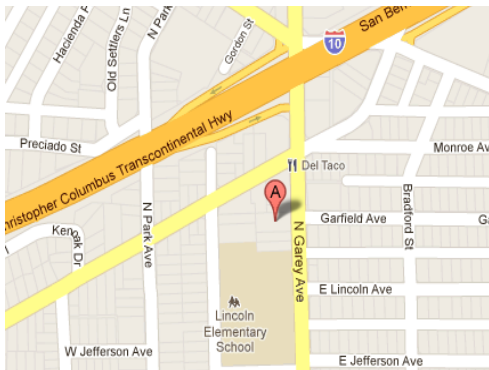


About the Wellness Center

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**



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Wellness Center

May 2017



*Serving the diverse
communities of:*

~Pomona

~Claremont

~La Verne

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



Monday

Yoga—May 22nd 10am
Lose the Blues 11a
Project Return's Bore no More 11a
Grief & Loss 12p
Anger Management 1p
Dual Recovery Anon 3p
Literacy group 4pm
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—May 23rd 4pm

Wednesday

Senior Socialization (age 55+) 10a
Employment Workshop 11a
Arts & Crochet—May 3rd 2p
OnTime Staffing Hiring Event-May 10th 1-4pm
Project Return's Creative Writing-May 10th 2p
Cooking Class —May 17th 2p
Project Return's Creative Writing-May 24th 2p
Arts & Crochet—May 31st 2p
Positive Direction 3:30p
Kids Hour (ages 7-12) 4p
Teen Hour (ages 13-15) 4p
Mommy & Me —May 10th, 17th, 24th 4pm*
@ Pomona WIC offices*

Thursday

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—May 25th 1p
Project Return's Writing to Heal 2p
Socialization 3p
DCFS—May 25th 3:30p
Gen HER—May 4th, 11th, 18th 6p
8th Annual Talent Show—May 18th 5-7pm
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 Monday
May 29th 2017 in observance of Memorial Day.*

*(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—Mayo 16
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

Computer Lab Hours/
Horas de Laboratorio



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