

talk

student wellness series

Join us on Zoom or in-person!

Every 3rd Thursday of the month Open to educators, service providers, parents, caregivers and community

This Month's Topic

Getting Youth Ready for Back to School



August 17, 2023 4:00 pm - 5:00 pm



Tri-City Wellness Center 1403 N Garey Ave, Pomona

Want to support your child's mental health as they return to school?

Returning to school can feel overwhelming and challenging for many kids and teens. It's okay to feel this way.

Join us and learn how you can support your child or loved one as they transition back to school. Discover wellness strategies to de-stress and resources to support you, your child and your family.



Register for free

Scan the QR code or visit the link below:

bit.ly/MHSSAwellness

For more information

Mental Health Student Services Act (MHSSA) Grant Markie Sterner, LMFT, Clinical Supervisor mharden@tricitymhs.org | (909) 766-7295

Tri-City Mental Health Authority, through the statewide Mental Health Student Services Act (MHSSA) grant, is working to expand behavioral and mental health services for youth, young adults and their families in Claremont, Pomona, and La Verne. This funding is used to foster school-community partnerships, and provide psychoeducation for parents, supportive adults, teachers and youth.





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