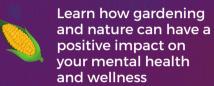
Therapeutic Community Garden (TCG)

Join us virtually each week!



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.









Tuesday

Wednesday

Thursday

Friday



10 am - 11 am

Garden **Bloomers**

(Older Adults 55+)

2 pm - 3 pm

Florece en **Tu Manera**

(Para Adultos en Español)

11 am - 12 pm

Mindfulness through **Gardening**

(Adults 18+)

2 pm - 3 pm

Growing Youth Growing Gardens

(Young Adults 18-25)

4 pm - 5 pm

Building the Nest Together

(Family Group)

1 pm - 2 pm (Re)Connect in

> the Garden (Adults 18+)



Garden Affirmation

"Inside every seed is the potential for an incredible harvest " **Farrah Gray**



Contact TCG at (909) 623-6131 to participate

Therapeutic Community Garden 2008 N Garey Ave, Pomona, CA

www.tricitymhs.org









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, quardian 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, socializer con otros en su comunidad, compartir sus experiencias de la vida y aprender como el jardin peude apoyar su salud mental.

Comuníquese con TCG al (909) 623-6131 para participar

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