

Therapeutic Community Garden (TCG)

Join us virtually
each week!

Learn how gardening
and nature can have a
positive impact on
your mental health
and wellness

Find ways to ground
yourself through
mindfulness and
relaxation techniques



Develop gardening
skills

Opportunities for
organic harvest when
available (fruits, herbs,
vegetables, flowers)

NOTE: Groups are
subject to change once
the garden is open.



Free Weekly Virtual Garden Groups

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>10 am - 11 am Garden Bloomers (Older Adults 55+)</p> <p>2 pm - 3 pm Florece en Tu Manera (Para Adultos en Español)</p>	<p>11 am - 12 pm Mindfulness through Gardening (Adults 18+)</p> <p>2 pm - 3 pm Growing Youth Growing Gardens (Young Adults 18-25)</p> <p>4 pm - 5 pm Building the Nest Together (Family Group)</p>		<p>1 pm - 2 pm (Re)Connect in the Garden (Adults 18+)</p>

Garden Affirmation

“Inside every seed is
the potential for an
incredible harvest”
Farrah Gray



Sign up today!

Contact TCG at **(909) 623-6131**
to participate

Therapeutic Community Garden
2008 N Garey Ave, Pomona, CA

www.tricitymhs.org

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Group Descriptions

TUESDAY

Garden Bloomers | for older adults 55+

Discover how nature and gardening can enhance your health and wellness, reflect on positive memories in nature, and stay active at home while learning gardening basics. Group discussions relevant for older adults.

WEDNESDAY

Mindfulness through Gardening | for adults 18+

Start your morning with an hour of positive socialization. Gain grounding and coping skills through sensory and relaxation techniques.

Growing Youth Growing Gardens | for ages 18-25

Discuss changes in work, school and life as young adults. Increase connections to others, the community and the environment and explore how nature can support your wellness.

Building the Nest Together | for families

This is a family group for children and youth ages 18 and younger and their caregiver. Interact with your family and with nature while learning gardening basics, communication skills and mindfulness techniques.

Minors must be accompanied by a parent, guardian or caregiver.

FRIDAY

(Re)Connect in the Garden | for adults 18+

Build your gardening knowledge, share your gardening experience, and get answers to all your garden questions by TCG's Community Garden Farmer.

Descripciones de Grupos

Grupos en Español

MARTES

Florece en Tu Manera para adultos en español

Acompañenos para practicar técnicas de relajamiento, socializar con otros en su comunidad, compartir sus experiencias de la vida y aprender como el jardin puede apoyar su salud mental.

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