

MONDAY

Lose the Blues 11am
Grief & Loss 12pm
Senior Matinee—Jan 13th 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 14th 11:30am
Spirituality 2pm
Parents in Partnership—Jan 21st 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 9th 6:30pm
Father's Group—Jan 16th 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 10th 5pm*
Family Movie Nights 6pm

The Wellness Center will be closed on
January 1st and 20th 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