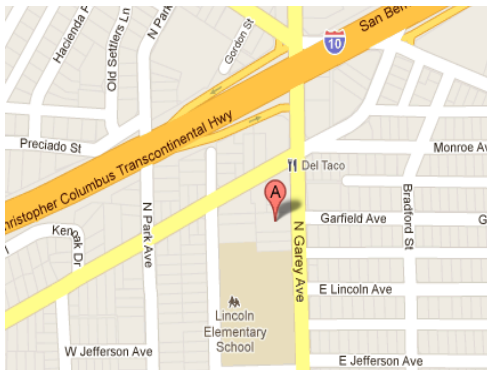


About the Wellness Center

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, provide a range of culturally sensitive, person – 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 stop by or contact us to get a copy of the group descriptions in English or Spanish.



**1403 N. Garey Ave
Pomona CA 91767**

Wellness Center

1403 N. Garey Ave
Pomona, CA 91767

Hours of Operation:

Monday – Friday
10am – 8pm

Main Phone: (909) 242-7600

Toll Free: 1-888-593-4448

Email: wellness@tricitymhs.org

Website: www.tricitymhs.org

**Scan our QR code
for more information**



Like and follow us!



www.facebook.com/tricitymhs



www.twitter.com/tricitymhs



www.linkedin.com/company/tricitymhs

Wellness Center

May 2024



*Serving the diverse
communities of:*

~Pomona

~Claremont

~La Verne



MONDAY

PR Class of Positivity (Hybrid)* 10am
Lose the Blues 11am
Grief & Loss 12pm
Dual Recovery Anonymous 3pm
TAY Club 4pm
TAY Get Crafty—May 20th 5pm
TAY Movie Night—May 13th 5:30pm

TUESDAY

Good Tenant Curriculum 11am
Walking Adventure 12pm
Spirituality 2pm
Parents in Partnership—May 21st 3pm*
Freedom Through Reality 3pm
Teen Hour 4pm (ages 13-15)
TAY Peace of Mind (Hybrid) 4pm*
Basic Computer Class 6pm*

WEDNESDAY

PR Color Me Calm (Hybrid)* 11am
Senior Matinee—May 15th 12pm*
Anger Management 1pm
Senior Socialization (age 55+) 2pm
Creative Writing (Hybrid) 3pm*
TAY Autism Empowerment—May 29th 3pm
TAY Popcorn, Peers & Leaders (PPL) 4pm
Baby & Me 6pm

THURSDAY

Anger Management 11am
Karaoke 12pm
Ageless & Unstoppable (55+) 1pm
Socialization 3pm
Women's Depression 4pm
Kid Zone-Hybrid (ages 7-12) 4pm*
TAY Fun with Friends 4pm
United Family Parent Support Group 6pm
Gen HER—May 9th 6:30pm
Father's Group—May 16th 6:30pm

FRIDAY

Anxiety Relief 11am
Literacy group 12pm
Men's Depression 1pm
Senior Calm (55+; Hybrid) 2pm*
Employment/Budgeting Workshop 3pm
Limited to Limitless (Hybrid) 3pm*
TAY Friendly Feud 4pm
Cooking Class—May 10th 5pm*
Family Movie Nights 6pm
Mental Health Awareness Talent Show—
May 24th 6pm*

The Wellness Center has returned to normal hours of operation and is offering in person services. To support all our participants, the center will continue offering telehealth support groups. To participate in a virtual group, please contact the Wellness Center to preregister.

***Pre-registration required:**
wellness@tricitymhs.org or
(888) 593-4448

GRUPOS EN ESPAÑOL

LUNES

Sobrellevando La Ansiedad 12:30pm

MARTES

Plática Entre Amigos 12pm
Grupo Alanon 10am
Neuroticos Anon 6:30pm

MIERCOLES

Clase de Cocinar—Amayo 22 1pm

JUEVES

Grupo Madres/Padres Familia Unida 6pm

VIERNES

Corazón a Corazón 12pm



Computer Lab Hours
Monday –Fridays
10am—8pm