

Group Schedule – Brigham City

Monday – Brigham City House

Fitness Group 10:30am-11:30am – Adults Only

Enjoy 60 mins of fun and engaging fitness at Results Fitness Center. There is a variety of equipment for people at all fitness levels, from simple to advanced. You'll also receive peer and staff support.

Monday – Brigham City House

7 Habits of Highly Effective People 12:00pm-1:00pm – Adults Only

The 7 habits group focuses on powerful lessons in personal change. We focus on 7 habits/principles that guide us towards success. It is a breakthrough in the way of looking at ourselves and other people.

Tuesday – Brigham City Office

Preschool Children's Group 10:00am-11:30am – Ages 3-5

Children will have fun learning emotional regulation, problem solving, and friendship behaviors from the 2nd Step Curriculum.

Tuesday – Brigham City House

Wash Your Face 11:00am-12:00pm – Adults Only

Wash your face is about taking control of your life and being responsible for your own happiness and ultimately the person you become. We dissect lies that we tell ourselves and how we can personally overcome each one of them.

Tuesday – Brigham City Office

Elementary Children's Group 3:00pm-4:30pm – Grades 2nd-5th

This group promotes pro social and problem-solving behaviors. They'll also have fun learning coping and emotional regulation behaviors.

Wednesday – Brigham City House

Group Cognitive Behavioral Therapy 11:00am-12:00pm – Adults Only

This group is tailored for people who struggle with chronic pain or illness. We'll teach you the power of your brain in managing pain. You'll learn about the connection between your thoughts, feelings, pain, and behaviors.

Wednesday – Brigham City Office

Kindergarten – 1st Grade Children's Group 2:00-3:30pm

Children will have fun learning emotional regulation and practicing pro social and problem-solving behaviors.

Thursday – Brigham City House

Battling Boredom 11:00am-1:00pm – Adults Only

Participants will engage in a variety of fun activities that promote socialization.

Friday – Brigham City House

Fitness Group 10:30am-11:30am – Adults Only

Enjoy 60 mins of fun and engaging fitness at Results Fitness Center. There is a variety of equipment for people at all fitness levels, from simple to advanced. You'll also receive peer and staff support.