

# Brigham City Group List

<b>Monday</b>		
9:30 am – 12:00 pm	Health & Wellness	BCH
12:00 pm – 1:00 pm	Lunch - \$1	BCH
1:00 pm – 2:30 pm	PTSD Processing & Skills	BCH
1:00 pm – 3:30 pm	Role Playing for Social and Interpersonal skills Development and Personality Growth	SPV
4:00 pm – 5:00 pm	Cognitive Behavior Therapy	BOP
4:30 pm – 6:00 pm	Anger Management	BOP
<b>Tuesday</b>		
9:30 am – 12:00 pm	Relaxation & Mindfulness	BCH
12:00 pm – 1:00 pm	Lunch - \$1	BCH
1:00 pm – 3:30 pm	Creating Mindfulness, Coping Skills, Self-Awareness, and Emotion Regulation Through Art, Music, and Other Media	BCH
4:00 pm – 5:30 pm	Trauma-Focused Emotional Regulation	BOP
During School Hours	Middle School ACT	School
<b>Wednesday</b>		
10:00 am – 12:00 pm	Health & Wellness: Cooking & Nutrition	BCH
12:00 pm – 1:00 pm	Lunch - \$1	BCH
1:00 pm – 3:30 pm	ADL and Life Skills Group	BCH
1:00 pm – 2:30 pm	LGBTQ+ Process Group	BCH
<b>Thursday</b>		
9:30 am – 12:00 pm	Community Integration & Breakfast	BCH
12:00 pm – 1:00 pm	Lunch - \$1	BCH
1:00 pm – 3:30 pm	Role Playing for Social and Interpersonal skills Development and Personality Growth	BCH
During School Hours	Emotional Regulation Group @ ACYI	School
During School Hours	High School ACT	School
During School Hours	High School AP ACT	School
<b>Friday</b>		
9:30 am – 12:00 pm	Developing Friendships, Communication, Conversation, and Maintaining Relationships – Social Skills	BCH
12:00 pm – 1:00 pm	Lunch - \$1	BCH
1:00 pm – 2:20 pm	Health & Wellness: Building and Keeping Positive Emotions and Growing Happiness	BCH
<b>Locations:</b>		
BCH – Brigham City House		
BOP – Brigham Outpatient		
SPV – Snow Park Village Apts. Rec Room		
School		