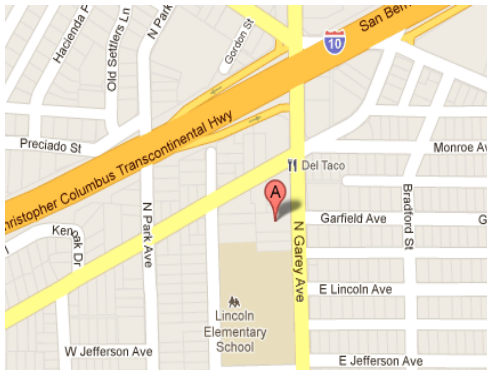


## About the Wellness Center

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 sensitive, 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

1403 N. Garey Ave  
Pomona, CA 91767

### Hours of Operation:

Monday – Friday

10am – 8pm

**Main Phone:** (909) 242-7600

**Toll Free:** 1-888-593-4448

**Email:** [wellness@tricitymhs.org](mailto:wellness@tricitymhs.org)

**Website:** [www.tricitymhs.org](http://www.tricitymhs.org)

**Scan our QR code  
for more information**



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# Wellness Center

April 2024



*Serving the diverse  
communities of:*

*~Pomona*

*~Claremont*

*~La Verne*



## MONDAY

**PR Class of Positivity (Hybrid)\*** 10am  
**Lose the Blues** 11am  
**Grief & Loss** 12pm  
**Dual Recovery Anonymous** 3pm  
**Women's Self Esteem** 4pm  
**TAY Club** 4pm  
**TAY Craft Event—April 15<sup>th</sup>** 5pm  
**TAY Movie Night—April 22<sup>nd</sup>** 5:30pm

## TUESDAY

**Parents in Partnership—April 16<sup>th</sup>** 10am\*  
**Good Tenant Curriculum** 11am  
**Walking Adventure** 12pm  
**Spirituality** 2pm  
**Freedom Through Reality** 3pm  
**Teen Hour** 4pm (ages 13-15)  
**TAY Peace of Mind** 4pm\*  
**Basic Computer Class** 6pm\*

## WEDNESDAY

**PR Color Me Calm (Hybrid)\*** 11am  
**Senior Socialization** (age 55+) 2pm  
**Senior Matinee—April 17<sup>th</sup>** 12pm\*  
**Arts group** 3pm  
**TAY Popcorn, Peers & Leaders (PPL)** 4pm  
**Baby & Me—April 24<sup>th</sup>** 6pm

## THURSDAY

**Anger Management** 11am  
**Karaoke** 12pm  
**Ageless & Unstoppable (55+)** 1pm  
**Socialization** 3pm  
**Women's Depression** 4pm  
**Kid Zone-Hybrid** (ages 7-12) 4pm\*  
**TAY Fun with Friends** 4pm  
**United Family Parent Support Group** 6pm  
**Gen HER—April 11<sup>th</sup>** 6:30pm  
**Father's Group—April 11<sup>th</sup>** 6:30pm

## FRIDAY

**Anxiety Relief** 11am  
**Literacy group** 12pm  
**Men's Depression** 1pm  
**Senior Calm (55+; Hybrid)** 2pm\*  
**Employment/Budgeting Workshop** 3pm  
**Limited to Limitless (Hybrid)** 3pm\*  
**TAY Friendly Feud** 4pm  
**Cooking Class—April 12<sup>th</sup>** 5pm\*  
**Family Movie Nights** 6pm

The Wellness Center has returned to normal hours of operation and is offering in person services. To support all our participants, the center will continue offering telehealth support groups. To participate in a virtual group, please contact the Wellness Center to preregister.

**\*Pre-registration required:**  
**wellness@tricitymhs.org or**  
**(888) 593-4448**

## GRUPOS EN ESPAÑOL

### LUNES

**Sobrellevando La Ansiedad** 12:30pm

### MARTES

**Plática Entre Amigos** 12pm  
**Grupo Alanon** 10am  
**Neuroticos Anon** 6:30pm

### MIERCOLES

**Clase de Cocinar—Abril 24** 1pm

### JUEVES

**Grupo Madres/Padres Familia Unida** 6pm

### VIERNES

**Corazón a Corazón** 12pm



**Computer Lab Hours**  
Monday –Fridays  
10am—8pm