

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

TEEN SOCIAL SKILLS GROUP (Ages 12-14)

Tuesday 3:15 pm – 4:30 pm

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

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

Thursday 3:30 pm – 5:00 pm

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

DIALECTICAL BEHAVIOR THERAPY (DBT) SKILLS GROUP (adults only)

Wednesday 10:30 am - 12:00 pm

DBT is a therapy approach that teaches coping skills for strong emotions. DBT builds skills in four areas: mindfulness, distress tolerance, interpersonal effectiveness, and emotional regulation. DBT teaches the “what” and “how” to do the skills in addition to why we want to learn and practice them regularly.

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

Thursday 60minutes

Teens will have fun building empathy, self-esteem and confidence.

GARLAND ELEMENTARY STUDENT GROUP (Grades K-5th)

Tuesday 1:15 pm – 2:45 pm

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

HARRIS INTERMEDIATE STUDENT GROUP (Grades 6-7)

Wednesday 9:00 am – 12:00 pm

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

NORTH PARK ELEMENTARY STUDENT GROUP (Grades K-5th)

Wednesday 12:30 pm – 1:45 pm

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

FIELDING ELEMENTARY STUDENT GROUP (Grades K-5th)

Monday 8:30 am – 10:00 am

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

MCKINLEY ELEMENTARY STUDENT GROUP (Grades K-5th)

Monday 11:30 am – 2:00 pm

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