

HELLO Summer



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. Please contact us to verify.



Therapeutic Community Garden FREE WEEKLY GARDEN GROUPS

Monday	Tuesday	Wednesday	Thursday	Friday
	10 am - 11 am Mental Health Rooted in Nature In-Person 18+ Clients Only  	9 am - 10 am Connect to Nature In-Person Open to All 18+ Bilingual English/Spanish 10 am - 11 am Growing Seasons, Growing Mindfulness In-Person 18+ Non-Clients Bilingual English/Spanish 4 pm - 5 pm Growing in Nature and Wellness In Person Non-Clients 8-12 Bilingual English/Spanish	9 am - 10 am Sembrando Conexiones de Bienestar <i>Sowing Connections of Wellbeing</i> En persona En español Solo para miembros de la comunidad 18+ 10 am - 11 am Semillas de Esperanza y Bienestar <i>Seeds of Hope & Wellbeing</i> En persona En español Solo para clientes 18+	

Quote of the Season

"Summertime is always the best of what might be."
-Charles Bowden

Sign up today!

Contact TCG at (909) 623-6131 to participate

Therapeutic Community Garden
2008 N Garey Ave, Pomona, CA

Visit tricitymhs.org and follow us @TriCityMHS



Group Descriptions

TUESDAY

Mental Health Rooted in Nature | for adults 18+

For Tri-City Clients Only

Discover mindfulness techniques through therapeutic horticulture in a supportive environment. Topics include gardening, creative arts with nature, mindfulness practices, building resiliency, and more. This group is for individuals enrolled in TCMH services.

WEDNESDAY

Connect to Nature | for adults 18+

For All Participants | Bilingual English/Spanish*

Build your gardening knowledge, share your gardening experience, and get answers to all your garden-related questions from the TCG Community Garden Farmer.

Growing Seasons, Growing Mindfulness | for adults 18+

For Community Members Only | Bilingual English/Spanish*

Explore mental health topics and mindfulness skills through nature and gardening, focusing on the healing power of community and connection with the natural world.

This group is for community members or individuals not enrolled in TCMH services.

Growing in Nature and Wellness | for youth 8-12yrs

For Community Members Only Ages 8-12 | Bilingual English/Spanish*

This group is designed to connect youth with nature while enhancing mental wellness through age-appropriate gardening, art, mindfulness techniques, and group discussions.

Minors must be accompanied by an adult guardian.

**This group may be conducted in English and Spanish – both English and Spanish speakers are welcome. Este grupo puede llevarse a cabo en ingles y español; tanto los hablantes de ingles como los de español son bienvenidos.*

Descripciones de Grupos

Grupos en Español

JUEVES

Sembrando Conexiones de Bienestar para adultos 18+ en español

Solo para miembros de la comunidad 18+

Conéctese con el jardín y su comunidad, donde aprenderá a sembrar semillas de bienestar en su vida a través de la exploración de varios temas de salud mental y aprenderá cómo el jardín puede mejorar su bienestar.

Semillas de Esperanza y Bienestar para adultos 18+ en español

Para clientes que reciben servicios de Tri-City

Acompañenos a nosotros para participar en técnicas de relajación para calmar la mente, socializar con otras personas de su comunidad, compartir sus experiencias de vida y encontrar consuelo en el entorno del Jardín Terapéutico.

*Este grupo es exclusivamente para personas que reciben servicios de Tri-City Mental Health.



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

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