

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

**HEALTH and WELLNESS GROUP**

**Monday and Friday 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.

**TALK TED TALKS**

**Monday 1:00 pm – 2:30 pm**

Focuses on exploring new ideas and seeking knowledge about a wide variety of topics, through TED talks. Participants will watch a TED talk, discuss the message and the application it may have in their lives.

**PTSD PROCESSING & SKILLS**

**Monday 4:00 pm – 5:30 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.

**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**

**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.

## COOKINGS & NUTRITION

**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 – Life Skills

**Wednesday 1:00 pm – 2:30 pm**

This group offers training in a variety of life skills that can enhance your life. Skills include daily living, conversation and social situations, boundaries, mindfulness, self-care, positive thinking, etc. These life skills will be learned and practiced in a group setting.

## PRE-EMPLOYMENT

**Wednesday 1:00 pm – 2:30 pm**

Prepare for employment. This group will prepare for employment by creating resumes, interview skills, job readiness and good hygiene; 12-week curriculum.

## COMMUNITY INTEGRATION & BREAKFAST

**Thursday 9:30 am – 12:00 pm**

Explore your community and discover resources and connections.

## D&D and ME – Role Playing for Success

**Thursday 1:00 pm – 3:00 pm**

Participants will utilize a role-playing game and work together to accomplish goals and objectives. The role-playing game will focus on practicing social interactions, managing emotions, making decisions, appropriate social responses, question asking, clarifying understanding, and more.

## SOCIAL SKILLS

**Friday 1:00 pm – 2:20 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.