



Therapeutic Community Garden

FREE WEEKLY GARDEN GROUPS

Monday

Tuesday

Wednesday

Thursday

Friday

Learn how gardening and nature can have a positive impact on your well-being

Find ways to ground yourself through mindfulness and relaxation techniques

Develop gardening skills

Opportunities for organic harvest when available (fruits, herbs, vegetables, flowers)

NOTE: Groups are subject to change. Please contact us to verify.



10 AM - 11 AM
Mental Health Rooted in Nature

In-Person
18+ Clients Only

11:15 AM - 12:15 PM

Sembrando Conexiones de Bienestar

En persona
En español
Solo para miembros de la comunidad 18+



9 AM - 10 AM
Connect to Nature

In-Person
Open to All 18+
Bilingual
English/Spanish

10:15 AM - 11:15 AM
Growing Seasons, Growing Mindfulness

In-Person
18+ Non-Clients
Bilingual
English/Spanish

9 AM - 10 AM
Semillas de Esperanza y Bienestar

Seeds of Hope & Wellbeing

En persona
En español
Solo para clientes 18+

10:15 AM - 11:15 AM

Mental Health Rooted in Nature

In-Person
18+ Clients Only



Quote of the Season

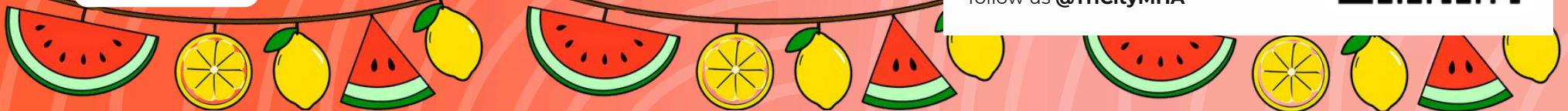
“There shall be eternal summer in the grateful heart.”
- Wallace Stevants

Sign up today!

Contact TCG at (909) 623-6131 to participate

Therapeutic Community Garden
2008 N Garey Ave, Pomona, CA

Visit tricitymha.ca.gov and follow us @TriCityMHA



Group Descriptions

TUESDAY & THURSDAY

Mental Health Rooted in Nature | for adults 18+

For Tri-City Clients Only

Discover mindfulness techniques through therapeutic horticulture in a supportive environment. Topics include gardening, creative arts with nature, mindfulness practices, building resiliency, and more.

This group is for individuals enrolled in TCMH services.

WEDNESDAY

Connect to Nature | for adults 18+

For All Participants | Bilingual English/Spanish*

Build your gardening knowledge, share your gardening experience, and get answers to all your garden-related questions from the TCG Community Garden Farmer.

Growing Seasons, Growing Mindfulness for adults 18+

For Community Members Only | Bilingual English/Spanish*

Explore mental health topics and mindfulness skills through nature and gardening, focusing on the healing power of community and connection with the natural world. This group is for community members or individuals not enrolled in TCMH services.

** This group may be conducted in English and Spanish – both English and Spanish speakers are welcome. Este grupo puede llevarse a cabo en inglés y español; tanto los hablantes de inglés como los de español son bienvenidos.*

Descripciones de Grupos

Grupos en Español

MARTES

Sembrando Conexiones de Bienestar para adultos 18+ en español

Para todos participantes

Conéctese con el jardín y su comunidad, donde aprenderá a sembrar semillas de bienestar en su vida a través de la exploración de varios temas de salud mental y aprenderá cómo el jardín puede mejorar su bienestar.

JUEVES

Semillas de Esperanza y Bienestar para adultos 18+ en español

Para clientes que reciben servicios de Tri-City
Acompañenos a nosotros para participar en técnicas de relajación para calmar la mente, socializar con otras personas de su comunidad, compartir sus experiencias de vida y encontrar consuelo en el entorno del Jardín Terapéutico. *Este grupo es exclusivamente para personas que reciben servicios de Tri-City Mental Health.



Comuníquese con TCG
al (909) 623-6131 para participar

Contact TCG at
(909) 623-6131 to participate