

HELLO  
winter

# Therapeutic Community Garden

## FREE WEEKLY GARDEN GROUPS

Monday

Tuesday

Wednesday

Thursday

Friday

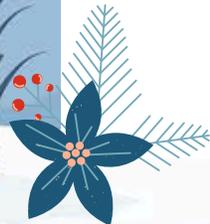
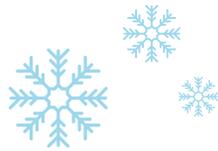
Learn how gardening and nature can have a positive impact on your mental health and wellness

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

11:15 am - 12:15 pm  
**Sembrando Conexiones de Bienestar**

*Sowing Connections of Wellbeing*

En persona  
En español  
Solo para miembros de la comunidad 18+

9 am - 10 am  
**Connect to Nature**

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

10:15 am - 11:15 am  
**Growing Seasons, Growing Mindfulness**

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

4 pm - 5 pm  
**Growing in Nature and Wellness**

In Person  
Non-Clients 8-12  
Bilingual English/Spanish

9 am - 10 am  
**Semillas de Esperanza y Bienestar**

*Seeds of Hope & Wellbeing*

En persona  
En español  
Solo para clientes 18+



### Quote of the Season

““Winter is not a season, it’s a celebration.”

-Anamika Mishra

### Sign up today!

Contact TCC at (909) 623-6131 to participate

Therapeutic Community Garden  
2008 N Garey Ave, Pomona, CA

Visit [tricitymha.ca.gov](http://tricitymha.ca.gov) 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.

### 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 8-12yrs**

For Community Members Only Ages 8-12 | 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 may be conducted in English and Spanish – both English and Spanish speakers are welcome. Este grupo puede llevarse a cabo en inglés y español; tanto los hablantes de inglés como los de español son bienvenidos.*

## Descripciones de Grupos

### Grupos en Español

### MARTES

#### **Sembrando Conexiones de Bienestar para adultos 18+ en español**

Para todos participantes

Conéctese con el jardín y su comunidad, 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.

### 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.



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

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