

**Bear River Mental Health  
Tremonton Outpatient Clinic  
440 W 600 N, Tremonton, Utah**

**TEEN SOCIAL SKILLS GROUP (Grades 6-12)**

**Monday 3:30pm – 5:00 pm**

Teens will have fun learning social skills and how to appropriately interact with their peers.

**ADULT SOCIAL SKILLS GROUP (Adults only)**

**Tuesday 11:00 am – 12:30 pm**

Adults will have fun learning social skills and how to appropriately interact with their peers.

**TEEN DIALECTICAL BEHAVIOR THERAPY (Grades 6-12)**

**Tuesday 3:00 pm – 4:00 pm**

Teen DBT group where we meet to talk about struggles in life and work. Learning and implementing therapeutic skills through DBT.

**COGNITIVE BEHAVIOR SOCIAL SKILLS GROUP (Elementary K–5)**

**Wednesday 3:30 pm – 5:00 pm**

Children will have fun learning emotional regulation and practicing pro social and problem-solving behaviors.

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

**Thursday 1:00 pm – 3:00 pm**

Learning therapeutic skill through 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.

**ANGER MANAGEMENT (Adults only)**

**Monday 4:30 pm – 6:00 pm (online or in person at Logan)**

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 support from others. This group is a closed group that meets weekly for 12 sessions.