

Tips & resources
for adults to better
support youth
mental health



let's talk

student wellness series

This Month's Topic
Holiday Blues



October 19, 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 about the holiday blues and how you can help yourself, your youth and your family navigate through the difficulties of the holiday season.

For many, the holiday season is a time for joy, love and gratitude. It can also bring feelings of anxiety, loneliness, depression and stress – the dreaded “holiday blues” – for others.

Participants will enjoy a guided wellness activity by Tri-City's Therapeutic Community Garden 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. We'll 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
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



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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

