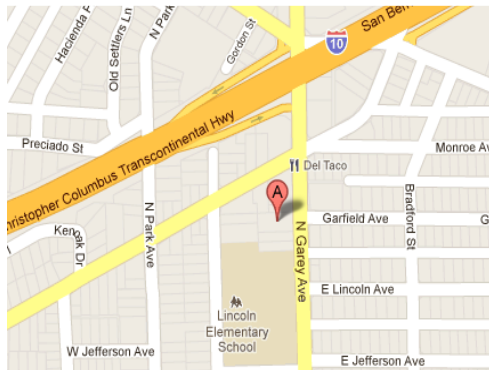


About the Wellness Center

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**



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Wellness Center

September 2026



*Serving the diverse
communities of:*

~Pomona

~Claremont

~La Verne



MONDAY

Lose the Blues 11am
Grief & Loss 12pm
Senior Matinee—Sept 28th 2pm
TAY Get Crafty 3:30pm
TAY Club 4:30pm
Dual Recovery Anonymous 5pm
Intermediate Computer Class 6pm*
Starts Sept 14th

TUESDAY

Basic Computer Class 11am*
Starts Sept 8th
Project Return's Game Time 1pm
Spirituality 2pm
Freedom Through Reality 3pm
TAY Peace of Mind (Hybrid) 4pm*
@ TCG—Sept 22
Toddler & Me—1st Tues 4pm
Music Group 5pm
Parents Anon* 5pm

WEDNESDAY

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

THURSDAY

Anger Management 11am
Karaoke 12pm
Socialization 3pm
Women's Depression 4pm
TAY Fun with Friends 4pm
United Family Parent Support Group 6pm
GenHER—Sept 10th 6:30pm
Father's Group—Sept 17th 6:30pm

FRIDAY

PADS Walk in Sign Ups 10am
Anxiety Relief 11am
Toddler & Me—4th Fri 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—Sept 4th 4pm
Employment Workshop 5pm
Family Movie Night 6pm

***Pre-registration required:**
wellness@tricitymhs.org
(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

*The center will be closed on
Monday September 7th, 2026
In observance of the Labor Day holiday.*



Computer Lab Hours
Monday – Fridays
10am—8pm