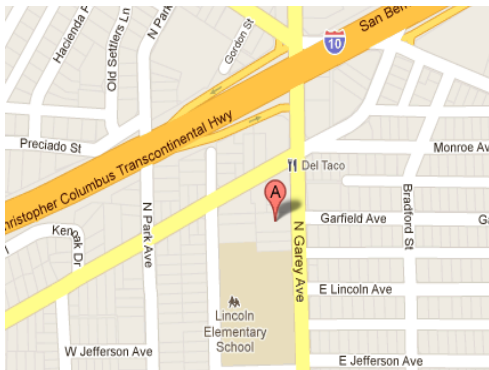


About the Wellness Center

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

November 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
Dual Recovery Anon 3p
Literacy group 4p
Employment Workshop 6p

Tuesday

On Time Staffing Hiring Event—Nov 7th 10a-1p
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 9am*
Senior Socialization (age 55+) 10a
Peer Mentor Program's Proud to be Me 10a
Employment Workshop 11a
dA Center outing—Nov 1st 2p
Project Return's Creative Writing—Nov 8th 2p
Cooking class—Nov 15th 2p
Exact Staffing Hiring Event—Nov 15th 1-4p
Project Return's Creative Writing—Nov 22nd 2p
Positive Direction 3:30p
Teen Hour (ages 13-15) 4p
Mommy & Me —Nov 8th, 15th, 22nd 4p*
@ Pomona WIC offices*
Teen Dual Recovery Anon—4pm
@ 1900 Royalty

Thursday

Yoga—Nov 16th 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—Nov 30th 1p
Project Return's Writing to Heal 2p
Socialization 3p
Parents in Partnership—Nov 16th 3p
DCFS—Nov 29th 3p
Gen HER—Nov 2nd, 9th, 16th, 30th 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 5pm*
Advanced Computer Class 6pm*
GED Prep class 5-6:30p
Movies at the WC 6-8p

***The Wellness Center will be closed on Thurs and Fri
November 23rd and 24th in observance of the
Thanksgiving 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—Noviembre 21
Washington Park 10a
Clase de Computaci3n 5pm *
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