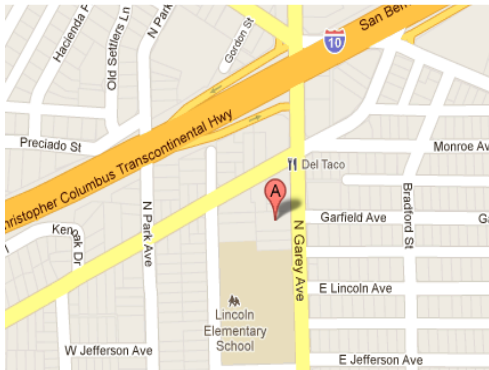


About the Wellness Center

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**



Like and follow us!



www.facebook.com/tricitymhs



www.twitter.com/tricitymhs



www.linkedin.com/company/tricitymhs

Wellness Center

March 2025



*Serving the diverse
communities of:*

~Pomona

~Claremont

~La Verne



MONDAY

Lose the Blues 11am
Grief & Loss 12pm
Senior Matinee—Mar 24th 2pm
TAY Club 4pm
Dual Recovery Anonymous 5pm
Parents Anon* 5pm
TAY Get Crafty 5pm
Basic Computer Class 6pm*
Starts 3/24

TUESDAY

Maxim Hiring Event—Mar 11th 11:30am
Spirituality 2pm
Parents in Partnership—Mar 18th 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 Movie Night—Mar 25th 6pm
Advance Computer Class 6pm*
Starts 3/25

WEDNESDAY

HEAP*--Feb 12th 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

THURSDAY

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



Computer Lab Hours
Monday –Fridays
10am—8pm

GRUPOS EN ESPAÑOL

LUNES

Tarjeta Roja 6:30pm

MARTES

Grupo Alanon 10am
Emocionales Anon 6:30pm

MIERCOLES

Grupo de Apoyo @ Washington Park 9:30am
Clase de Cocinar— 19 Marzo 1pm

JUEVES

Grupo Madres/Padres Familia Unida 6pm

VIERNES

Grupo Alanon 10am
Corazón a Corazón 12pm
Clase de Computacion 6pm*
Comienza 3/21

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