



## Tri-City Wellness Center Group Descriptions

 <p>Tri-City Wellness Center 1403 N Garey Ave, Pomona (909) 242-7600 wellness@tricitymhs.org</p>	<p><b>Anger Management</b></p> <p>This group offers practical and healthy coping tools for communication, emotional control, and navigating tough moments safely.</p>	<p><b>Anxiety Relief</b></p> <p>Support group for individuals and their families on different coping skills to help deal with anxiety.</p>	<p><b>Arts &amp; Crafts</b></p> <p>Use art as a tool for self-care. Enjoy a supportive space to develop creative confidence and enhance your self-expression through art.</p>	<p><b>Basic Computer Class</b></p> <p>8-week course to show basic computer components, practice keyboarding skills, learn how to use the internet and email etc.</p>
<p><b>Cooking Class</b></p> <p>Cooking tasty, affordable meals has never been this easy and fun! Enhance your culinary skills, and learn to save time and money while creating delicious, healthy dishes.</p>	<p><b>Dual Recovery Anonymous</b></p> <p>A 12-step, peer-led group for individuals managing both mental health challenges and substance use recovery. This is a safe space to share experiences, find support, and connect with others on a similar path.</p>	<p><b>Employment/ Budgeting Workshop</b></p> <p>Group that provides guidance and assistance for individuals seeking jobs/careers. Learn financial resources and skills.</p>	<p><b>Family Snack Time Bonding</b></p> <p>Create tasty, healthy treats together. It's a fun space to connect, explore new flavors, and build lifelong healthy habits.</p>	<p><b>Father's Group</b></p> <p>Support group for parents, guardians, and caregivers and any father figure of a child. Connect with other parents.</p>
<p><b>Freedom Through Reality</b></p> <p>A community for navigating life's highest highs and lowest lows together.</p>	<p><b>Game Time</b></p> <p>Unwind and join us for board games, card games, and friendly competition. Develop problem solving skills through communication and teamwork.</p>	<p><b>Good Tenant Curriculum</b></p> <p>Learn your rights and responsibilities as a tenant. How to interact with your property manager/ landlord.</p>	<p><b>Gen HER</b></p> <p>Life skills program that encourages healthy positive parenting skills for pregnant or parenting teens ages (13-25).</p>	<p><b>Grief &amp; Loss</b></p> <p>Support group that assists individuals dealing with any loss and bereavement.</p>

<p><b>Karaoke</b></p> <p>Group that promotes recovery through the art of singing.</p>	<p><b>Limited to Limitless</b></p> <p>Support group for individuals with visible or non-visible disabilities. This is a safe, inclusive space where empathy, shared understanding and support thrive.</p>	<p><b>Lose the Blues (Depression)</b></p> <p>This is a welcoming space to share experiences, learn coping skills, and connect with others. Together, we'll focus on small steps that make a big difference.</p>	<p><b>Men's Depression</b></p> <p>Depression affects men in many ways. If you feel disconnected, low, overwhelmed, or easily frustrated, it's okay. This group offers community, understanding, and a place to talk openly about what you're feeling.</p>	<p><b>Movie Night</b></p> <p>Weekly youth-friendly movies that promotes healthy relationships, inspiration, and hope for friends and the whole family.</p>
<p><b>Music Group</b></p> <p>Bring your instrument and gear, and express yourself through music while connecting with others in a safe space. All levels of musicianship welcome.</p>	<p><b>Senior Calm</b></p> <p>Support group for older adults (ages 55+). Relax using mindfulness activities to improve your ability to cope with anxiety and depression and to find connection with others.</p>	<p><b>Senior Movie Matinee</b></p> <p>Movie matinee for older adults (ages 55+). Mingle with fellow movie lovers and enjoy a showing of heartwarming classic films and the latest hits.</p>	<p><b>Senior Socialization</b></p> <p>Support group for seniors (ages 55+) building on positive relationships through social interaction, activities and games.</p>	<p><b>Spirituality</b></p> <p>Support group that explores spirituality and faith as a coping tool for recovery.</p>
<p><b>Socialization</b></p> <p>Support group for individuals building positive relationships through social skills, activities and games.</p>	<p><b>TAY Club</b> <i>Transition Age Youth (TAY) Group Ages 16-25</i></p> <p>A space for youth and young adults to socialize, make new friends and create a sense of belonging.</p>	<p><b>TAY Friendly Feud</b> <i>Transition Age Youth (TAY) Group Ages 16-25</i></p> <p>Socialization group for youth and young adults that promotes healthy relationships through fun, friendly competition and teamwork games.</p>	<p><b>TAY Fun with Friends</b> <i>Transition Age Youth (TAY) Group Ages 16-25</i></p> <p>A space for youth and young adults de-stress, relax and connect with others while playing board games and video games.</p>	<p><b>TAY Get Crafty</b> <i>Transition Age Youth (TAY) Group Ages 16-25</i></p> <p>An art and crafts group for youth and young adults. Explore and share craft ideas and find new ways to express yourself! No experience needed.</p>

<p><b>TAY Peace of Mind</b>  <i>Transition Age Youth (TAY) Group Ages 16-25</i></p> <p>An mindfulness, relaxation group for youth and young adults. Take a break from the noise and reconnect with yourself! Explore ways to ease stress, lift your mood and help you focus.</p>	<p><b>TAY Popcorn, Peers &amp; Leaders</b>  <i>Transition Age Youth (TAY) Group Ages 16-25</i></p> <p>A leadership group that empowers participants to explore, plan and implement ideas, events, and activities for youth and young adults.</p>	<p><b>Toddler &amp; Me</b></p> <p>Bring your little one for story time, sensory play, arts and crafts, and other fun activities. Connect with other families and have fun exploring with your child.</p>	<p><b>Strong Women (Women’s Depression)</b></p> <p>A safe space for women to connect, heal, and support each other through all life's stressors, empowering one another in our recovery.</p>	<p><b>United Family Parent Support</b></p> <p>A safe space to talk about your experiences and learn new parenting strategies and coping skills from others. Find the support, connection and resources you need to help yourself and your family.</p>
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## Descripciones de Grupos de Tri-City Wellness Center

 <p>Tri-City Wellness Center 1403 N Garey Ave, Pomona</p> <p>(909) 242-7600 wellness@tricitymhs.org</p>	<p><b>Caminos de Esperanza</b> <i>Grupo en Español</i></p> <p>Un espacio seguro y solidario para compartir, aprender y encontrar recursos comunitarios que ayuden a enfrentar el cambio y la ansiedad. Juntos, buscamos fortalecer nuestra resiliencia y construir un camino de esperanza en tiempos de incertidumbre.</p>	<p><b>Cocina Práctica</b> <i>Grupo en Español</i></p> <p>¡Cocinar comidas sabrosas y asequibles nunca ha sido tan fácil y divertido! Mejora tus habilidades culinarias y aprende a ahorrar tiempo y dinero mientras creas platos deliciosos.</p>	<p><b>Grupo Madres/Padres Familia Unida</b> <i>Grupo en Español</i></p> <p>Este grupo de apoyo es un espacio seguro para hablar sobre sus experiencias y aprender nuevas estrategias de crianza y habilidades de afrontamiento. Encuentre el apoyo, conexión y recursos que necesita para usted y su familia.</p>	<p><b>Corazón a Corazón</b> <i>Grupo en Español</i></p> <p>Un espacio seguro y confidencial para hablar desde el corazón, compartir experiencias y apoyarnos sin prejuicios</p>
<p><b>Taller de Trabajos</b> <i>Grupo en Español</i></p> <p>Un grupo que ofrece orientación y apoyo para personas que buscan empleo o una carrera. Aprende sobre recursos financieros y desarrolla habilidades</p>				