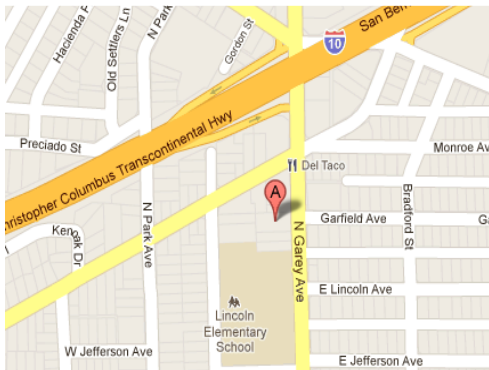


About the Wellness Center

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

November 2024



*Serving the diverse
communities of:*

~Pomona

~Claremont

~La Verne



MONDAY

Lose the Blues 11am
Grief & Loss 12pm
Senior Matinee—Nov 11th 2pm
TAY Club 4pm
Dual Recovery Anonymous 5pm
Parents Anon* 5pm
TAY Get Crafty 5pm
Intermediate Computer Class* 6pm

TUESDAY

Spirituality 2pm
Parents in Partnership—Nov 19th 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
Advance Computer Class* 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
Basic Computer Class* 6pm
TAY Fall Event—Nov 13th 5:30pm

*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
Gen HER—Nov 14th 6:30pm
Father's Group—Nov 21st 6:30pm

FRIDAY

Anxiety Relief 11am
Men's Depression 1pm
Senior Calm (55+; Hybrid) 2pm*
Limited to Limitless (Hybrid) 3pm*
TAY Friendly Feud 4pm
Cooking Class—Nov 8th 5pm*
Family Movie Nights 6pm

The Wellness Center will be closed on
Thursday and Friday
November 28th and 29th in
observance of the
Thanksgiving Holiday



GRUPOS EN ESPAÑOL

MARTES

Grupo Alanon 10am
Emocionales Anon 6:30pm

MIERCOLES

Clase de Cocinar— 27 Noviembre 1pm

JUEVES

Grupo Madres/Padres Familia Unida 6pm

VIERNES

Clase de Computación* 6pm
Grupo Alanon 10am
Corazón a Corazón 12pm



Computer Lab Hours

Monday –Fridays
10am—8pm