

## **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 – 1<sup>ST</sup>**

### **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 60 minutes**

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.