

Everyday Mental Health



Wellness Webinar

FREE
& Open to
ALL

Wednesday, January 28, 2026
1:00 PM–2:00 PM

Start off the New Year with mental health and wellness basics.

This introductory webinar explores common questions about mental health and encourages open, healthy conversations. Together, we'll focus on building awareness and supporting everyday well-being for ourselves and our community.

What you will learn

- ✓ Self-care and stress management tips
- ✓ Mental health challenges vs. disorders
- ✓ How stress affects the body
- ✓ Where to find helpful resources and support for yourself or others



For more information

Empower your community with knowledge and support. Learn how to host or attend a free mental health training in Pomona, Claremont, or La Verne.

 cmht@tricitymhs.org  (909) 242-7636



Register for free

Visit the link or scan the QR code

tinyurl.com/5exjjzdd

HOPE. WELLNESS. COMMUNITY.
Let's find it together.

Visit tricitymha.ca.gov and follow us @tricitymhs

