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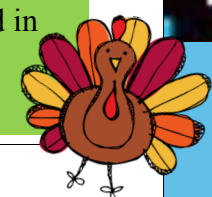
NOVEMBER

Contact Info:
 Call Us: 909-242-7680
 Email Us:
 wellness@tricitymhs.org

Mon 10am-8pm	Tue 10am-8pm	Wed 8:30am-5pm	Thu 10am-8pm	Fri 10am-8pm
TAY SPACE DROP-IN CENTER  <ul style="list-style-type: none"> Calendar is subject to changes and cancellations 		1 Computer Lab Free Time: 12pm - 2pm Foosball & Ping Pong: 3pm	2 TAY TCB: 3 pm TAY Anger Management: 4pm David & Margaret Anger Management: 4pm	3 Walking Group: 3:30pm TAY Cooking: 4:30pm Family Movie Night: 6pm
		6 Money Management: 3pm TAY Hope: 4pm TAY Pride: 5pm	7 Employment: 3pm Anxiety & Meditation: 4pm TAY DRA: 6:30pm	8 Computer Lab Free Time: 12pm - 2pm Foosball & Ping Pong: 3pm
13 Money Management: 3pm TAY Hope: 4pm TAY Pride: 5pm	14 Employment: 3pm Anxiety & Meditation: 4pm TAY DRA: 6:30pm	15 Computer Lab Free Time: 12pm - 2pm Foosball & Ping Pong: 3pm	16 TAY TCB: 3 pm TAY Anger Management: 4 pm David & Margaret Anger Management: 4pm	17 Gaming Club: 2:30pm Walking Group: 3:30pm Family Movie Night: 6pm
20 Money Management: 3pm TAY Hope: 4pm PPL 5pm	21 Employment: 3pm Anxiety & Meditation: 4pm Harvest Dessert Bar: 5pm TAY DRA: 6:30pm	22 Computer Lab Free Time: 12pm - 2pm Foosball & Ping Pong: 3pm	23 (Residents ONLY) 	24
27 Money Management: 3pm TAY Hope: 4pm TAY Pride: 5pm	28 Employment: 3pm Anxiety & Meditation: 4pm TAY DRA: 6:30pm	29 Computer Lab Free Time: 12pm - 2pm TAY Gaming Group 3pm	30 TAY TCB: 3 pm Anger Management: 4 pm	



Wellness Center will be closed in observance of the Thanksgiving Holiday.



Wellness Center

1407 N. Garey Ave
 Pomona, CA 91767

Free to the Community!!