

**Bear River Mental Health**  
**Bear River House**  
**88 West 1000 North, Logan, Utah**

**HEALTH and WELLNESS**

**Monday 10:15 am – 12:00 pm**

This group focuses on promoting health and wellness through education, skill-building, and goal setting. Staff provide instruction and demonstration on preparing a healthy snack, with participants getting to sample the healthy snack as part of experiential learning. A wellness check-in is conducted to assess participants' current health practices, including exercise, nutrition, and progress on previously set goals. Group members are supported in developing individualized, achievable weekly health and wellness goals to encourage ongoing improvement. Psychoeducation is provided on topics such as nutritional habits, sleep hygiene, and the benefits of regular physical activity.

**SOCIAL INTEGRATION**

**Monday / Tuesday / Wednesday / Thursday / Friday 9:30 am – 10:15 am**

This group provides participants with the opportunity to check in with one another and share how they are doing. It is also a time to discuss current events, announcements or other topics of interest while practicing natural conversation skills. Each session includes a guided mindfulness exercise, which helps participants focus on the present moment and prepare for meaningful participation in the following group.

**FOUNDATIONAL SKILLS**

**Monday / Tuesday / Wednesday / Thursday / Friday 9:30 am – 12:00 pm**

This group focuses on developing and practicing essential skills that support positive interactions and daily functioning. Participants work on skills such as active listening, communication skills, expressing gratitude, everyday choices, happiness skills, recovery skills, initiating conversations, participating appropriately in social interactions, etc. Staff provide structured lessons and encourage meaningful discussion. Each session includes a check-in to assess how participants are doing, followed by interactive activities that allow members to practice and apply the skills they are learning.

**ACTIVE LIFESTYLE**

**Monday / Tuesday / Friday 1:00 pm – 3:00 pm**

This group helps participants learn fun and practical ways to stay active while building balanced and healthy daily routines. Staff focus on teaching and modeling how to develop balance across physical, mental, and social well-being, recognizing individual strengths, and identifying areas for growth. Participants engage in hands-on learning opportunities designed to encourage movement, social connection, and healthy lifestyle habits. Each activity promotes overall wellness, supports physical activity, strengthens social connections, and reinforces skills that contribute to long-term, balanced living.

**RELATIONSHIP DYNAMICS**

**Tuesday 10:15 am – 12:00 pm**

This group focuses on building and maintaining healthy relationships in all areas of life. Participants learn and practice skills such as conflict resolution, active listening, assertiveness and boundary setting, as well as healthy communication. The group also explores topics like friendships, love languages, and recognizing both verbal and non-verbal communication. Through discussion and interactive activities, participants develop tools to navigate difficult interactions, strengthen connections, and create more positive and supportive relationships.

### RECOVERY SUPPORT GROUP

**Tuesday / Thursday 4:00 pm – 7:30 pm**

This group helps participants strengthen both recovery and integration skills to support success in daily life. Topics include getting involved in work, school, volunteering, relationships, and community engagement. Guest speakers are often invited to share knowledge and insight on mental health topics or community-based topics of interest. Tuesday evenings focus on recovery, while Thursday evenings focus on integration. Participants set weekly personal goals and report back on their progress the following week. A shared meal is provided, giving participants an opportunity to practice social skills that are modeled and encouraged within the group.

### PERSONAL LIFE SKILLS GROUP

**Wednesday 9:30 am – 12:00 pm**

This group is designed to help participants strengthen everyday skills needed for greater independence, confidence, and well-being. In this group, participants practice communication, problem-solving, emotional regulation, organization, and stress management through hands-on activities and real-life scenarios. This group also focuses on building healthy relationships, setting boundaries, and developing coping strategies for life's challenges. Participants will learn tools they can use at home, work, and in the community to help them feel more capable and empowered in their daily lives and reach their personal goals.

### PEER SUPPORT

**Wednesday 12:45 pm – 2:00 pm**

This group brings together participants with lived experience of mental illness to share experiences, struggles/challenges, and successes. Participants provide mutual support and encouragement, helping one another build hope and trust. The support group becomes an anchor for recovery from their illnesses and helps to develop skills to live more effectively in the community. This group offers a safe space where members can connect and realize, "I am not alone."

### ACCEPTANCE and COMMITMENT THERAPY (ACT)

**Thursday 10:15 am – 12:00 pm**

This group uses Acceptance and Commitment Therapy (ACT) principles to help participants increase psychological flexibility and reduce rigid thinking through the process of acceptance. Participants explore and identify their values. Through discussion, experiential exercises, and reflection, participants learn to commit their daily behaviors and choices with those values. The group emphasizes mindfulness and intentional decision-making, supporting participants in making meaningful changes and working toward a more fulfilling and purpose-driven life.

## STRESS MANAGEMENT

### **Thursday 1:00 pm – 3:00 pm**

This group provides an opportunity to learn and practice a variety of stress management techniques aimed at reducing stress/anxiety and promoting overall well-being. Each session begins with a check-in to assess current stress and anxiety levels, followed by structured activities and discussions designed to explore new methods of coping and relaxation.

Participants engage in a variety of experiential exercises, including art-based activities, self-care strategies, and stress reduction practices. The group emphasizes building practical tools that participants can use in daily life to manage stress, improve emotional regulation, and enhance overall resilience

## HELLO TO HAPPINESS

### **Friday 10:15 am – 12:00 pm**

This group focuses on developing positive psychology skills to boost overall mood and promote a more optimistic outlook on life. Participants learn to use a gratitude journal to recognize and reflect on positive aspects of their lives, while staff guides participants in reframing challenges with a growth mindset. Lessons and activities cover topics such as gratitude, optimism, savoring experiences, identifying and using personal strengths, and understanding the benefits of smiling, laughter, and acts of kindness. Through guided exercises, discussion, and practical application, participants build skills to foster resilience, increase positive emotions, and cultivate meaningful habits that support long-term emotional well-being.