

**Bear River Mental Health
Brigham City Outpatient Clinic
950 South 663 West, Brigham City, Utah**

ANGER MANAGEMENT

Monday 4:30 pm – 6:00 pm (12-week session)

Learn to manage anger effectively, stop violence or threats of violence, develop self-control over thoughts and actions, receive support from others.

DARING GREATLY: The Courage to Feel – Adult Women

Tuesday 4:00 pm – 5:30 pm

In this group participants will learn how to work through shame and embrace vulnerability and self-compassion. Participants will also learn to label and get to know their feelings to progress on their healing journey. Experiential activities will be a part of the class.

APPROACHING MENTAL HEALTH THROUGH ANIME – Teens 11-15 yrs.

Wednesday 4:30 pm – 6:00 pm

This group will address communication, boundaries, common thinking errors, shame, anger, and other subjects pertinent to teens.

ACYI GROUPS

Thursday During School

The objective of Emotional Regulation Group is to assist clients to better understand and manage their emotions. This includes understanding emotion as well as expressing them in an appropriate manner.

MIDDLE SCHOOL ACT GROUP

Tuesday During School

This group focuses on teaching Acceptance and Commitment Therapy principles and skills and applying them to adolescent life.

HIGH SCHOOL ACT GROUP

Thursday During School

This group focuses on teaching Acceptance and Commitment Therapy principles and skills and applying them to adolescent life.

HIGH SCHOOL AP ACT GROUP

Thursday During School

This group focuses on teaching Acceptance and Commitment Therapy concepts at a deeper level to adolescent life. Group members take a more active role in topics discussed and struggles addressed.

10/18/2023