

## **Bear River Mental Health**

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

### **BATTLING ARTHRITIS WITH EXERCISE (Adults Only)**

**Monday 1:00 pm -2:00 pm**

Participants in this group focus on supporting our joints and muscles with exercises from our chairs.

### **BATTLING BOREDOM**

**Thursday 10:00 am – 12:00 pm**

Participants in this group focus on utilizing free community events, in home activities/crafts, and other resources to engage in the community, stay active and socially healthy, and connected.

### **THE DEPRESSION CURE (Adults Only)**

**Friday 10:00 am -11:30 am**

Participants in this group focus on learning how to use 6 different components to support our bodies – brain food, don't think DO, antidepressant exercise, let there be light, get connected, and healthy sleeping habits.

### **EMOTIONAL REGULATION (Adults Only)**

**Monday 12:00 pm - 1:00 pm**

Participants in this group focus on learning skills to help enhance long-term wellbeing, improve performance at work, enrich personal relationships, and lead to better overall health.

### **FITNESS (Adults Only)**

**Monday & Friday 10:30 am -11:30 am**

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.

## LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

**Wednesday 11:00 am - 12:30 pm**

The goal of this group is to teach participants active self-management strategies for coping with and managing chronic health conditions.

## STOP APOLOGIZING (Adults Only)

**Tuesday 1:00 pm - 2:00 pm**

Participants in this group will identify excuses we tell ourselves and how to discard them, new behaviors to adopt, and the skills to acquire along the path that will lead us to believing in ourselves.

## PRESCHOOL CHILDREN'S GROUP (Ages 3-5)

**Tuesday 10:00 am -11:30 am**

Children will have fun learning emotional regulation, problem solving, and friendship behaviors from the 2nd Step Curriculum.

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

**Wednesday 2:00 pm -3:30 pm**

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

## ELEMENTARY CHILDREN'S GROUP (Grades 2nd-5th)

**Tuesday 3:00 pm -4:30 pm**

This group promotes pro social and problem-solving behaviors. Kids will also have fun learning coping and emotional regulation behaviors.

4/26/2022