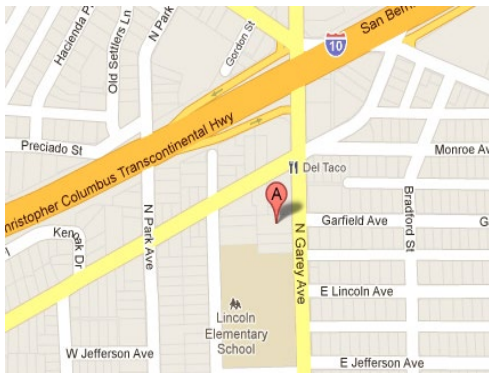


## About the Wellness Center

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  
8:30 am – 5:00 pm

**Main Phone:** (909) 242-7600

**Toll Free:** 1-888-593-4448

**Email:** [wellness@tricitymhs.org](mailto:wellness@tricitymhs.org)

**Website:** [www.tricitymhs.org](http://www.tricitymhs.org)

**Scan our QR code  
for more information**



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# Wellness Center

December 2021 Calendar



*Serving the diverse  
communities of:*

*~Pomona*

*~Claremont*

*~La Verne*



## MONDAY

United Family Parent Support Group 9am\*  
TAY Breakfast Club 9:30 am\*  
Class of Positivity 10am\*  
Lose the Blues 11am\*  
Grief & Loss 12pm\*  
DRA Dual Recovery Anonymous 2pm\*  
Women's Self Esteem 4pm\*

## TUESDAY

Parents in Partnership December 21<sup>st</sup> 11am\*  
TAY Peace of Mind 11am\*  
Bore No More 12pm\*  
Creativity Connection 1pm\*  
Spirituality 2pm\*  
Freedom Through Reality 3pm\*  
Housing's Open Door (2<sup>nd</sup> & 4<sup>th</sup> Tues) 4pm\*  
Preregister w/ Daniel Argueta @ (909) 326-4633  
Teen Hour 4pm\* (ages 13-15)

## WEDNESDAY

HEAP (1<sup>st</sup> & 3<sup>rd</sup> Wed) 9a\*  
(Appt's only)  
TAY PPL 12pm\*  
Women's Depression 1pm\*  
Class of Positivity 2pm\*  
Arts group 3pm\*  
Senior Socialization (age 55+) 4pm\*



### Limited access & operations

Computer Lab: 15-minute time slots  
Closed every 2<sup>nd</sup> & 4<sup>th</sup> Friday  
from 12:45pm - 2:15pm

## THURSDAY

Anger Management 11am\*  
Bore No More 12pm\*  
Senior Bingo (1<sup>st</sup> & 3<sup>rd</sup> Thurs) 1pm\*  
Senior Virtual Vacation (2<sup>nd</sup> Thurs) 1pm\*  
Socialization 3pm\*  
Kid Zone (ages 7-12) 4pm\*  
TAY Fun with Friends 4pm\*  
Gen HER December 9<sup>th</sup> 6pm\*  
United Family Parent Support Group 6pm\*

## FRIDAY

Limited to Limitless 10am\*  
Anxiety Relief 11am\*  
Men's Depression 1pm\*  
Senior Calm 2pm\*  
TAY Friendly Feud 2pm\*  
Employment/Budgeting Workshop 3pm\*  
Holly Jolly Holiday Event—Dec 17<sup>th</sup> 3:30pm\*

## Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

### \*Pre-registration required:

[wellness@tricitymhs.org](mailto:wellness@tricitymhs.org) or (888) 593-4448  
Call for More Information

## GRUPOS EN ESPAÑOL

### LUNES

Sobrellevando La Ansiedad 12:30pm\*

### MARTES

Plática Entre Amigos 10am\*  
Grupo Alanon 10am\*

### MIÉRCOLES

Familia Unida Grupo para Madres/Padres 9am\*  
Grupo de Socialización 11am\*

### JUEVES

Comadres y Compadres 10am\*

### \*Pre-registración:

[wellness@tricitymhs.org](mailto:wellness@tricitymhs.org) or (888) 593-4448

## Detenga la propagación de gérmenes

Ayude a prevenir la transmisión de enfermedades respiratorias como el COVID-19.



[cdc.gov/coronavirus-es](https://www.cdc.gov/coronavirus-es)

In accordance with CDC guidelines on COVID-19, the Wellness Center has modified hours of operation and is limited to essential services. To support all our participants, the center is now offering telehealth support groups. To participate in a group, please contact the Wellness Center to preregister.