

## **Bear River Mental Health**

### **Tremonton Outpatient Clinic – 440 W 600 N, Tremonton, Utah**

#### **CREATIVE EXPRESSION GROUP (adults only)**

Tuesday 1:30 pm – 2:30 pm

Come focus on being creative while utilizing social skills in a safe space. Work together in a group or individually on a weekly art project.

#### **TEEN SOCIAL SKILLS GROUP (Ages 11-13)**

Tuesday 3:15 pm – 4:30 pm

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

#### **ELEMENTARY CHILDREN’S GROUP (Grades 3-5)**

Wednesday 3:30 pm – 4:30 pm

Children will have fun learning emotional regulation and practicing pro social and problemsolving behaviors.

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

Thursday 11:30 am - 1:00 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.

#### **KINDERGARTEN – 2nd GRADE CHILDREN’S GROUP (Grades K-2)**

Thursday 3:30 pm – 5:00 pm

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

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

Thursday 60minutes

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)

Thursday Mornings rotating between 1st, 2nd, 3rd hours

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.

### HEALTH & WELLNESS GROUP (adults only)

Monday 11:30 am – 12:30 pm

Wednesday 11:30 am – 12:30 pm

Friday 11:00 am – 12:00 pm

Enjoy 60 minutes of fun and engaging fitness at a local gym. There is a variety of equipment for people at all fitness levels, from simple to advanced. Participants will also receive peer and staff support.