

**Bear River Mental Health
Tremonton Outpatient Clinic
440 W 600 N, Tremonton, Utah**

BEAR RIVER MIDDLE SCHOOL STUDENT GROUP (Grades 8-9)

Monday – 60 minutes

This group will help them develop strategies to solve problems, regulate emotions, and establish healthy patterns of thought and behavior.

KINDERGARTEN – 1st GRADE CHILDREN’S GROUP (Grades K-1)

Wednesday 3:45 pm – 5:00 pm

Children will learn about thoughts, feelings, behaviors, and skills for managing them.

TEEN SOCIAL SKILLS GROUP (Ages 11-13)

Thursday 2:45 pm – 4:00 pm

Teens will have fun learning social skills and how to appropriately interact with their peers.

ELEMENTARY CHILDREN’S GROUP (Grades 3-5)

Thursday 3:45 pm – 5:00 pm

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

**HARRIS INTERMEDIATE COGNITIVE-BEHAVIORAL
THERAPY GROUP (Grades 6-7)**

Thursday - rotates between 2nd, 3rd 5th, and 6th hour

Students will learn about thoughts, feelings, behaviors, and skills for managing them. Students will also learn about the importance of diet, exercise, and sleep as it relates to their mental health. This group will help them develop strategies to solve problems, regulate emotions, and establish healthy patterns of thought and behavior.

HEALTH & WELLNESS GROUP (Adults only)

Friday 9:00 am – 10:00 pm

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.

PARENTING SKILL GROUP

Friday 10:30 am – 11:30 pm

This group will focus on skill development, appropriate family roles, establishing healthy boundaries, behavior management technique strategies, while providing peer and staff support.