

May is

# Mental Health Awareness Month

## Event Calendar

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

In Person Event

Virtual Event

Take Action LA Event


Wherever you are on your mental health journey, join us for events and activities that support you every step of the way.


04  
  
**Taking Charge: The Role of Taking Action in Mental Wellbeing**  
2 PM–3:30 PM

05  
  
**Let's Get Crafty**  
Mondays | 3 PM  
Age 16–25  
Tri-City Wellness Center

06  
  
**Wellness through Gardening**  
Garden Group Ages 18+  
Tuesdays | 2 PM–3 PM

07  
**Connect to Nature**  
Garden Group Ages 18+  
Wednesdays | 9 AM–10 AM  
**Growing Seasons Growing Mindfulness**  
Garden Group Ages 18+  
Wednesdays | 10 AM–11 AM


01  
  
**Sembrando Conexiones de Bienestar**  
Grupo de jardinería 18+  
Cada Jueves  
1 PM–2 PM

02  
  
**Healing & Nurturing Together: AANHPI Mental Wellbeing**  
12 PM–1:30 PM


03  
  
**Trapped! Escape Room**  
San Dimas | 1 PM–6 PM  
SET for LIFE

11  
  
**A healthy outside starts from the inside.**


12  
**Grief & Loss**  
Mondays | 12 PM  
Age 55+  
Tri-City Wellness Center  


13  
  
**Peace of Mind**  
Tuesdays | 4 PM  
Age 16–25  
Tri-City Wellness Center

14  
  
**Emotions in Motion Creative Minds Art Workshop**  
Almond Haus  
5 PM–6 PM


15  
  
**Youth & Young Adult Cooking Class**  
Tri-City Wellness Center  
5 PM

16  
  
**Corazón a Corazón**  
Tri-City Wellness Center  
Cada Viernes  
12 PM

18  
  
**Self-care is not selfish.**


19  
  
**Senior Matinee Movie**  
Larry Crowne  
Tri-City Wellness Center  
2 PM


20  
  
**Mental Health 101 Webinar**  
3 PM–4 PM

21  
**Amplify: Voices of Mental Health and Recovery**  
La Verne Community Center  
5:30 PM–6:45 PM  



22  
  
**United Family Parent Support Group**  
Thursdays | 6 PM  
Tri-City Wellness Center


23  
  
**Anxiety Relief**  
Tri-City Wellness Center  
Fridays | 11 AM


25  
  
**BREAK THE STIGMA**

26  
  
**Youth Club**  
Mondays | 4 PM  
Age 16–25  
Tri-City Wellness Center

27  
  
**Music Group**  
Tuesdays | 5 PM  
Age 16–25  
Tri-City Wellness Center

28  
  
**Platicas para Padres**  
6:30 PM–8:30 PM  
Our Generation Cares

29  
  
**Directing Change Film Showcase, Art Gallery & Ceremony**  
2001 N Garey Ave  
Pomona  
5 PM–6:30 PM

30  
  
**Healing the Helpers: Recognizing Vicarious Trauma**  
10 AM–12 PM

### More Events

#### Family Movie Nights

**Fridays at 6 PM**  
Tri-City Wellness Center  
May 2 | **Wreck-It Ralph**  
May 9 | **Encanto**  
May 16 | **Luca**  
May 23 | **Finding Dory**  
May 30 | **Meet the Robinsons**

#### Youth Movie Night

**Soul | May 20 at 6 PM**  
Tri-City Wellness Center

#### Fathers Group

**May 15 at 6:30 PM**  
Tri-City Wellness Center

#### Baby & Me Group

**Wednesdays at 4 PM**  
Tri-City Wellness Center

### Need support?

Your mental wellbeing matters — whether you're navigating a tough moment or seeking extra support — 24/7/365 help is here.

- Tri-City Mental Health: Call us at **(866) 623-9600** for resources and support
- **Call or text 988** to connect with the Suicide and Crisis Lifeline

Scan QR Code to RSVP  
and learn more

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