

## Brigham City Group List

<b>Monday</b>			
9:30 am – 12:00 pm	Health & Wellness	Stephanie	BCH
12:00 pm – 1:00 pm	Lunch - \$1		BCH
1:00 pm – 2:30 pm	PTSD Processing & Skills		BCH
1:00 pm – 3:30 pm	D&D and ME	Jen & Stephanie	SPV
4:30 pm – 6:00 pm	Anger Management		BOP
<b>Tuesday</b>			
9:30 am – 12:00 pm	Relaxation & Mindfulness	Jen	BCH
12:00 pm – 1:00 pm	Lunch - \$1		BCH
1:00 pm – 2:30 pm	Arts & Music	Noah	BCH
4:00 pm – 5:30 pm	Daring Greatly	Evelyn	BOP
During School Hours	Middle School ACT		School
<b>Wednesday</b>			
10:00 am – 12:00 pm	Health & Wellness: Cooking & Nutrition	Noah	BCH
12:00 pm – 1:00 pm	Lunch - \$1		BCH
1:00 pm – 2:30 pm	Skills of Fortune	Shaela	BCH
4:30 pm – 6:00 pm	Approaching Mental Health Through Anime	Evelyn	BOP
<b>Thursday</b>			
9:30 am – 12:00 pm	Community Integration & Breakfast	Jen & Stephanie	BCH
12:00 pm – 1:00 pm	Lunch - \$1		BCH
1:00 pm – 3:30 pm	D&D and ME	Jen & Shaela	BCH
During School Hours	ACYI		School
During School Hours	High School ACT		School
During School Hours	Hich School AP ACT		School
<b>Friday</b>			
9:30 am – 12:00 pm	Social Skills	Jen	BCH
12:00 pm – 1:00 pm	Lunch - \$1		BCH
1:00 pm – 2:20 pm	Health & Wellness: Happiness	Jen	BCH
<b>Locations:</b>			
BCH – Brigham City House			
BOP – Brigham Out Patient			
SPV – Snow Park Village Apts. Rec Room			
School			