

May is

Mental Health Month



Find healing in your
habits + community



Throughout the month, Tri-City is hosting free in-person and virtual events to promote mental health awareness and community connection. Download the [May Mental Health Month Event Calendar](#) and check out the events listed below to register.

- For more event information, please contact Brittany Nguyen, Community Capacity Organizer, at bnguyen@tricitymha.ca.gov
- Check out our [Wellness Center](#) and [Therapeutic Community Garden](#) for more support groups and activities not listed in the calendar.
- Visit the [Take Action LA website](#) for more events hosted virtually and in-person throughout Los Angeles County.

Upcoming Events

These events are free and open to the public.

- **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!
 - May 8: Inside Out 2
 - May 15: Wreck It Ralph

- May 29: Finding Dory
- June 5: Finding Nemo
- June 12: The Incredibles
- June 19: Moana
- June 26: Despicable Me 4

- **Creative Minds Positive Pictures**

- **Friday, May 8, 2026**

2:00 PM–3:30 PM

Gud2Go (350 N Garey Ave Unit 201, Pomona, CA 91767) located inside The Union on Garey

- Unplug for a moment and join our community pop-up art workshop to practice the art of self-care through creativity. In this hands-on session, we'll be crafting Positive Affirmation Frames and Happy Photos Displays: simple, uplifting pieces you can take home as daily reminders to support a healthy mindset. This activity offers a chance to de-stress, connect with others, and explore how creative expression can be a powerful tool for mental wellness.
- [RSVP Link](#)

- **Directing Change Tri-City Youth Film Screening & Award Ceremony**

- **Wednesday, May 13, 2026**

5:00 PM–7 PM

Pomona Theater (1460 E Holt Ave Entrance 4, Pomona, CA 91767) located inside the Village

○ Join us for a special evening celebrating youth voices and excellence in mental health storytelling through film and art! This festive event will screen short films about mental health, substance use, and suicide prevention created by young people in the Claremont, Pomona and San Dimas schools. Free admission and open to the community. We hope you can join us for this incredible event to celebrate the hard work, creativity, and immense talent of young people in our local community.

- [Register for Event](#)

- **Senior Movie Matinee**

- **Monday, May 18, 2026**

Movie Showing: Night at the Museum

2:00 PM

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.

- **Mental Health 101 Webinar**

- **Tuesday, May 19, 2026**

3:30 PM–4:00 PM via Zoom

- Mental health can feel like a tough topic to bring up, especially with the people closest to us. But even a simple conversation can be life-changing. Join us for a supportive Mental Health 101 session where we'll explore the spectrum of mental health, clarify the difference between mental health and mental illness, and discuss how stigma can impact overall wellness.
- [Register for webinar](#)

- **Joint Mental Health Commission and Governing Board Meeting**

- **Wednesday, May 20, 2026**

5:00 PM

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

- These meetings are open to staff, clients and 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](#)

- **Tri-City Annual Wellness Center Talent Show**

- **Friday, May 22, 2026**

5:30 PM–7:00 PM

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

- Come and enjoy a free event of music, art, dance, poetry and much more! For more information or to sign up to showcase your talent, contact the Tri-City Wellness Center at (909) 242-7600 or wellness@tricitymhs.org. No registration required.

- **Youth Mental Health First Aid (Free Community Webinar)**

- **Wednesday, May 27, 2026**

8:30 AM–4:30 PM

MHSA Administrative Office (2001 N Garey Ave, Pomona)

- Whether you work with children and youth, or you're a parent or caregiver, you can play a critical role in helping children and youth thrive. Youth Mental Health First Aid teaches you how to understand, identify and respond to signs of mental health and substance use challenges in young people ages 12-18 and to guide young people to appropriate resources for both crisis and non-crisis situations. This no-cost training is open to the public, including service providers, educators, community groups, and organizations in Pomona, Claremont and La Verne.

- [Registration Link](#)
- For more information, contact Paul Osorio, Community Behavioral Health Trainer, at cmht@tricitymhs.org.

- **Creative Minds Paint & Sip at Almond Haus**

- **Thursday, May 28, 2026**

5:15 PM–6:45 PM

Almond Haus (909 W Foothill Blvd, Claremont, CA 91711)

- Step away from screens for the evening and unwind with a calming watercolor paint-and-sip experience. Enjoy boba, explore gentle watercolor techniques, and express yourself through color and creativity. This loosely guided activity offers a relaxing space to slow down, connect with others, and check in with your overall well-being. All materials are provided.

- [RSVP Link](#)

- **Mental Health Commission Regular Meeting**

- **Tuesday, June 9, 2026**

3:30 PM

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

- These meetings are open to staff, consumers, service providers and 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](#)
- **Governing Board Regular Meeting**
 - **Wednesday, June 17, 2026**

5:00 PM

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

- These meetings are open to staff, consumers, service providers and 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](#)
- **Motivational Interviewing (Free Community Webinar)**
 - **Tuesday, June 23, 2026**

1:00 PM–3:00 PM

Via Zoom

- Motivational Interviewing (MI) is a proven, guided conversation style that helps people explore their own reasons for making positive changes. It's about empathy, curiosity, and helping someone voice their own reasons and confidence for taking meaningful steps. Learn supportive techniques to help people explore their goals, uncertainties, and motivations for change. This training is open to the public, including service providers, educators, community groups, and organizations in Pomona, Claremont and La Verne.
 - [Registration Link](#)

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

- **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.
 - [TCG Spring Calendar 2026](#)
- **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**
 - **RAPID Response Network**
 - 1-888-624-4752 (Los Angeles)
 - 909-361-4588 (Riverside and San Bernardino)
 - **LA County Office of Immigrant Affairs**
 - Hotline: (800) 593-8222
 - [Immigration Fraud](#)
 - [Know Your Rights](#)
 - [Appointment for OIA services](#)
 - [Outreach Request Form](#)
 - [Events Calendar - Office of Immigrant Affairs](#): Free virtual, in-person, and hybrid workshops and events for immigrant communities and organizations serving them.
 - [Red Cards](#)

- **Family Preparedness**

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

- **CARECEN:**

- <https://www.carecen-la.org/>
- Know your rights
 - [Spanish](#) | [English](#)
- FREE Citizenship Classes
 - To sign-up call: 213-228-7154