

About the Wellness Center

The Tri-City Mental Health Wellness Center was created through funding from the Mental Health Services Act. The Wellness Center is a hub of community activities that promote recovery, resiliency, and wellness for people confronting mental health issues. Staff located at this site, including peer advocates, family members, clinical staff, and others, provides a range of culturally competent, person ó and family-centered groups, workshops and socialization activities designed to promote increasing independence and wellness for people of all ages.



If you would like more information about our groups, please contact us to get a copy of the group descriptions in English or Spanish.

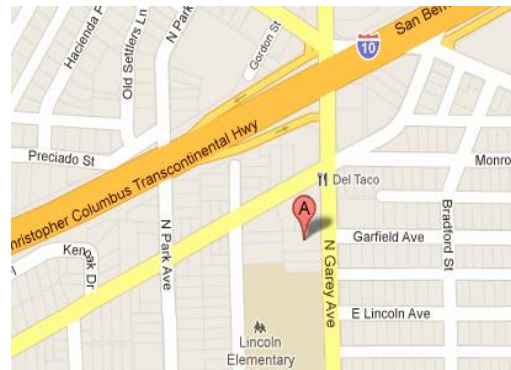
Wellness Center Hours:

Mon., Tue., Thurs., Fri.,
10am-8pm
Wed., 8:30am-5pm

Main Ph: 909-242-7600
Toll Free: 1-888-593-4448

Email: wellness@tricitymhs.org

www.tricitymhs.org



**1403 N. Garey Ave
Pomona Ca, 91767**

Wellness Center

February 2012



*Serving the diverse
communities of:*

~Pomona

~Claremont

~La Verne

**1403 N. Garey Ave
Pomona Ca, 91767**



Monday/Lunes/Thứ Hai

ENGLISH

Lose the Blues 11a (Pomona Rm.)
Bore no More 11a (Serrano Rm.)
Computer Class (A) ó 12p (Lordsburg Rm.)
Sign up required
Dual Recovery Anon 2:30p (Serrano Rm.)
TAY Space 10a-8p (Citrus Rm.)

ESPAÑOL

Direccion Positiva 11a (Claremont Rm.)
Grupo Bi-Polar 6p (Serrano Rm.)

VIETNAMESE

Nhóm lo về Buồn Bã và Lo Lãng
(bắt đầu Feb. 27th) 1p (La Verne Rm.)

Tuesday/Martes/Thứ Ba

ENGLISH

Anxiety Group 11a (Pomona Rm.)
LGBT 11a (La Verne Rm.)
Men's Depression Group
2p (La Verne Rm.)
Freedom Through Reality
3p (Claremont Rm.)
Tranquility Group 4p (Serrano Rm.)
Parenting (PUSD) 5-7p (Pomona Rm.)
TAY Space 10a-8p (Citrus Rm.)

ESPAÑOL

Clase de Computacion en Espanol
(Empieza Feb. 28th) 4p (Lordsburg Rm.)
Registración previa requerida
Manejando El Enojo
5p (La Verne Rm.)
Sobrellevando La Ansiedad
6p (Claremont Rm.)

Wednesday/Miercoles/Thứ Tư

ENGLISH

Computer Class (B) ó 8:30a
(Lordsburg Rm ó **Sign up required**)
Grief & Loss-Seniors 10a (Santa Fe Rm)
Employment Workshop 11a (Activity Rm)
Quilting –Feb. 1st 2:30-4p (Santa Fe Rm.)
Crochet –Feb. 8th 2:30-4p (Santa Fe Rm.)
Music –Feb. 15th 2:30-4p (Santa Fe Rm.)
Arts –Feb. 22nd 2:30-4p (Santa Fe Rm.)
Cooking –Feb. 29th 2:30-4p (Santa Fe Rm.)
Money Management- Feb. 29th 3p
(Serrano Rm)
Positive Direction 3:30p (Claremont Rm.)
Kids Hour 4p (Santa Fe Rm.)
TAY Space 8:30a-5p (Citrus Rm.)

ESPAÑOL

Restaurando Almas 11a (Pomona Rm.)

Thursday/Jueves/Thứ Năm

ENGLISH

Family Anger Mgmt. (PUSD) 10-12p (Pomona Rm.)
Anger Management 11a (Serrano Rm.)
Bore no More 11p (Santa Fe Rm.)
Socialization 2-4p (Pomona Rm.)
United Family 5:45p (Pomona Rm.)
TAY Space 10a-8p (Citrus Rm.)

ESPAÑOL

Comadres y Compadres 10a (Royalty Ste. 180)
Grupo de Esquizofrenia 12p (Serrano Rm.)

Friday/Viernes/Thứ Sáu

ENGLISH

Anxiety Relief 11a (Serrano Rm.)
Walking Group 12p (Serrano Rm.)
Spirituality Group –(Starts Feb. 24th)
2p (La Verne Rm.)
Computer Class (C) ó 6p (Lordsburg Rm.)
Sign up required
TAY Space 10a-8p (Citrus Rm.)

ESPAÑOL

Recuperacion Dual Anonima
5p (La Verne Rm.)
Grupo de Depression 11a (Claremont Rm.)

***Gardening Group** will be offered during various groups.

*We are offering a Basic 8-week **Computer Class.** (Sign up is required for our 2nd cycle)

Tri-City Holiday Schedule
(Wellness Center Closed)

February 2012
Monday, February 20
Presidents Day