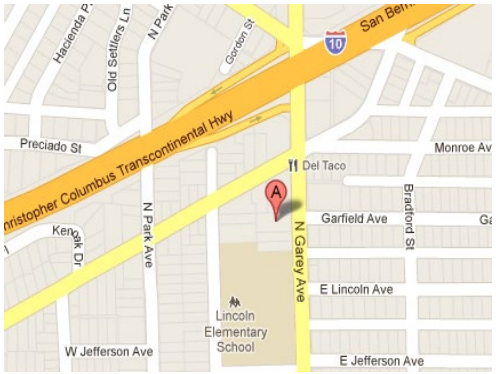
## About the Wellness Center

The Tri-City 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:** tricitymha.ca.gov

**Scan our QR code for more information**

**Facebook @TriCityMHA**
**Instagram @TriCityMHA**

# Wellness Center

November 2026

*Serving the diverse communities of:*

*~Pomona*

*~Claremont*

*~La Verne*

TRI·CITY
Mental Health

## MONDAY

**Lose the Blues** 11am
**Grief & Loss** 12pm
**TAY Get Crafty** 3:30pm
**TAY Club** 4:30pm
**Senior Matinee –-Nov 23rd** 2pm
**Dual Recovery Anonymous** 5pm

## TUESDAY

**Project Return's Game Time** 1pm
**Spirituality** 2pm
**Freedom Through Reality** 3pm
**TAY Peace of Mind (Hybrid)** 4pm*
**Toddler & Me—Nov 3rd** 4pm
**Music Group** 5pm
**Parents Anon*** 5pm

## WEDNESDAY

**PADS Walk in Sign Ups** 10am
**Employment Workshop** 11am
**Anger Management** 1pm
**Senior Socialization** (age 55+) 2pm
**Grief & Loss** 2pm
**@ Pomona Wellness Community***
**Arts & Crafts** 3pm
**TAY Popcorn, Peers & Leaders** 4pm
**Parents Anon*** 5pm
**TAY Fall Y'All –-Nov 11th** 5:30pm

## THURSDAY

**Anger Management** 11am
**Karaoke** 12pm
**Socialization** 3pm
**Women's Depression** 4pm
**TAY Fun with Friends** 4pm
**United Family Parent Support Group** 6pm
**GenHER—Nov 12th** 6pm
**United Family Harvest Bash –-Nov 12th** 6pm
**Father's Group—Nov 19th** 6:30pm

## FRIDAY

**PADS Walk in Sign Ups** 10am
**Anxiety Relief** 11am
**Toddler & Me—Nov 20th** 1pm*
**@ Pomona Wellness Community**
**Men's Depression** 1pm
**Senior Calm (55+; Hybrid)** 2pm*
**Limited to Limitless (Hybrid)** 3pm*
**TAY Friendly Feud** 4pm
**Family Time Bonding—Nov 6th** 4pm
**Employment Workshop** 5pm
**Family Movie Night** 6pm

***The center will be closed on Thursday & Friday November 26th & 27th In observance of the Thanksgiving Day holiday.***

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

## *GRUPOS EN ESPAÑOL*

## LUNES

**Taller De Trabajos** 2pm

## MIERCOLES

**Grupo de Apoyo** 9:30am
**@ Washington Park**

## JUEVES

**Grupo Familia Unida** 6pm

## VIERNES

**Corazón a Corazón** 12pm

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