm

This group provides opportunities to make and keep friendships, navigate difficult interactions, and develop awareness on the subtle forms of verbal and non-verbal communication. Participants will use table-top games as a catalyst for growth and will be at ease in a consequence-free learning environment.

HEALTH and WELLNESS: BUILDING AND KEEPING POSITIVE EMOTIONS AND GROWING HAPPINESS

Friday 1:00 pm – 2:30 pm

The objective of Happiness Group is to help clients understand how happiness can help them accomplish therapeutic and personal goals. They will be learning the psychology behind happiness as well as learning skills to promote happy living. It is also intended to give clients a fun and relaxing time to socialize and laugh together.