

Bear River Mental Health
Brigham City House - 625 South 300 East, Brigham City, Utah

BATTLING BOREDOM

Thursday 10:00 am – 12:00 pm

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

CHRONIC CONDITIONS

Wednesday 1:00 pm - 2:30 pm

The goal of this group is to better understand and manage chronic conditions. This group focuses on teaching participants coping strategies, stress management, and awareness of conditions.

DIALECTICAL BEHAVIOR THERAPY (DBT) (adults only, referral needed)

Monday 1:00 pm -2:30 pm

This group teaches DBT skills including mindfulness, emotional regulation, interpersonal effectiveness, and coping skills. Participants learn to be more effective and in control of their lives by learning and using appropriate DBT skills and sharing their growth and learning experiences with others in a group setting.

EMOTIONAL REGULATIONS

Thursday 1:00 pm - 2:00 pm

This group is intended to help individuals better understand the function of emotions, and learn ways to overcome obstacles they encounter in their lives by sharing and validating their feelings among peers.

HEALTH AND WELLNESS

Monday / Wednesday 10:00 am -12:00 pm

Friday 10:00 am – 11:30 am

The objective of this group is to help participants become more physically active and to have a better understanding of overall wellness, nutrition, fitness and barriers to both.

NEWSLETTER GROUP (adults only)

Monday 1:00 pm – 2:30 pm

The purpose of the group is to create and publish a monthly newsletter for the BC House which includes activity calendars, lunch menu, and a few entertainment, trivia or humor items. This encourages organization, creativity and promotes computer skills.

TRANSITIONS (referral needed)

Tuesday 3:00 pm - 6:00 pm

The objective of Transitions Group is to help participants transition back into society. The group focuses on teaching client's appropriate socialization, coping skills, stress management, as well as mental health awareness.

ZEN WITH JEN

Tuesday: 10:00 am –12:00 pm

This group focuses on techniques to manage anxiety, stress, and promote calm and relaxation.