



Therapeutic Community Garden

FREE WEEKLY GARDEN GROUPS

Learn how gardening and nature can help your well-being

Find ways to ground yourself through mindfulness and relaxation techniques

Develop gardening skills

Opportunities for organic harvest when available (fruits, herbs, vegetables, flowers)

NOTE: Groups are subject to change. Please contact us to verify.

Monday



Tuesday

10 AM - 11 AM
**Mental Health
Rooted in Nature**

In-Person
18+ Clients Only



Wednesday

9 AM - 10 AM
**Connect
to Nature**

In-Person
Open to All 18+
Bilingual
English/Spanish

10:15 AM - 11:15 AM
**Growing Seasons,
Growing
Mindfulness**

In-Person
18+ Non-Clients
Bilingual
English/Spanish

Thursday

9 AM - 10 AM
**Semillas de
Esperanza y
Bienestar**

Seeds of Hope & Wellbeing

En persona
En español
Solo para clientes 18+

10:15 AM - 11:15 AM
**Mental Health
Rooted in Nature**

In-Person
18+ Clients Only



Friday



Quote of the Season

"I want only five things, five chosen roots... Two is to see the autumn. I cannot exist without leaves flying and falling to the earth."
-Pablo Neruda



Sign up today!

Contact TCG at (909) 623-6131 to participate

Therapeutic Community Garden
2008 N Garey Ave, Pomona, CA

Visit tricitymha.ca.gov and follow us @TriCityMHA



Group Descriptions

TUESDAY & THURSDAY

Mental Health Rooted in Nature | for adults 18+

For Tri-City Clients Only

Discover mindfulness techniques through therapeutic horticulture in a supportive environment. Topics include gardening, creative arts with nature, mindfulness practices, building resiliency, and more. This group is for individuals enrolled in Tri-City Mental Health services.

WEDNESDAY

Connect to Nature | for adults 18+

For All Participants | Bilingual English/Spanish*

Connect with nature, grow your gardening knowledge, get your gardening questions answered, and discover how gardening can support your overall wellness and well-being.

Growing Seasons, Growing Mindfulness for adults 18+

For Community Members Only | Bilingual English/Spanish*

Explore mental health topics and mindfulness skills through nature and gardening, focusing on the healing power of community and connection with the natural world. This group is for community members or individuals not enrolled in Tri-City Mental Health services.

** This group may be conducted in English and Spanish.
Both English and Spanish speakers are welcome.*

Contact TCG at (909) 623-6131 to participate

Descripciones de Grupos

Grupos en Español

MIÉRCOLES

Conéctate con la Naturaleza para adultos 18+

Para todos los participantes | En inglés y español*

Conéctate con la naturaleza, amplía tus conocimientos de jardinería, resuelve tus dudas sobre jardinería y descubre cómo la jardinería puede apoyar tu bienestar y bienestar general.

JUEVES

Semillas de Esperanza y Bienestar para adultos 18+

Para clientes que reciben servicios de Tri-City

Acompañenos a nosotros para participar en técnicas de relajación para calmar la mente, socializar con otras personas de su comunidad, compartir sus experiencias de vida y encontrar consuelo en el entorno del Jardín Terapéutico.

*Este grupo es exclusivamente para personas que reciben servicios de Tri-City Mental Health.

** Este grupo puede llevarse a cabo en inglés y español.
Tanto los hablantes de inglés como los de español son bienvenidos.*

**Comuníquese con TCG
al (909) 623-6131 para participar**