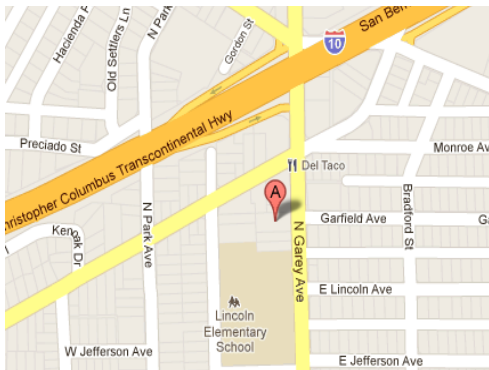


About the Wellness Center

The Tri-City Mental Health Wellness Center was created through funding from the Mental Health Services Act. The Wellness Center is a hub of community activities that promote recovery, resiliency, and wellness for people confronting mental health issues. Staff located at this site, including peer advocates, family members, clinical staff, and others, provide a range of culturally competent, person – and family-centered groups, workshops and socialization activities designed to promote increasing independence and wellness for people of all ages.

If you would like more information about our groups, please stop by or contact us to get a copy of the group descriptions in English or Spanish.



**1403 N. Garey Ave
Pomona CA 91767**

Wellness Center Hours:

Mon., Tue., Thurs., Fri.,
10am-8pm

Wed., 8:30am-5pm

Main Ph: 909-242-7600

Toll Free: 1-888-593-4448

Email: wellness@tricitymhs.org

www.tricitymhs.org

**Scan our code for
more information**



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Wellness Center

March 2020



*Serving the diverse
communities of:*

~Pomona

~Claremont

~La Verne

**1403 N. Garey Ave
Pomona CA 91767**



Monday

PR's Class of Positivity 10a
PR's Bore no More 11a
Lose the Blues 11a
Grief & Loss 12p
Anger Management 1p
Dual Recovery Anon 3p
Literacy group 4p
Kid's Zone 4p
Effective Employee Curriculum 5p

Tuesday

TCG's Mindfulness Thru Gardening 10a
Anxiety Group 11a
Good Tenant Curriculum 1p
Obsessive Compulsive 1p
Women's Depression Group 1p
Learning to Love Myself 2p
Men's Depression Group 2p
Freedom Through Reality 3p
Advanced Computer Class 3p*
Starts 3/03*
Tranquility Group 4p
The Open Door—Mar 10th & 24th 4p
STEP Parenting Class 1p*
STEP Anger Management 3p*

Wednesday

Basic Computer Class 9a*
Starting 3/04*
Senior Socialization (age 55+) 10a
PMP's Proud to be Me 10a
HEAP Meeting—Mar 4th 10a-12:30p*
Employment Workshop 11a
PR's Color Me Calm 1p
dA Center outing—Mar 4th 2p
PR's Creative Writing—Mar 11th & 25th 2p
@ Pomona Wellness Community
750 S. Park Ave.
Arts & Crochet—Mar—18th 2p
@ Pomona Wellness Community
750 S. Park Ave.
Positive Direction 3:30p
Teen Hour (ages 13-15) 4p
Mommy & Me —Mar 11th, 18th, 25th 4p*
@ Pomona WIC offices*

Thursday

Anger Management 11a
PR's Bore no More 11a
Karaoke 12p
Participant Committee—Mar 5th, 19th 1p
Dual Recovery Anon 1pm*
@ 2008 N. Garey Ave.
Money Management—Mar 26th 1p
PR's Writing to Heal 2p
Socialization 3p
Parents in Partnership—Mar 19th 3p
Gen HER—Mar 5th, 12th, 19th 6p
United Family Support Group 6p
@ 1900 Royalty

Friday

Anxiety Relief 11a
Walking Adventure Group 12p
Intermediate Computer Class 12p*
Starts 3/06*
PR's Limited to Limitless 1p
Spirituality Group 2p
Employment Workshop 3p
Dual Recovery Anon 4p
Teen Anger Management
(ages 13-15) 5:30p
GED Prep class 5-6:30p
Movies at the WC 6-8p

Computer Lab



Hours are subject to change w/o notice

GRUPOS EN ESPAÑOL

Lunes

Plaza Comunitaria's ESL 10a*
Dirección Positiva 11a
Sobrellevando La Ansiedad 12:30p

Martes

Comadres y Compadres—Marzo 17
Washington Park 10a
AlaNon 10-12pm
Neuroticos Anon 6p

Miercoles

Clase de ESL 8:30a
Plaza Comunitaria 10a-12p*
Grupo de Socialización 11a

Jueves

Comadres y Compadres 10a
1900 Royalty
Clase Padres de Crianza—Marzo 26 3:30p*
Plaza Comunitaria 6-8p*
Familia Unida 6p 1900 Royalty

Viernes

Cafecitos 10a
Pomona Wellness Community
Plaza Comunitaria 5-8p*

*(Previa registraci3n requerida)
*(Previous Registration Required)