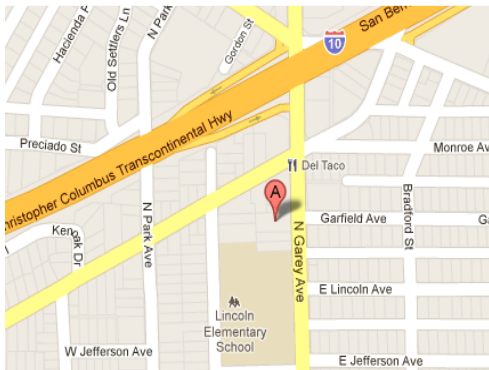


## About the Wellness Center

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

February 2025



*Serving the diverse  
communities of:*

*~Pomona*

*~Claremont*

*~La Verne*



## MONDAY

Lose the Blues 11am  
Grief & Loss 12pm  
Senior Matinee—Feb 10<sup>th</sup> 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—Feb 18<sup>th</sup> 3pm\*  
Freedom Through Reality 3pm  
Teen Hour 4pm (ages 13-15)  
TAY Peace of Mind (Hybrid) 4pm\*  
TAY Music Group 5pm  
Parents Anon 5pm\*  
TAY Friendship Party—Feb 11<sup>th</sup> 6pm  
TAY Movie Night 6pm

## WEDNESDAY

HEAP--Feb 12<sup>th</sup> 10am\*  
Anger Management 1pm  
Senior Socialization (age 55+) 2pm  
Arts & Crafts 3pm  
Baby & Me 4pm  
TAY Popcorn, Peers & Leaders (PPL) 4pm  
Parents Anon 5pm\*  
Grief & Loss @ PWC\* 5pm

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

## THURSDAY

Anger Management 11am  
Karaoke 12pm  
Socialization 3pm  
Women's Depression 4pm  
TAY Fun with Friends 4pm  
TAY Cooking Class—Feb 20<sup>th</sup> 5pm\*  
United Family Parent Support Group 6pm  
Gen HER—Feb 13<sup>th</sup> 6:30pm  
Father's Group—Feb 20<sup>th</sup> 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—Feb 14<sup>th</sup> 5pm\*  
Family Movie Nights 6pm



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

## GRUPOS EN ESPAÑOL

### MARTES

Grupo Alanon 10am  
Emocionales Anon 6:30pm

### MIERCOLES

Clase de Cocinar— 12 Febrero 1pm\*

### JUEVES

Grupo Madres/Padres Familia Unida 6pm

### VIERNES

Grupo Alanon 10am  
Corazón a Corazón 12pm

**\*Pre-registrarse llamando al:  
(888) 593-4448**

**The Wellness Center will be closed on  
February 17<sup>th</sup> in observance of  
the President's Day holiday**