

Tips and resources for adults to better support youth mental health



let's talk

student wellness series

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
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