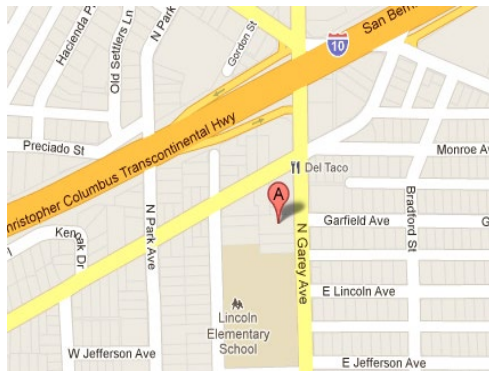


## About the Wellness Center

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

March 2024



*Serving the diverse  
communities of:*

*~Pomona*

*~Claremont*

*~La Verne*



## MONDAY

PR Class of Positivity 10am  
Lose the Blues 11am  
Grief & Loss 12pm  
Dual Recovery Anonymous 3pm  
Women's Self Esteem 4pm  
TAY Club 4pm

## TUESDAY

Parents in Partnership—Mar 19<sup>th</sup> 10am\*  
Good Tenant Curriculum 11am  
(starts 2/13)  
Walking Adventure 12pm  
Spirituality 2pm  
Freedom Through Reality 3pm  
Teen Hour 4pm (ages 13-15)  
TAY Peace of Mind 4pm\*  
Basic Computer Class—Mar 26<sup>th</sup> 6pm\*

## WEDNESDAY

PR Color Me Calm 11am  
Senior Socialization (age 55+) 2pm  
Senior Matinee—March 20<sup>th</sup> 12pm\*  
Arts group 3pm  
TAY Popcorn, Peers & Leaders (PPL) 4pm

## 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—March 21<sup>st</sup> 6:30pm  
Father's Group—March 21<sup>st</sup> 6:30pm

## FRIDAY

Anxiety Relief 11am  
Literacy group 12pm  
Men's Depression 1pm  
FedEx Hiring Event—Mar 22 1-3pm  
Senior Calm (55+; Hybrid) 2pm\*  
Employment/Budgeting Workshop 3pm  
Limited to Limitless (Hybrid) 3pm\*  
TAY Friendly Feud 4pm  
Cooking Class—March 8<sup>th</sup> 5pm\*  
Family Movie Night—March 8<sup>th</sup> 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](mailto:wellness@tricitymhs.org) or  
(888) 593-4448

## GRUPOS EN ESPAÑOL

### LUNES

Sobrellevando La Ansiedad 12:30pm

### MARTES

Plática Entre Amigos 1pm  
Grupo Alanon 10am  
Neuroticos Anon 6:30pm

### JUEVES

Grupo Madres/Padres Familia Unida 6pm

### VIERNES

Corazón a Corazón 12pm



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