

**Bear River Mental Health
Tremonton Outpatient Clinic
440 W 600 N, Tremonton, Utah**

BEAR RIVER MIDDLE SCHOOL STUDENT GROUP (Grades 8-9)

Day Varies – 60 minutes

This group will help them develop strategies to solve problems, regulate emotions, and establish healthy patterns of thought and behavior.

HARRIS INTERMEDIATE COGNITIVE-BEHAVIORAL THERAPY GROUP (Grades 6-7)

Day/Time Varies - rotating between 2nd, 3rd 5th, and 6th hour

Students will learn about thoughts, feelings, behaviors, and skills for managing them. Students will also learn about the importance of diet, exercise, and sleep as it relates to their mental health. This group will help them develop strategies to solve problems, regulate emotions, and establish healthy patterns of thought and behavior.

PARENTING SKILL GROUP

Monday 4:00 pm – 5:00 pm Starting May 13

This group will focus on skill development, provide peer, and staff support, appropriate family roles, establishing healthy boundaries, behavior management technique strategies, etc.

MIND BODY BRIDGING (Adults only)

Tuesday 10:30 am – 12:00 pm Online or in Person

MBB aims to bridge the gap between your mind and your body, encouraging you to be present and fully engaged in the moment. This group promotes self-awareness, stress reduction, and emotional regulation. You'll be given a workbook that includes weekly lessons and exercises.

TEEN SOCIAL SKILLS GROUP (Ages 11–13)

Tuesday 2:45 pm – 4:00 pm

Teens will have fun learning social skills and how to appropriately interact with their peers.

ELEMENTARY CHILDREN'S GROUP (Grades 2–5)

Tuesday 3:30 pm – 5:00 pm

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

KINDERGARTEN – 1st GRADE CHILDREN'S GROUP (Grades K-1)

Wednesday 3:30 pm – 5:00 pm

Children will learn about thoughts, feelings, behaviors, and skills for managing them.

HEALTH and WELLNESS

Friday 9:00 am – 10:00 am Starting May 31

Ranges from low impact fitness, healthy food options, understanding nutrition, stress and anxiety reduction techniques, yoga, etc.