

**Bear River Mental Health**  
**Logan Outpatient Clinic – 90 East 200 North, Logan, Utah**

**BEYOND CONSEQUENCES, LOGIC, AND CONTROL PARENTING – ADULT**

**Wednesday 1:30 pm – 3:00 pm**

In Person In this group participants will learn trauma-informed skills and techniques to help improve their relationships with the children they care for. Participants will learn about how trauma can impact the development, functioning, and behaviors of a child and how caretakers can appropriately respond to a child with severe behavioral concerns. This is a closed group that opens to new participants every 10 weeks at the beginning of a new course.

**BUILDING RESILIENCE AS AN LGBTQ ADULT**

**Wednesday 10:30 am – 12:00 pm**

In this group, clients will explore different strategies for developing resilience as it relates to being LGBTQ. Some areas of focus will include identifying microaggressions, exploring self-worth, learning to stand up for yourself, body affirmation, and building relationships and support. This is a group focused on skill-building and includes writing exercises that explore personal experiences for the client's own benefit and NOT for group sharing. This is a closed group and lasts for 12 weeks.

**CHILDREN'S SOCIAL SKILLS DEVELOPMENT (ages 5-12)**

**Date and Time Varies**

In this group participants learn various social skills to improve functioning within the home, school, and community. Participants are taught various social skills, including but not limited to communication skills, listening skills, problem-solving skills, and impulse control skills. These skills are taught through group discussion and community activities. This is a closed group that opens to new participants at the beginning of a new course.

**DIALECTICAL BEHAVIOR THERAPY (DBT) – ADULT**

**Tuesday 1:00 pm – 3:00 pm**

In this group participants will learn mindfulness skills, distress tolerance, emotional regulation, and interpersonal effectiveness. This is a “closed” group that opens to new participants every eight weeks.

## DIALECTICAL BEHAVIOR THERAPY (DBT) SKILLS – TEEN (ages 13 –18)

**Thursday 4:00 pm – 5:30 pm**

In this group participants will learn and practice the DBT skills of increasing a sense of self-respect, increase ability to make and take care of relationships and getting your wants and needs met. This is a “closed” group that opens to new participants every six weeks at the beginning of the new module.

## MENTAL HEALTH COURT

**Wednesday at 11:00 am – 12:00 pm**

This is a 12-week course which utilizes the “The Recovery Toolkit” wherein the participant is taught the 12 Principles of Recovery. The group is designed for those who are participating in the Mental Health Court Program.

## MORAL RECONATION THERAPY - ADULT

**Wednesday 9:00 am – 10:30 am**

In this group participants learn skills and behavioral management techniques to improve behaviors and overall wellbeing. Participants learn ways to be more effective with setting healthy limits, interpersonal relationships, goal setting, and commitments to moral living. This is an open group and new participants can join at any time, contingent upon meeting group criteria.

## WOMEN’S MINDFULNESS – ADULT WOMEN

**Wednesday 10:00 am - 12:00 pm**

**Wednesday 12:00 pm – 2:00 pm**

In this group participants will learn to creatively adopt skills and tools they can use to manage symptoms from anxiety and depression, as well as build confidence in self. The group will remain open to new group members throughout the year.

04/26/2022