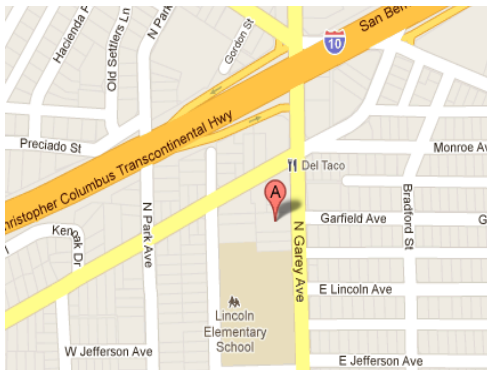


About the Wellness Center

The Tri-City Mental Health Wellness Center was created through funding from the Mental Health Services Act. The Wellness Center is a hub of community activities that promote recovery, resiliency, and wellness for people confronting mental health issues. Staff located at this site, including peer advocates, family members, clinical staff, and others, provide a range of culturally competent, person – and family-centered groups, workshops and socialization activities designed to promote increasing independence and wellness for people of all ages.

If you would like more information about our groups, please stop by or contact us to get a copy of the group descriptions in English or Spanish.



**1403 N. Garey Ave
Pomona CA 91767**

Wellness Center Hours:

Mon., Tue., Thurs., Fri.,
10am-8pm

Wed., 8:30am-5pm

Main Ph: 909-242-7600

Toll Free: 1-888-593-4448

Email: wellness@tricitymhs.org

www.tricitymhs.org

**Scan our code for
more information**



Like and follow us!



www.facebook.com/tricitymhs



www.twitter.com/tricitymhs



www.linkedin.com/company/tricitymhs

Wellness Center

September 2017



*Serving the diverse
communities of:*

~Pomona

~Claremont

~La Verne

**1403 N. Garey Ave
Pomona CA 91767**



Monday

Project Return's Bore no More 11a
Lose the Blues 11a
Grief & Loss 12p
Anger Management 1p
TCG's Mindfulness Through Gardening 2p
Group starts Sept 25th 2017
Dual Recovery Anon 3p
Literacy group 4p
Employment Workshop 6p

Tuesday

Anxiety Group 11a
Project Return's Color Me Calm 12p
Women's Depression Group 1p
Men's Depression Group 2p
Freedom Through Reality 3p
Tranquility Group 4p
STEP Parenting class 4-6p*

Wednesday

Senior Socialization (age 55+) 10a
Peer Mentor Program's Proud to be Me 10a
Employment Workshop 11a
dA Center outing—Sep 6th 2p
Project Return's Creative Writing—Sep 13th 2p
Project Return's Creative Writing--Sep 20th 2p
THR Hiring Event—Sep 27th 1-4p
Arts & Crochet—Sep 27th 2p
Positive Direction 3:30p
Kids Hour (ages 7-12) 4p
Teen Hour (ages 13-15) 4p
Mommy & Me —Sep 13th, 20th, 27th 4p*
@ Pomona WIC offices*
Teen Dual Recovery Anon—4pm
@ 1900 Royalty

Thursday

Yoga—Sept 21th 10a
Senior Support Group 10a**
@ Parkside Family apartments**
Anger Management 11a
Project Return's Bore no More 11a
Karaoke 12p
Dual Recovery Anon 1pm*
@ 2008 N. Garey Ave.
Money Management—Sep 28th 1p
Project Return's Writing to Heal 2p
Socialization 3p
DCFS—Sep 28th 3:30p
Parents in Partnership—Sept 14th 4p
Gen HER Sep 7th, 14th, 21st 6p
United Family Support Group 6p
@ 1900 Royalty

Friday

Anxiety Relief 11a
Walking Adventure Group 12p
Mommy & Me 1p
@ 1900 Royalty Dr.
Project Return's Limited to Limitless 1p
Spirituality Group 2p
Employment Workshop 3p
Dual Recovery Anon 5p
GED Prep class 5-6:30p
Movies at the WC 6-8p

**The Wellness Center will be closed on September 4th
2017 in observance of the labor day holiday.**

*(Previa registraci3n requerida)
*(Previous Registration Required)
** (Apartment residents only)

GRUPOS EN ESPAÑOL

Lunes

Plaza Comunitaria's ESL 10a*
Direcci3n Positiva 11a
Sobrellevando La Ansiedad 12:30p
Plaza Comunitaria 5-8p*

Martes

AlaNon 10-12pm
Comadres y Compadres—Septiembre 19
Washington Park 10a
Plaza Comunitaria 5-8p*

Miercoles

Plaza Comunitaria 9a-12p*
Grupo de Socializaci3n 11a

Jueves

Comadres y Compadres 10a
1900 Royalty
Familia Unida 6p 1900 Royalty

Viernes

Computer Lab Hours/
Horas de Laboratorio



Mon, Tue, Thurs, Fri: 10a-8p
Wed: 8:30a-5p
Hours are subject to change w/o notice