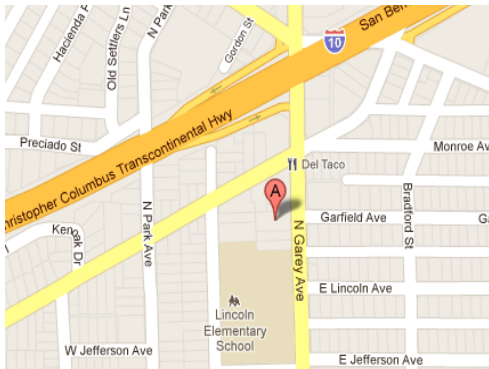


## About the Wellness Center

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](mailto:wellness@tricitymhs.org)

[www.tricitymhs.org](http://www.tricitymhs.org)

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more information**



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# Wellness Center

July 2017



*Serving the diverse  
communities of:*

*~Pomona*

*~Claremont*

*~La Verne*

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



## Monday

Lose the Blues 11a  
Project Return's Bore no More 11a  
Grief & Loss 12p  
Anger Management 1p  
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\*  
Parents in Partnership—July 25<sup>th</sup> 4p

## Wednesday

Basic Computer Class 9a\*  
Senior Socialization (age 55+) 10a  
Employment Workshop 11a  
Arts & Crochet—July 5<sup>th</sup> 2p  
OnTime Staffing Hiring Event-July 12<sup>th</sup> 1-4p  
Project Return's Creative Writing-July 12<sup>th</sup> 2p  
Cooking class —July 19<sup>th</sup> 2p  
Project Return's Creative Writing-July 26<sup>th</sup> 2p  
Positive Direction 3:30p  
Kids Hour (ages 7-12) 4p  
Teen Hour (ages 13-15) 4p  
Mommy & Me —July 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> 4p\*  
@ Pomona WIC offices\*  
Teen DRA—4pm @ Royalty  
Starts 7/19

## Thursday

Yoga—July 20<sup>th</sup> 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—July 27<sup>th</sup> 1p  
Project Return's Writing to Heal 2p  
Socialization 3p  
DCFS—July 27<sup>th</sup> 3:30p  
Gen HER—July 6<sup>th</sup>, 20<sup>th</sup> 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  
Expungement Workshop—July 28<sup>th</sup> 2-4pm  
Spirituality Group 2p  
Employment Workshop 3p  
Dual Recovery Anon 5p  
Intermediate Computer Class 5p\*  
Advanced Computer Class 6p\*  
GED Prep class 5-6:30p  
Movies at the WC 6-8p

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***Wellness Center will be closed on Tuesday July 4th  
2017 in observance of Independence Day holiday***

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

## GRUPOS EN ESPAÑOL

### Lunes

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

### Martes

AlaNon 10-12pm  
Comadres y Compadres—Julio 18  
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

Caf3 Para Ella—Julio 28 6-8p

**Computer Lab Hours/  
Horas de Laboratorio**



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