

Tips and resources for adults to better support youth mental health



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
**Reflect. Release.
Recharge.**



December 21, 2023

4:00 pm - 5:00 pm



Tri-City Wellness Center

1403 N Garey Ave, Pomona

Join us for a free wellness workshop to reflect on the past year and make way for the new year ahead!

This interactive workshop will give participants the space to practice self-care and reflect on their year including success, changes and challenges. We'll share strategies, tips and ways to support yourself, your youth and family as a whole.



Register for free

Scan the QR code or visit the link below to sign-up for upcoming workshops!

bit.ly/MHSSAwellness

For more information

Mental Health Student Services Act Grant

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