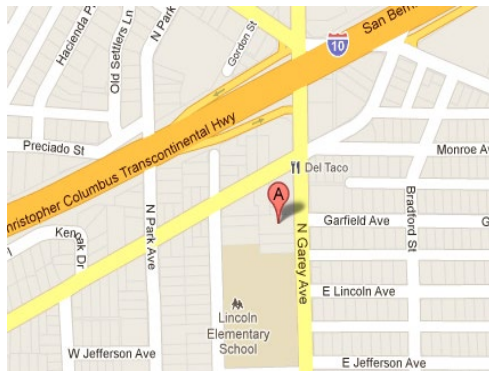


About the Wellness Center

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

August 2025



*Serving the diverse
communities of:*

~Pomona

~Claremont

~La Verne



MONDAY

Lose the Blues 11am
Grief & Loss 12pm
Senior Matinee—Aug 25th 2pm
TAY Get Crafty 3:30pm
TAY Club 4:30pm
Dual Recovery Anonymous 5pm
Parents Anon* 5pm
Intermediate Computer Class 6pm*
(Starts Aug 11th)

TUESDAY

Spirituality 2pm
Parents in Partnership—Aug 19th 3pm*
Freedom Through Reality 3pm
TAY Peace of Mind (Hybrid) 4pm*
Music Group 5pm

WEDNESDAY

Employment Workshop 11am
Anger Management 1pm
Senior Socialization (age 55+) 2pm
Arts & Crafts 3pm
Baby & Me 4pm
TAY Popcorn, Peers & Leaders (PPL) 4pm
Parents Anon* 5pm
Grief & Loss @ PWC* 5:30pm

THURSDAY

Anger Management 11am
Karaoke 12pm
Socialization 3pm
Women's Depression 4pm
TAY Fun with Friends 4pm
United Family Parent Support Group 6pm
Father's Group—Aug 21st 6:30pm

FRIDAY

Anxiety Relief 11am
Baby & Me @ PWC—1st & 4th Fri 1pm*
Men's Depression 1pm
Senior Calm (55+; Hybrid) 2pm*
Limited to Limitless (Hybrid) 3pm*
TAY Friendly Feud 4pm
Cooking Class—Aug 8th 5pm*
Employment Workshop 5pm
Family Movie Nights 6pm



Computer Lab Hours
Monday –Fridays
10am—8pm

GRUPOS EN ESPAÑOL

LUNES

Taller De Trabajos 2pm
Caminos de Esperanza (Híbrido) 6pm*

MARTES

Grupo Alanon 10am
Clase de Computación Básica 6pm*
(Inicia 12, Agosto)
Emocionales Anon 6:30pm

MIÉRCOLES

Grupo de Apoyo @ Washington Park 9:30am
Clase de Cocinar—20 Agosto 1pm

JUEVES

Grupo Madres/Padres Familia Unida 6pm

VIERNES

Grupo Alanon 10am
Corazón a Corazón 12pm

*Pre-registration required:
wellness@tricitymhs.org or
(888) 593-4448