

**Bear River Mental Health  
Brigham City Outpatient Clinic  
950 South 663 West, Brigham City, Utah**

**COGNITIVE BEHAVIOR THERAPY**

**Monday 4:00 pm – 5:00 pm (School children grades 1-4)**

Learn to manage anger effectively, stop violence or threats of violence, develop self-control over thoughts and actions, receive support from others

**ANGER MANAGEMENT**

**Monday 4:30 pm – 6:00 pm (12-week session)**

Learn to manage anger effectively, stop violence or threats of violence, develop self-control over thoughts and actions, receive support from others.

**DARING GREATLY: The Courage to Feel – Adult Women**

**Tuesday 4:00 pm – 5:30 pm**

In this group participants will learn how to work through shame and embrace vulnerability and self-compassion. Participants will also learn to label and get to know their feelings to progress on their healing journey. Experiential activities will be a part of the class.

**APPROACHING MENTAL HEALTH THROUGH ANIME – Teens 11-15 yrs.**

**Wednesday 4:30 pm – 6:00 pm**

This group will address communication, boundaries, common thinking errors, shame, anger, and other subjects pertinent to teens.

**ACYI GROUPS**

**Thursday During School**

The objective of Emotional Regulation Group is to assist clients to better understand and manage their emotions. This includes understanding emotion as well as expressing them in an appropriate manner.

## MIDDLE SCHOOL ACT GROUP

### **Tuesday During School**

This group focuses on teaching Acceptance and Commitment Therapy principles and skills and applying them to adolescent life.

## HIGH SCHOOL ACT GROUP

### **Thursday During School**

This group focuses on teaching Acceptance and Commitment Therapy principles and skills and applying them to adolescent life.

## HIGH SCHOOL AP ACT GROUP

### **Thursday During School**

This group focuses on teaching Acceptance and Commitment Therapy concepts at a deeper level to adolescent life. Group members take a more active role in topics discussed and struggles addressed.