Tips and resources for adults to better support youth mental health

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This Month's Topic Student & Family Wellness



July 20, 2023 4:00 pm - 5:00 pm



Tri-City Wellness Center 1403 N Garey Ave, Pomona

Join us on Zoom or in-person!

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

Come and learn how Tri-City's Wellness Center promotes wellness for youth, parents, and families!

Have fun tapping into your creativity!

Participants will also enjoy a guided wellness activity by the Tri-City's Therapeutic Community Garden (TCG) focusing on repurposing old mugs into succulent pots. Everyone will be provided a mug, succulent and fairy garden to make their own unique succulent pot.

The TCG team will also provide succulent care tips so your plant will stay happy and healthy.



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.

HOPE. WELLNESS. COMMUNITY. Let's find it together.



Tri-City Mental Health Authority www.tricitymhs.org f 🗙 🕲 @ @TriCityMHS