

Tips and resources
for adults to better
support youth
mental health



let's talk

student wellness series

This Month's Topic
**Coping with the
Holiday Blues**



November 16, 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

**If you, your child or family are feeling
down this season, there are several
things you can do to help.**

Join us and learn the difference between
the holidays blues and depression and
ways to manage emotional triggers and
expectations to deal with the holidays.

We'll share supportive strategies you can
use to uplift yourself and your family to
have a happy and healthy holiday season.
Enjoy a self-care activity making sensory
satchels with rice and essential oils!



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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student wellness series

Upcoming Events

Every 3rd Thursday of the month
Tips, resources and wellness workshops
for adults to better support youth
mental health

19
OCT

Holiday Blues

Come and learn how you can help yourself, your youth and your family navigate the holiday season.

4 PM - 5 PM

16
NOV

Coping with Holiday Blues

Gain supportive strategies to uplift yourself and your family to have a happy and healthy holiday season.

4 PM - 5 PM

21
DEC

Reflect. Release. Recharge.

This interactive workshop will give participants the space to practice self-care and reflect on their year including success, changes and challenges.

4 PM - 5 PM



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

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

