

## Group Schedule for the Bear River House

A referral from the client's therapist is required to join any of these groups.

### Monday

- **Foundations** (Group Home) 9:30 am - 12:00 pm (**Cherene/Kayce**)  
Basic social skills such as listening, making small talk, talking in a group, expressing gratitude, eye contact, joining a group activity, - We do basic lessons, current events to facilitate discussion, check in to assess how client is doing and then an activity in the community to practice and implement skills used.
- **Welcome Meeting** 9:30 am – 10:15 am (**Callie/Claire**)
- **Wellness Group** 10:15 am - 12:00 pm (**Callie/Claire**)  
Together we plan and prepare nutritious, simple, affordable recipes. The best part is sampling the recipes! We conduct a wellness check in to assess the level of health and wellness, including weekly exercise, weekly healthy eating, and if goals were met and practiced from the previous week. We encourage each participant to set a weekly health and wellness small goal to increase overall health. We offer information regarding nutritional habits, sleep hygiene, and exercise.
- **Computer Class** 12:45 pm - 1:45 pm (**Claire**)  
This group focuses on basic computer skills to improve independence and personal development and ways to build self-esteem. We encouraged client to use the computer as a tool to help assist them in developing hobbies and interests, and to communicate with friends and relatives which will serve to use free time more productively.
- **Fitness Group** 1:15 pm - 2:45 pm (**Callie/ Jake**)
- This group is offered 3 times a week (Monday, Wednesday and Friday), offering rides both to and from a local gym. Group focus is on personal motivation and wellness and provide opportunities for both anaerobic and aerobic exercise.
- **Client Activity** 1:00 pm – 2:00 pm (**Jaden**)

### Tuesday

- **Foundations** (Group Home) 10:15 am - 12:00 pm (**Lucie/Claire**)  
Basic social skills such as listening, making small talk, talking in a group, expressing gratitude, eye contact, joining a group activity, - We do basic lessons, current events to facilitate discussion, check in to assess how client is doing and then an activity in the community to practice and implement skills used.
- **Relationship Dynamics Group** 10:15 am - 12:00 pm (**Callie/Russ**)  
This group focuses on skills and behaviors to improve relationships making them healthier and more enjoyable. Topics include Self-esteem, boundary setting, forgiveness, how to deal with toxic people, communications and assertiveness, conflict resolution.
- **Computer Class** 12:45 pm - 1:45 pm (**Callie**)  
This group focuses on basic computer skills to improve independence and personal development and ways to build self-esteem. We encouraged client to use the computer as a tool to help assist them in developing hobbies and interests, and to communicate with friends and relatives which will serve to use free time more productively.
- **Active Lifestyle** 1:00 pm – 3:00 pm (**Claire/Cherene**)  
This group we focus on ways to be more balanced and active in our everyday living. We check in to find out what area's client is thriving in and which areas they need work on. We do things in the community that educate clients on resources and businesses that are available to them. We do activities that

encourage active living (bowling, games at the park, small hikes, thrifting, humane society, library, crafts, learning new recipes, Cache valley bus tours, ect...)

- **Transitions Group 4:00 pm - 7:30 pm (Kevin/Claire)**

We focus on integration skills such as getting involved in school, work, volunteer, community and relationships. We focus on recovery skills (this is for our clients that are more advanced in their recovery). We usually have guest speakers come and share knowledge and insight on Mental Health topics or community-based topics of interest. We focus on Russ Seigenburgs curriculum of the Steps to Recovery. Tuesday night is recovery based and Thursday night is integration based. We do many activities out in the community also. We use an action card where clients make a weekly goal to work on something and report back the following week. We serve our clients dinner where they can use some of the social skills that we model and teach.

### Wednesday

- **Foundations (Group Home) 9:30 am - 12:00 pm (Claire/ Lauren)**

Basic social skills such as listening, making small talk, talking in a group, expressing gratitude, eye contact, joining a group activity, - We do basic lessons, current events to facilitate discussion, check in to assess how client is doing and then an activity in the community to practice and implement skills used.

- **Welcome Meeting 9:30 am – 10:15 am (Callie/Kevin/Lexi)**

Welcome meeting, we check in with the clients, talk about current events, do a mindfulness activity, and talk about announcements. Then we do a donut run and color schedules to mail to the clients. We also help keep the clubhouse clean, decorate for the holidays, and go shopping to supply needed items.

- **RSI Group 10:15 am - 12:00 pm (Callie/Kevin/Lexi)**

RSI stands for Recreation, Socialization and Integration. This group allows people to interact and socialize while working on cooperative tasks, planning recreational activities for the Bear River House and building self-esteem by participating in meaningful task that help our community here at the Bear River House.

- **Peer Support Group 12:45 pm – 2:00 pm (Susan)**

- **Computer Class 12:30 pm - 1:30 pm (Kevin)**

This group focuses on basic computer skills to improve independence and personal development and ways to build self-esteem. We encouraged client to use the computer as a tool to help assist them in developing hobbies and interests, and to communicate with friends and relatives which will serve to use free time more productively.

- **Fitness Group 1:15 pm - 2:45 pm (Callie/ Lauren)**

This group is offered 3 times a week (Monday, Wednesday and Friday), offering rides both to and from a local gym. Group focus is on personal motivation and wellness and provide opportunities for both anaerobic and aerobic exercise.

- **Personal Development Group 2:30 pm - 4:30 pm (Kevin)**

### Thursday

- **Foundations (Group Home) 9:30 am - 12:00 pm (Claire/Russ)**

Basic social skills such as listening, making small talk, talking in a group, expressing gratitude, eye contact, joining a group activity, - We do basic lessons, current events to facilitate discussion, check in to assess how client is doing and then an activity in the community to practice and implement skills used.

- **Welcome Meeting 9:30 am - 10:15 am (Callie/Lauren)**

- **Recovery Group** 10:15 am - 11:30 am (**Jake /Callie/Interns**)
- **Computer Class** 12:45 pm – 1:45 pm (**Kayce**)  
This group focuses on basic computer skills to improve independence and personal development and ways to build self-esteem. We encouraged client to use the computer as a tool to help assist them in developing hobbies and interests, and to communicate with friends and relatives which will serve to use free time more productively.
- **Stress Management/Smoking Cessation** 2:00 pm – 4:00 pm (**Luci/Lauren**)
- **Transitions Group** 4:00 pm - 7:30 pm (**Kevin/Cherene**)  
We focus on integration skills such as getting involved in school, work, volunteer, community and relationships. We focus on recovery skills (this is for our clients that are more advanced in their recovery). We usually have guest speakers come and share knowledge and insight on Mental Health topics or community-based topics of interest. We focus on Russ Seigenburgs curriculum of the Steps to Recovery. Tuesday night is recovery based and Thursday night is integration based. We do many activities out in the community also. We use an action card where clients make a weekly goal to work on something and report back the following week. We serve our clients dinner where they can use some of the social skills that we model and teach.

### **Friday**

- **Foundations** (Group Home) 9:30 am - 12:00 pm (**Claire/Lauren**)  
Basic social skills such as listening, making small talk, talking in a group, expressing gratitude, eye contact, joining a group activity, - We do basic lessons, current events to facilitate discussion, check in to assess how client is doing and then an activity in the community to practice and implement skills used.
- **Welcome Meeting** 9:30 am – 10:15 am (**Callie/Cherene**)
- **Happiness Group** 10:15 am - 12:00 pm (**Callie/Cherene**)  
We use gratitude journals weekly as part of our check in to assess things clients are grateful for and if any upsets that week can be reframed into blessings in disguise. We use video clips and worksheets to teach lessons on gratitude, optimism, savoring, signature strengths, benefits of smiling, laughter and kindness. We use activities in the community to model, teach and practice social skills learned in group.
- **Computer Class** 12:45 pm - 1:45 pm (**Lauren**)  
This group focuses on basic computer skills to improve independence and personal development and ways to build self-esteem. We encouraged client to use the computer as a tool to help assist them in developing hobbies and interests, and to communicate with friends and relatives which will serve to use free time more productively.
- **Fitness Group** 1:15 pm - 2:45 pm (**Callie / Brooke**)  
This group is offered 3 times a week (Monday, Wednesday and Friday), offering rides both to and from a local gym. Group focus is on personal motivation and wellness and provide opportunities for both anaerobic and aerobic exercise.
- **Client-Run Activity** 1:00 pm - 3:00 pm (**Jaden**)