

May is Mental Health Month

Event Calendar

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

In Person Event

Virtual Event

Take Action LA Event

Wherever you are on your wellness journey, join us for events and activities that support you every step of the way!

01
Limited to Limitless Fridays at 3 PM
 Tri-City Wellness Center and online (hybrid)



03
Balance & Restoration
 Virtual Mental Health Retreat
 2 PM–4 PM

04
Let's Get Crafty
Mondays at 3:30 PM
 Age 16–25
 Tri-City Wellness Center

05
Sembrando Conexiones de Bienestar
Tuesdays at 11:15 AM
 Garden Group Ages 18+
 Tri-City Community Garden

06
Toddler & Me
4 PM–5 PM
 Tri-City Wellness Center

07
Karaoke
Thursdays at 12 PM
 Tri-City Wellness Center

08
Positive Pictures Creative Minds Art Workshop
2 PM–3:30 PM
 Gud2Go at the Union

09
Honor Your Feelings Quest
 10 AM–12 PM

10
Kindness & Compassion Meditation
 9 AM–9:45 AM

11
Grief & Loss
Mondays at 12 PM
 Age 55+
 Tri-City Wellness Center

12
Peace of Mind
 Tuesdays at 4 PM
 Age 16–25
 Hybrid

13
Directing Change Youth Film Screening & Award Ceremony
5 PM–7 PM
 Pomona Theater at the Village

14
Fun with Friends
Thursdays at 4 PM
 Ages 16–25
 Tri-City Wellness Center

15
Anxiety Relief
Fridays at 11 AM
 Tri-City Wellness Center

May 11–15: Student Mental Health Awareness Week!

More Events
Movie Nights
Fridays at 6 PM
 Tri-City Wellness Center

17
SUPPORT

18
Senior Movie Matinee
2 PM
Night at the Museum
 Tri-City Wellness Center

19
Mental Health 101 Webinar
3:30 PM–4:30 PM

20
Cocina Práctica
1 PM–2 PM
 Tri-City Wellness Center

21
Father's Group
6:30 PM–7:30 PM
 Tri-City Wellness Center

22
Talent Show
5:30 PM–7 PM
 Tri-City Wellness Center

May 1 – **Encanto**
 May 8 – **Inside Out 2**
 May 15 – **Wreck it Ralph**
 May 29 – **Finding Dory**

24
BREAK THE STIGMA

25
Youth Club
Mondays at 4:30 PM
 Age 16–25
 Tri-City Wellness Center

26
Music Group
Tuesdays at 5 PM
 Tri-City Wellness Center

27
Youth Mental Health First Aid Training
8:30 AM–4:30 PM
 2001 N Garey Ave
 Pomona

28
Creative Minds Paint & Sip
5:15 PM–6:30 PM
 Almond Haus Cafe

29
Senior Calm
Fridays at 2 PM
 Ages 55+
 Tri-City Wellness Center and online (hybrid)

Cooking Class
May 8 at 4 PM
 Tri-City Wellness Center

31
Connected Through Stories
 10 AM–12 PM

Need support?
 Whether you're navigating a tough moment or seeking extra support, 24/7/365 help is here.

- Mobile Crisis Care: **Call (866) 623-9600**
- Suicide & Crisis Lifeline: **Call or text 988**

Scan QR Code to RSVP and learn more

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