



# Wellness Newsletter

T R I - C I T Y M E N T A L H E A L T H C E N T E R

**SPECIAL POINTS OF INTEREST:**

- Pictures of the new Wellness Center
- Learn about our current and upcoming groups
- Join us for our upcoming events
- Inspirational Success Stories

**A TEAM WITHIN A TEAM SERVING THE COMMUNITY**

Happy New Year!! After a long productive year, now we get ready to enter the Winter season, which brings cool weather and many plans for the new year. Recently we mentioned that our groups are under way,

we have about 35 groups at this time with more on the way. We will be more than ready to serve the needs of the community. With our helpful staff you will feel right at home.

Jimmy S., CSW.



*Mural in the main Activity Room.*

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**SUSIE'S STORY**

Susie H. has been a client at Tri-City for 11 years. She has two daughters, Maria 15, and Iliana 16 and a mother Liliana that is very supportive. Maria is also a client and has been since the age of Five. Susie's favorite groups are the anxiety and depression groups. When she first started with Tri-City she didn't think it would work

for her, but she says, "boy has she changed." She was diagnosed with depression. Anxiety soon followed. Now she say's, " I feel a lot better." I still need to attend my groups; but with Tri-City's help I've come a long way." My daughter also has come along way. She was diagnosed with separation anxiety. She also had a lot of

anger. She has seen a turn-around in Maria, and says , "I am so proud." This mother- daughter, grandma team works together to support each other. They, at times, attend groups and events and are walking hand in hand to that road to wellness.

Sam M., CSW

## NEW GROUPS

### Ongoing Groups

Our **Freedom Through Reality Group** deals with Bi-Polar issues. We provide information and support for people who have highs and lows in life.

The **Tranquility Group** is our Schizophrenia support session. It teaches about symptoms and behaviors related to Schizophrenia. Family members of those suffering from Schizophrenia are also welcome.

**Restaurando Almas** is our Spanish depression group which still meets at 11 a.m. in the Pomona Room.

### New Groups

**Men's Depression Group** on Tuesday at 2 p.m. meets in the Serrano Room. This group is for men who suffer from depression.

**The Kid's Hour** on Wednesdays at 4-5 p.m meets in the Santa Fe Room featuring an hour full of social skills building through role-playing, arts, fun-filled activities and meaningful friendships.

**LGBT (Lesbian, Gay, Bi-Sexual, Transgender)** meet in the La Verne Room. The support group is geared towards individuals 16 and older who identify with a LGBT lifestyle

and for those who are questioning.

**Positive Direction** meets at 3:30 pm on Wednesday. Come join us, as together we learn how to turn negative situations in our lives into positive solutions. Let us help you get on the positive road to recovery.

**Socialization Group** on Thursday meets 2-4 p.m. In the Pomona Room. Spend time socializing with others in a non-judgmental atmosphere. This group is for those ages 26 and over.

**Gardening Group** meets at 9 a.m. at 2008 N. Garey Avenue, 1st floor. For those who have a green thumb, come garden with us. Grow your own food to take home.

Chris S, and Marcella A., CSW's

## SUMMARY

The Wellness Center has now been open for 2 months. We appeal to many varied interest, as well as our specialized groups that continue as they are, with added new groups forming continuously. As time goes on, and as they will meet the needs of the community; new groups are added. With regard to our arts, music, and exercise areas, we offer a space for creating, expanding knowledge as well as a comfortable place with which to participate and have workshops.

Pat and Lorin, CSW's



*The Wellness Center Team*

**S U C C E S S S T O R Y**

I am Lorin Lis. I came from a dysfunctional family, I struggled with mental illness and addiction. I left home at age 13 years old. Homeless at the age of 28, I've been a client of Tri-City for the past 14 years. I have since moved on. I'm so very grateful for Tri-City Mental Health, and my 12-step program. Today I'm a productive member of society, I'm also an employee of Tri-City.

-Lorin L.



*The Wellness Center awaits your visit!*

**M E S S A G E F R O M T H E  
W E L L N E S S C E N T E R  
C O O R D I N A T O R**

Many of us at some point and time have made and committed ourselves to new year resolutions. Sadly, a lot of those resolutions fade away as the year progresses. A great percentage of them, within the first few days or weeks of the beginning year. It has been documented that when you have people around you with similar resolutions, however, the chances that you will stick with them, greatly increases.

The same holds true for any other endeavor in life. The chances that you will do something are better when you have a crowd cheering you on. Unfortunately, the greatest tragedy in life is to not have anyone cheering you on or for you. This is true whether you are a child or an adult. At the Wellness Center, we recognize that all of us could use a cheerleader at some point in our life. That is why, we have over 35 opportunities for anyone in the communities of Pomona, Claremont and LaVerne to attend and have opportunities to be cheered on and cheer for others. Our support groups and activities are designed to cheer for you. Feel free to visit us and let us know how we may cheer for you! Looking forward to seeing you here.

Gamaliel Polanco, ACSW

Wellness Center Coordinator

**U P C O M I N G E V E N T S I N  
W E L L N E S S**

With the new Wellness Center up and running, we have many events/new groups planned for this new year. The Wellness Center staff participated in the Pomona Parade and hosted a Holiday Festival for the community to enjoy. For this new year we are looking forward to starting our computer classes in our state of the art computer lab.

We are also looking to implement many more new groups to fulfill the needs of the community. This month we have expanded the groups we offer in Spanish to offer more support to our Spanish speaking participants. We have updated our calendar to make it easier to understand all the services offered at the Wellness Center. Stop by for a tour.

Pat and Lorin, CSW's



*Wellness Center at the Pomona Parade*

## RESUMEN EN ESPAÑOL

Feliz 2012! Al empezar este año esperamos que los servicios del centro de Bienestar sean de mucha utilidad para la comunidad. Empezando este mes de Enero hemos implementado varios grupos nuevos que se llevaran acabo en Español.

Los Lunes estamos ofreciendo el **Grupo de Apoyo Bipolar a las 6pm** que sera un grupo de apoyo para personas que sufren del desorden bi-polar.

Los Martes ofrecemos **Manejando el enojo a las 5pm** para personas que necesiten aprender como sacar la frustracion y el enojo en una forma mas apropiada.

Tambien los Martes, ofrecemos **Sobrellevando la Ansiedad a las 6pm** para personas que padecen de ansiedad y necesiten aprender como controlarla.

Los Miercoles/Viernes ofrecemos **Grupo de Depresion a las 11am** para personas que padecen de depresion.

Los Jueves ofrecemos **Grupo de Esquizofrenia a las 12pm** para personas que padecen de Esquizofrenia.

Los Viernes ofrecemos **Recuperacion Dual Anonima a las 5pm** para personas que estan sufriendo con una enfermedad mental y/o esta batallando con una adiccion a una substancia.

En los proximos meses esperamos poder empezar nuestras clases de computacion basica para personas que esten interesadas en aprender como usar la computadora. Esperamos veerlos en el centro de bienestar pronto!

Jimmy S. and Bertha G., CSW

## HISTORIA DE SUSIE

Susie H. ha sido cliente de Tri-City por 11 años. Ella vive con sus dos hijas, Maria (15), e Iliana(16) y su mama, Liliana. Quienes han sido su apoyo y motivacion. Su hija Maria, ha sido clienta de Tri-City desde la edad de cinco años. A Susie le gusta participar en el grupo de depresion y ansiedad. Cuando recién empezó su tratamiento en Tri-City, Susie nunca penso que esto le serviria, pero ahora ella dice, "cuanto he cambiado." Ella fue diagnosticada con depresion y corto tiempo despues llego la ansiedad. El dia de hoy ella dice, "estoy mucho mejor, aun tengo que participar en mis grupos pero con la ayuda de Tri-City he progresado mucho." "Mi hija, tambien ha tenido mucho mejoramiento, ella fue diagnosticada con ansiedad provocada por separacion y tambien ha sido muy enojona." Susie ha visto un mejoramiento enorme en Maria y dice, "Estoy muy orgullosa de ella." Este equipo compuesto de una madre, hijas y abuela han trabajado mano a mano para apoyarse mutuamente. Ellas participan en grupos y eventos y siguen unidas recorriendo el camino hacia el mejoramiento.

-Sam M., CSW

## HISTORIA DE LORIN

Yo, Lorin, vine de una familia mixta, y batallé con una enfermedad mental y una adicción. Me fui de mi casa a los trece años de edad. A los veintiocho años me encontré viviendo en la calle y he sido un cliente de Tri-City por catorce años. Desde entonces he mejorado y estoy muy agradecido con Tri-City y con mi programa de Alcolicos Anoninos. Hoy en día, soy un miembro productivo de la sociedad al igual que un empleado de Tri-City.

-Lorin L., CSW



*El Centro De Bienestar  
Festival de Fiestas Navideñas 2011*

## LIVING WELL

The Wellness Center is proud of the services it is offering the cities of Pomona, Claremont and La Verne. The staff is working daily on activities. Our main objective as is to link you with the resources that are best needed such as shelters, food banks, free clinics, etc. The groups held at the Wellness Center are always pleasant and safe. We're excited about the opening of our new building and are working on developing new groups and services for this new year. We are open to suggestions and would like to hear from the community about services and/or groups you would like to be seen provided at the Center. Remember the Center is for all of us.

Mary H., CSW

## J O B S P E C I A L I S T

At our Wellness Center, which is located at 1403, N. Garey, we have our Job specialist, Sonny Alino. He has been successful at finding our people jobs all over our three cities. The areas we cover are: Claremont, Pomona, and La Verne. He can help people with their resume or school applications, including financial aid.

He will also remind you when there are job fairs, which can be very helpful.

Please feel free to attend one of his weekly employment workshops or if you would like to schedule an appointment, call (909) 242-7651. It's a good year to start a new job search! Schedule your appointment today!

-Linda and Noelle, CSW



*Sonny Alino,  
Employment Outreach Coordinator*