

THERAPEUTIC COMMUNITY GARDEN

Come to the garden and learn how to grow your own fruits and vegetables while practicing mindfulness techniques and connecting with your community!

Groups:

Mindfulness through Gardening (Ages 18+)- Monday 2:00pm-3:00pm @ the Wellness Center

Teen Bloom (Girls ages 13-15)- Monday 4:00 PM—5:00pm (Tri-City clients only)

Adult group (Ages 26+) - Wednesdays: 9:30 AM—10:30 AM

Youth group (Ages 16-25) - Wednesdays: 4:00 PM—5:00 PM

Adult group (Ages 26+)- Thursdays: 9:30 AM—10:30 AM

Family group- Thursdays: 4:00 PM- 5:00 PM- Children ages 5+ and accompanied by a guardian.

Senior group (Ages 55+) - Fridays: 9:00 AM- 10:00 AM (Spanish Speaking)

Gardening 101 (Ages 18+)-Fridays: 10:30am-12:00pm

Phone: 909-623-6131 **Email:** tcg@tricitymhs.org

Location: 2008 N Garey Avenue, Pomona, CA. 91767

