

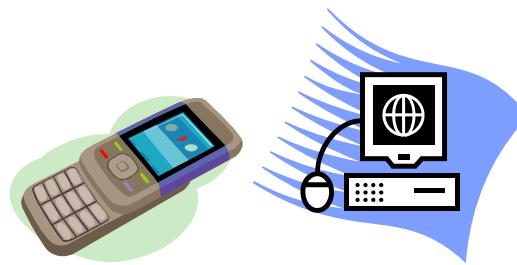
About Tri-City

Established in 1960, Tri-City Mental Health Center (TCMHC) was conceptualized as a comprehensive mental health service provider, dedicated to helping families and individuals of all ages reach their full potential. Through close and dedicated collaboration with the community it serves, TCMHC has successfully created an integrated system of care that ensures access and enhances mental and emotional health. Available services include but are not limited to psychotherapy, clinical case management, medication support, peer-to-peer support, psychoeducation, linkage and referral, vocational training and support, socialization activities, and community outreach.



Would you like more information on volunteering at Tri-City? Please feel free to give us a call or email.

Contact us by phone or email



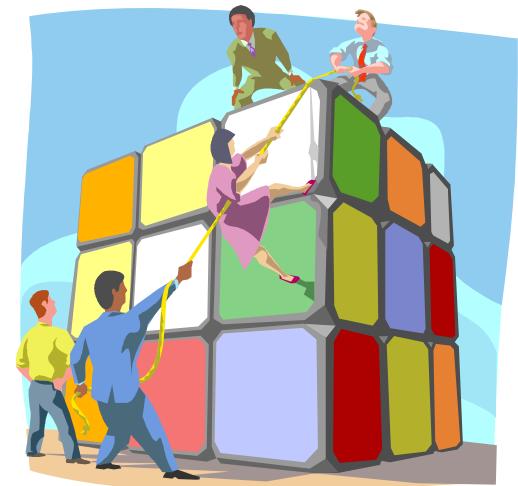
Phone: (909) 766-7314
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Scan our code for
more information



Volunteer Opportunities



Interested in making a
positive difference in the

lives of others?

**Check out our volunteer
opportunities**

Volunteer opportunities at Tri-City

Listed below is our volunteer opportunities offered at Tri-City

Wellness Center

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.

Peer Counselor

The Peer Support Program is available to TAY (Transitional-Aged Youth) ages 16-25, adults ages 26 -59 and seniors (60+ years) within the Tri-City service area. Volunteer counselors receive specialized training and on-going weekly supervision and support from TCMHC clinical staff members. These volunteers meet individually with counselees and/or in groups to provide support. Groups focus on providing support and creating opportunities for members to engage in projects that serve their communities and other wellness activities.

Community Navigators

Tri-City's Community Navigator Program consists of highly trained individuals who specialize in linkage and referral to local resources. This mission critical program has been structured for the purpose of helping people gain access to the services and support they need, both formal and informal. Community navigators regularly visit the following settings (among others):

- Community organizations
- Emerging and well established health and mental health programs
- Law enforcement agencies
- Schools
- Courts
- Residential facilities
- Local NAMI chapter
- Self-help groups
- Client advocacy groups

Therapeutic Community Gardening (TCG)

Horticulture therapy is the process of using plants, gardening, and the innate closeness humans feel towards nature as direct tools of intervention in programs of therapy and rehabilitation. Although horticulture therapy is regarded as a still emerging mental health treatment model, its usage and practice in early forms can be traced as far back as the times of ancient Egypt. During weekly program groups, TCG clients are allowed the opportunity to plant, maintain, and harvest fruits, vegetables, flowers, and other crops for therapeutic purposes and symptom management.

Benefits of becoming a volunteer

- Hands-on experience
- Job training skills
- Preparation for workforce
- Add to your resume
- Personal growth
- Potential employment
- Discount tickets to area attractions

Qualifying requirements to be a volunteer

- Background check
- Fingerprints
- Drug screen
- TB test
- Must be 16 and over

Required Trainings (provided by Tri-City)

- MHFA (Mental Health First Aid)
- CPI (Crisis Prevention Intervention)



"The heart of a volunteer is not measured in size, but by the depth of the commitment to make a difference in the lives of others."

-DeAnn Hollis