

## Group Schedule for the Brigham City House

**Monday, Wednesday, Friday:** Health and wellness group 10 am to 12 pm (Friday 10 to 11:30 am)  
Health and wellness topics and activity

**Tuesday:** Zen with Jen 10 to 12 - Techniques to manage anxiety, stress, and promote calm and relaxation.

**Tuesday:** Transitions 3 to 6pm (referral needed) The objective of Transitions Group is to help clients to transition back into society. The group focuses on teaching client's appropriate socialization, coping, stress management, as well as mental health awareness.

**Wednesday:** Chronic conditions 1 to 2:30 pm (starting March 11) to better understand and manage chronic conditions. This group focused on teaching clients' coping strategies, stress management, and awareness of conditions.