

# SEPTEMBER

<b>Mon</b> 10am-8pm	<b>Tue</b> 10am-8pm	<b>Wed</b> 8:30am-5pm	<b>Thu</b> 10am-8pm	<b>Fri</b> 10am-8pm
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**TAY: Transitional Age Youth 16-25**

**Free**



**1** Walking Group: 3:30pm  
**TAY Cooking:** 4:30pm  
 Family Movie Night: 6pm



**4 LABOR DAY**

**Wellness Center will be closed for Labor Day**


**5** Employment: 3pm  
 Anxiety & Meditation: 4pm  
 TAY DRA: 6:30pm

**6** Computer Lab  
 Free Time: 12pm - 2pm  
 Foolsball & Ping Pong: 3pm

**7** TAY TCB: 3 pm  
 Anger Management: 4 pm



**8** Walking Group: 3:30pm  
**Dance & Karaoke:** 4:30pm  
 Family Movie Night: 6pm




**11** Money Management: 3pm  
 TAY Hope: 4pm  
 TAY Pride: 5pm

**12** Employment: 3pm  
 Anxiety & Meditation: 4pm  
 TAY DRA: 6:30pm


**13** Computer Lab  
 Free Time: 12pm - 2pm  
 Foolsball & Ping Pong: 3pm

**14** TAY TCB: 3 pm  
 Anger Management: 4 pm



**15** Gaming Club: 2:30pm  
 Walking Group: 3:30pm  
 Family Movie Night: 6pm

**18** Money Management: 3pm  
 TAY Hope: 4pm  
**PPL 5pm**




**19** Employment: 3pm  
 Anxiety & Meditation: 4pm  
 TAY DRA: 6:30pm

**20** Computer Lab  
 Free Time: 12pm - 2pm  
 Foolsball & Ping Pong: 3pm

**21** TAY TCB: 3 pm  
 Anger Management: 4 pm

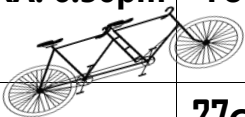


**22** Walking Group: 3:30pm  
**Dance & Karaoke:** 4:30pm  
 Family Movie Night: 6pm



**25** Money Management: 3pm  
 TAY Hope: 4pm  
 TAY Pride: 5pm

**26** Employment: 3pm  
 Anxiety & Meditation: 4pm  
 TAY DRA: 6:30pm



**27** Computer Lab  
 Free Time: 12pm - 2pm  
**TAY Gaming Group 3pm**



**28** TAY TCB: 3 pm  
 Anger Management: 4 pm

**29** Walking Group: 3:30pm  
**Friendship Circle:** 4:30pm  
 Family Movie Night: 6pm



## TAY SPACE DROP-IN CENTER



**Contact Info:**  
 Call Us: 909-242-7680  
 Email Us:  
[wellness@tricitymhs.org](mailto:wellness@tricitymhs.org)

• Calendar is subject to changes and cancellations

**Wellness Center**

1407 N. Garey Ave  
 Pomona, CA 91767