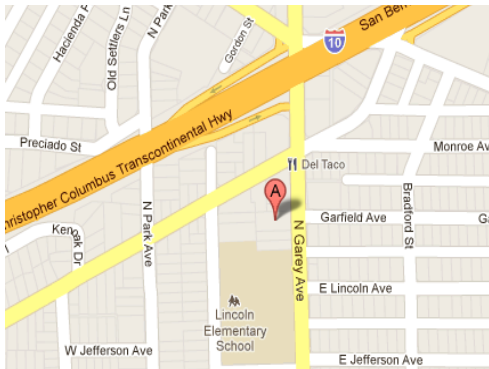


## About the Wellness Center

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

February 2018



*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  
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

Basic Computer Class 9a\*  
Senior Socialization (age 55+) 10a  
Peer Mentor Program's Proud to be Me 10a  
Employment Workshop 11a  
SGVCC Hiring Event—Feb 28<sup>th</sup> 1-3p  
dA Center outing—Feb 7<sup>th</sup> 2p  
Project Return's Creative Writing—Feb 14<sup>th</sup> 2p  
Arts & Crochet—Feb 21<sup>st</sup> 2p  
Project Return's Creative Writing—Feb 28<sup>th</sup> 2p  
Positive Direction 3:30p  
Teen Hour (ages 13-15) 4p  
Mommy & Me —Feb 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> 4p\*  
@ Pomona WIC offices\*  
Teen Dual Recovery Anon—4pm  
@ 1900 Royalty

*The Center will be closed on*

*Monday Feb 19th 2018*

*in observance of the President's day holiday*

## Thursday

Yoga—Feb 15<sup>th</sup> 10a  
Senior Support Group 10a\*\*  
@ Parkside Family apartments\*\*  
Anger Management 11a  
Project Return's Bore no More 11a  
Karaoke 12p  
On Time Hiring Event—Feb 15<sup>th</sup> 12-2p  
Dual Recovery Anon 1pm\*  
@ 2008 N. Garey Ave.  
Money Management—Feb 22<sup>nd</sup> 1p  
Project Return's Writing to Heal 2p  
Socialization 3p  
Parents in Partnership—Feb 15<sup>th</sup> 3p  
DCFS—Feb 22<sup>nd</sup> 3p  
Gen HER—Feb 1<sup>st</sup>, 8<sup>th</sup>, 15<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  
Spirituality Group 2p  
Employment Workshop 3p  
Dual Recovery Anon 4p  
Intermediate Computer Class 5p\*  
GED Prep class 5-6:30p  
Advanced Computer Class 6p\*  
Movies at the WC 6-8p

\*(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—Febrero 20  
Washington Park 10a  
Clase de Computacion 5p\*  
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