

Tri-City Mental Health Resources

Now Accepting Applications for the Courageous Minds Speakers Bureau

We're excited to recruit the next cohort for the [Courageous Minds program](#), inviting community members (18+) from Claremont, La Verne and Pomona to share their mental health and recovery stories. As a speaker, you'll help reduce stigma and inspire understanding. No public speaking experience required, just your story and courage.

Applications are open through January 25, 2026, and can be submitted [here](#) or on our website under the Courageous Minds tab. The cohort starts meeting weekly on February 4, 2026. Flyers can be found in the SharePoint Digest link shared at the beginning of the email.

We encourage you to share this opportunity with your participants, community members, and anyone in your network who might be ready to step forward as a voice for change. For more details, contact Brittany Nguyễn, Community Capacity Organizer, at (909) 326-4636 or bnguyen@tricitymha.ca.gov.

Upcoming Events These events are free

Friday Movie Nights at the Tri-City Wellness Center

Every Friday @ 6:00 PM–7:30 PM

Tri-City Wellness Center (1403 N Garey Ave, Pomona)

Bring your friends and family, blankets and pillows! Complimentary snacks will be provided. This event is free and open for all ages to attend. For more information, contact the Tri-City Wellness Center at (909) 242-7600 or wellness@tricitymhs.org.

Check out our movie lineup!

- **January 9:** Smallfoot
- **January 16:** The Super Mario Bros. Movie
- **January 23:** Zootopia
- **January 30:** Emoji Movie

Mental Health Commission Regular Meeting

Tuesday, January 13, 2026 @ 3:30 PM

HYBRID Zoom & In-Person: MHSA Administrative Office (2001 N Garey Ave, Pomona 91767)

These meetings are open to the general public. Agenda and meeting link will be posted 72 hours online prior to the meeting. The [Tri-City Mental Health Commission](#) holds regularly scheduled meetings at 3:30 PM on the 2nd Tuesday of each month. To access the Zoom meeting link, please view the meeting agenda.

[View agenda and meeting minutes](#)

New Year Delight (Event for Ages 16-25)

Tuesday, January 13, 2026 @ 5:30 PM - 7:30 PM

Tri-City Wellness Center (1403 N Garey Ave, Pomona)

Bring your friends and join us for a fun night of new beginnings! Kick off the New Year and enjoy activities like crossword puzzles, Mad Libs, and our exciting game "Where's the New Star?" It's the perfect chance

to relax, meet new people, and unwind. For more information, contact the Tri-City Wellness Center at (909) 242-7600 or wellness@tricitymhs.org. No registration required.

Regular Governing Board Meeting

Wednesday, January 21, 2026 @ 5:00 PM

HYBRID Zoom & In-Person: MHSA Administrative Office (2001 N Garey Ave, Pomona 91767)

These meetings are open to the general public. Agenda and meeting link will be posted 72 hours online prior to the meeting. The [Tri-City Governing Board](#) holds regularly scheduled meetings at 5:00 PM on the 3rd Wednesday of each month. To access the Zoom meeting link, please view the meeting agenda. [View agenda and meeting minutes](#)

Senior Movie Matinee

Monday, January 26, 2026 @ 2:00 PM

Movie Showing: Overboard

Tri-City Wellness Center (1403 N Garey Ave, Pomona)

Free and open to older adults. Snacks included! For more information, contact the Tri-City Wellness Center at (909) 242-7600 or wellness@tricitymhs.org. No registration required.

Everyday Mental Health (Free Community Wellness Webinar)

Wednesday, January 28, 2026 @ 1:00 PM-2:00 PM

Free Webinar via Zoom

Start off the New Year with mental health and wellness basics! Every month, Tri-City hosts free webinars and in-person presentations to address ways to support individual and community mental health and build resilience. This month, we're hosting a free webinar on Everyday Mental Health. Learn self-care tips, mental health 101 and local community resources. This webinar is free and open to the public, service providers, community groups, and organizations in Pomona, Claremont, and La Verne.

Registration for free at: <https://tinyurl.com/5exjzzd>

For more information, contact Paul Osorio, Community Behavioral Health Trainer, at cmht@tricitymhs.org.

Client, Participants and Community Resources

· NEW RESOURCE Paul Osorio, Community Behavioral Health Trainer, has created an excellent community resource handout called "Stress Management Guide for Families during tough times" This is a great self-care resource for parents and families with daily tips to reduce stress and feel better when life circumstances feel overwhelming. Copy attached to this email.

Therapeutic Community Garden Groups Available In-Person

If there are participants, clients and community organizations who are interested in the TCG program please feel free to refer individuals to TCG team and provide TCMHA main line (909) 623-6131.

The Wellness Center is open 10 am – 8 pm Monday through Friday

Please view the monthly Wellness Center calendars (general, young adult and older adults) for a list of available in-person and virtual support groups and events. To participate in a virtual group, please pre-register by contacting the Wellness Center at wellness@tricitymhs.org or calling toll-free at (888) 593-4448. For more information, visit the [Wellness Center](#) webpage.

Immigration Resources

Free Workshops

Stay informed, stay protected, know your rights

Every first Monday of the month (10am-11am)

Available in English, Spanish and Farsi

[Registration link](#)

Navigating Immigrant Resources

Every second Wednesday of the month (1pm-2pm)

[Registration link](#)

Creating a Family Preparedness Plan

Every third Thursday of the month (2pm-3pm) [Registration link](#)

LA RAPID Response Network

1-888-624-4752

Inland Empire: 909-361-4588

LA County Office of Immigrant Affairs

Hotline: (800) 593-8222

Immigration Fraud: oia.lacounty.gov/immigration-fraud/

Know your rights page: immigrants.lacounty.gov/kyr

Schedule an appointment: [Appointment for OIA services](#)

Outreach Request Form: <https://forms.office.com/g/Tjz9BRFTp7>

View additional events and webinars: [Events Calendar - Office of Immigrant Affairs](#)

Family Preparedness

[Immigration Preparedness Toolkit | Immigrant Legal Resource Center | ILRC](#)

CARECEN:

<https://www.carecen-la.org/>

Know your rights

Spanish: https://www.carecen-la.org/conozca_sus_derechos

English: https://www.carecen-la.org/know_your_rights_english

FREE Citizenship Classes

To sign up call: 213-228-7154