

Therapeutic Community Garden (TCG)

Join us each week!



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.



Free Weekly Garden Groups



Monday	Tuesday	Wednesday	Thursday	Friday
  	<p>10 am - 11 am Mental Health Rooted in Nature In-Person 18+ Clients Only</p> <p>2 pm - 3 pm Wellness Through Gardening and Mindfulness Virtual Group Open to All 18+</p>	<p>9 am - 10 am Connect to Nature In-Person Open to All 18+ Bilingual English/Spanish</p> <p>10 am - 11 am Growing Seasons, Growing Mindfulness In-Person 18+ Non-Clients Bilingual English/Spanish</p> <p>4 pm - 5 pm Growing in Nature and Wellness In Person Clients Only Ages 8-11 Bilingual English/Spanish</p>	<p>10 am - 11 am Semillas de Esperanza y Bienestar <i>Seeds of Hope & Wellbeing</i> En persona En español Solo para clientes 18+</p> <p>1 pm - 2 pm Sembrando Conexiones de Bienestar <i>Sowing Connections of Wellbeing</i> Grupo Virtual En español Abierto a todos 18+</p>	 

Garden Affirmation

“Every gardener knows that under the cloak of winter lies a miracle.”

-Luther Burbank

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 espanol; tanto los hablantes de ingles como los de espanol 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

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