### **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 familycentered groups, workshops 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

January 2025



Serving the diverse communities of:

~Pomona

~Claremont

~La Verne



#### **MONDAY**

Lose the Blues 11am
Grief & Loss 12pm
Senior Matinee—Jan 13<sup>th</sup> 2pm
TAY Club 4pm
Dual Recovery Anonymous 5pm
Parents Anon\* 5pm
TAY Get Crafty 5pm
Intermediate Computer Class 6pm\*

#### **TUESDAY**

On Time Hiring Event—Jan 14<sup>th</sup> 11:30am
Spirituality 2pm
Parents in Partnership—Jan 21<sup>st</sup> 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
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
TAY Fun with Friends 4pm
United Family Parent Support Group 6pm
Gen HER—Jan 9<sup>th</sup> 6:30pm
Father's Group—Jan 16<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—Jan 10<sup>th</sup> 5pm\*
Family Movie Nights 6pm

The Wellness Center will be closed on January 1<sup>st</sup> and 20<sup>th</sup> in observance of the respective holiday

# GRUPOS EN ESPAÑOL

#### **MARTES**

**Grupo Alanon** 10am **Emocionales Anon** 6:30pm

#### **MIERCOLES**

Clase de Cocinar— 15 Enero 1pm

#### **JUEVES**

Grupo Madres/Padres Familia Unida 6pm

#### **VIERNES**

**Grupo Alanon** 10am **Corazón a Corazón** 12pm



Computer Lab Hours
Monday –Fridays
10am—8pm