Tips and resources for adults to better support youth mental health

let's

This Month's Topic **Reflect. Release. Recharge.**

student wellness series



December 21, 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

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 Deborah Johnson, LMFT Child & Family Services Program Manager djohnson@tricitymhs.org | (909) 766-7307

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