

WELCOME

Spring

Therapeutic Community Garden

FREE WEEKLY GARDEN GROUPS



Monday	Tuesday	Wednesday	Thursday	Friday
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Learn how gardening and nature can have a positive impact on your mental health and wellness

Find ways to ground yourself through mindfulness and relaxation techniques

Develop gardening skills

Opportunities for organic harvest when available (fruits, herbs, vegetables, flowers)

NOTE: Groups are subject to change. Please contact us to verify.



10 am - 11 am
Mental Health Rooted in Nature

In-Person
18+ Clients Only

2 pm - 3 pm
Wellness Through Gardening and Mindfulness

Virtual Group
Open to All 18+



9 am - 10 am
Connect to Nature

In-Person
Open to All 18+
Bilingual English/Spanish

10 am - 11 am
Growing Seasons, Growing Mindfulness

In-Person
18+ Non-Clients
Bilingual English/Spanish

4 pm - 5 pm
Growing in Nature and Wellness

In Person
Clients Only Ages 8-11
Bilingual English/Spanish

10 am - 11 am
Semillas de Esperanza y Bienestar

Seeds of Hope & Wellbeing

En persona
En español
Solo para clientes 18+

1 pm - 2 pm
Sembrando Conexiones de Bienestar

Sowing Connections of Wellbeing

Grupo Virtual
En español
Abierto a todos 18+



Quote of the Season

“Spring: a lovely reminder of how beautiful change can be.”

Sign up today!

Contact TCG at (909) 623-6131 to participate

Therapeutic Community Garden
2008 N Garey Ave, Pomona, CA

Visit tricitymhs.org and follow us @TriCityMHS



Group Descriptions

TUESDAY

Mental Health Rooted in Nature | for adults 18+

For Tri-City Clients Only

Discover mindfulness techniques through therapeutic horticulture in a supportive environment. Topics include gardening, creative arts with nature, mindfulness practices, building resiliency, and more. This group is for individuals enrolled in TCMH services.

Wellness Through Gardening and Mindfulness | for adults 18+

For All Participants | Virtual Group

Learn mindfulness skills, explore the connection between mental health and gardening, and cultivate tranquility to enhance your wellbeing. Engage in a supportive space to grow both personally and through nature

WEDNESDAY

Connect to Nature | for adults 18+

For All Participants | Bilingual English/Spanish*

Build your gardening knowledge, share your gardening experience, and get answers to all your garden-related questions from the TCG Community Garden Farmer.

Growing Seasons, Growing Mindfulness | for adults 18+

For Community Members Only | Bilingual English/Spanish*

Explore mental health topics and mindfulness skills through nature and gardening, focusing on the healing power of community and connection with the natural world. This group is for community members or individuals not enrolled in TCMH services.

Growing in Nature and Wellness | for youth 8-11yrs

For Tri-City Clients Only Ages 8-11 | Bilingual English/Spanish*

This group is designed to connect youth with nature while enhancing mental wellness through age-appropriate gardening, art, mindfulness techniques, and group discussions. Minors must be accompanied by an adult guardian. This group is for youth enrolled in TCMH services.

**This group may be conducted in English and Spanish – both English and Spanish speakers are welcome. Este grupo puede llevarse a cabo en ingles y español; tanto los hablantes de ingles como los de español son bienvenidos.*

Descripciones de Grupos

Grupos en Español

JUEVES

Semillas de Esperanza y Bienestar para adultos 18+ en español

Para clientes que reciben servicios de Tri-City

Acompañenos a nosotros para participar en técnicas de relajación para calmar la mente, socializar con otras personas de su comunidad, compartir sus experiencias de vida y encontrar consuelo en el entorno del Jardín Terapéutico.

*Este grupo es exclusivamente para personas que reciben servicios de Tri-City Mental Health.

Sembrando Conexiones de Bienestar para adultos 18+ en español

Para todos participantes | Grupo Virtual

Conéctese con el jardín y su comunidad virtualmente, donde aprenderá a sembrar semillas de bienestar en su vida a través de la exploración de varios temas de salud mental y aprenderá cómo el jardín puede mejorar su bienestar.

Comuníquese con TCG al (909) 623-6131 para participar

Contact TCG at (909) 623-6131 to participate

