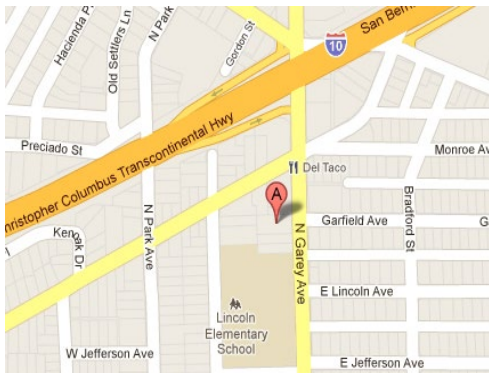


About the Wellness Center

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

Website: www.tricitymhs.org

**Scan our QR code
for more information**



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Wellness Center

December 2024



*Serving the diverse
communities of:*

~Pomona

~Claremont

~La Verne



MONDAY

Lose the Blues 11am
Grief & Loss 12pm
Senior Matinee—Dec 9th 2pm
TAY Club 4pm
Dual Recovery Anonymous 5pm
Parents Anon* 5pm
TAY Get Crafty 5pm

TUESDAY

Spirituality 2pm
Parents in Partnership—Dec 17th 3pm*
Freedom Through Reality 3pm
Teen Hour 4pm (ages 13-15)
TAY Peace of Mind (Hybrid) 4pm*
TAY Music Group 5pm
TAY Movie Night 6pm

WEDNESDAY

Anger Management 1pm
Senior Socialization (age 55+) 2pm
Arts & Crafts 3pm
TAY Autism Empowerment 3pm
Baby & Me 4pm
TAY Popcorn, Peers & Leaders (PPL) 4pm

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

THURSDAY

Anger Management 11am
Karaoke 12pm
Socialization 3pm
Women's Depression 4pm
Kid Zone (ages 7-12) 4pm*
TAY Fun with Friends 4pm
United Family Parent Support Group 6pm
Holly Jolly Tree Lighting—Dec 5th 6pm
Gen HER—Dec 19th 6:30pm
Father's Group—Dec 19st 6:30pm

FRIDAY

Anxiety Relief 11am
Men's Depression 1pm
Senior Calm (55+; Hybrid) 2pm*
Ugly Sweater Senior Party—Dec. 20th 3pm
Limited to Limitless (Hybrid) 3pm*
TAY Friendly Feud 4pm
Cooking Class—Dec 13th 5pm*
Family Movie Nights 6pm

The Wellness Center will be closed on
December 24th & 25th in
observance of the
Christmas Holiday

GRUPOS EN ESPAÑOL

LUNES

Clase de Cocinar— 16 Diciembre 2pm

MARTES

Grupo Alanon 10am
Emocionales Anon 6:30pm

JUEVES

Grupo Madres/Padres Familia Unida 6pm

VIERNES

Grupo Alanon 10am
Corazón a Corazón 12pm



Computer Lab Hours

Monday –Fridays
10am—8pm