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 familygroups, workshops centered 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:

 $\begin{array}{c} Monday-Friday \\ \underline{10am-8pm} \end{array}$

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

July 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
TAY Club 4pm
Parents Anon* 5pm
TAY Get Crafty 5pm

TUESDAY

Good Tenant Curriculum 11am
Walking Adventure 12pm
Spirituality 2pm
Parents in Partnership—July 16th 3pm*
Freedom Through Reality 3pm
Teen Hour 4pm (ages 13-15)
TAY Peace of Mind (Hybrid) 4pm*
Intermediate Computer Class 6pm*
TAY Music Group 5pm

WEDNESDAY

PR Color Me Calm (Hybrid)* 11am
Senior Matinee—July 17th 12pm*
Anger Management 1pm
Senior Socialization (age 55+) 2pm
Creative Writing (Hybrid) 3pm*
TAY Autism Empowerment 3pm
TAY Popcorn, Peers & Leaders (PPL) 4pm
TAY Tiki Party—July 10th 5:30pm
Baby & Me 6pm
Basic Computer Class 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—July 18th 6:30pm
Father's Group—July 18th 6:30pm
TAY Movie Night—July 25th 5:30pm

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—July 12th 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

Plàtica Entre Amigos 12pm Grupo Alanon 10am Neuroticos 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