



TRANSITION AGE YOUTH (TAY) WELLNESS ADVISORY COUNCIL

Become a TAY Wellness Member Today!

- Share your ideas and experiences on how to improve Tri-City services to ensure we are meeting the mental health needs of youth and young adults in our community
- Join other community members, peers, advocates and local organizations who work with and support transition age youth (ages 16 to 25)
- Help create a safe space to improve mental health awareness

TAY Wellness Members:

- Are ages 16-25
- Are connected with the cities of Claremont, La Verne or Pomona through residence, work, school, volunteering or other affiliation
- Have a passion for mental health advocacy
- Attend a monthly virtual meeting
- Share feedback to help enhance TAY wellness

Be a voice
for your
community

Want to Get Involved?

Join us virtually
3rd Wednesday of every month
3:30 pm - 4:30 pm

To sign-up and learn more contact:

TAY Wellness Chair
Amanda Colt, MPH, CHES
cidc@tricitymhs.org

Diversity, Equity & Inclusion (DEI) Coordinator
Andrea Espinosa | (909) 784-3052

Sign-up today!

Scan the QR code or visit:
bit.ly/TCMHtaywellness



Stay Connected with Us

www.tricitymhs.org     @TriCityMHS

