

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

**HEALTH and WELLNESS GROUP**

**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.

**D&D and ME**

**Role Playing for Self-Awareness & Success (2 groups offered)**

**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.

**ARTS & MUSIC**

**Creating Mindfulness, Personal Expression, and Coping using Artistic Media.**

**Tuesday 1:00 pm – 2:30 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.

## SKILLS of FORTUNE

### A Variety of Everyday Life Skills

**Wednesday 1:00 pm – 2:30 pm**

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

## COMMUNITY INTEGRATION & BREAKFAST

**Thursday 9:30 am – 12:00 pm**

Explore your community and discover resources and connections.

## 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: HAPPINESS GROUP

**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.