

The Therapeutic Community Garden is now open!

We are thrilled to announce the reopening of our Therapeutic Community Garden (TCG), and we couldn't have done it without the amazing support from our community, dedicated staff, our Tri-City Governing Board, and our Tri-City Mental Health Commissioners who joined us for the ribbon cutting ceremony on Thursday, October 10.

This beautiful garden is a sanctuary for healing and connection. Together, we're nurturing not just plants, but hope, resilience, and community well-being. We can't wait to build this community space of growth and healing with you all.

Want to learn more about TCG? Check out their [PDF](#) [Fall Newsletter 2024](#) 🍁🇨🇦





✨SAT., OCTOBER 26 AT 11:00 AM - FREE HEALTH & WELLNESS SERVICES FOR EVERYONE! ✨

We are pleased to invite the community to a free **Health and Wellness Fair** on Saturday, **October 26**, from 11:00 AM to 2:00 PM at Western University of Health Sciences in Pomona!

This event is open to everyone and will have lots of great health resources, including:

- Free medical exams
- Dental and vision screenings
- Immunizations and vaccinations
- Resources for youth, families, and seniors

- Workshops and fun activities for all ages

Don't miss this opportunity to take care of your health, learn more about wellness, and enjoy fun activities with the community!

To join, simply register by clicking this [link](#) on the flyer or scanning the QR code. It's that easy!

We hope to see you there! If you have any questions, feel free to reach out at healthyinpomona@gmail.com.

Upcoming Events


These free events are open to staff, clients and general public.

- **Senior Movie Matinees at the Tri-City Wellness Center**
 - **Every Monday**
2:00 PM–4:00 PM
Tri-City Wellness Center (1403 N Garey Ave, Pomona)
 - Free and open to older adults. Snacks included! For more information, contact the Tri-City Wellness Center at (909) 242-7600 or wellness@tricitymhs.org. No registration required.
 - **October 21:** The Munsters
 - **October 28:** Boo! A Madea Halloween
- **Youth Movie Nights at the Tri-City Wellness Center**
 - **Every Tuesday**
6:00 PM–7:30 PM
Tri-City Wellness Center (1403 N Garey Ave, Pomona)
 - Free and open to ages 16-25. Snacks included! For more information, contact the Tri-City Wellness Center at (909) 242-7600 or wellness@tricitymhs.org. No registration required.
 - **October 15:** The Secret of NIMH
 - **October 22:** Hotel Transylvania

- **October 29:** The Little Vampire
- **Friday Movie Nights at the Tri-City Wellness Center**
 - **Every Friday**
6:00 PM–7:30 PM
Tri-City Wellness Center (1403 N Garey Ave, Pomona)
 - Bring your friends and family, blankets and pillows! Complimentary snacks will be provided. This event is free and open for all ages to attend. For more information, contact the Tri-City Wellness Center at (909) 242-7600 or wellness@tricitymhs.org. Check out the rest of our movie lineup!
 - **October 18:** Gnome Alone
 - **October 25:** Coco
- **Thriving Through the Holidays: A Guide to Managing Holiday Blues**
Let's Talk: MHSSA Student Wellness Series
 - **Thursday, October 17, 2024**
4:00 PM | Via Zoom
[Click here to register](#)
 - Please join the [MHSSA \(Mental Health Student Services Act\)](#) team for our monthly Student Wellness webinar series. This is a free parent/caregiver-focused webinar held monthly on the 3rd Thursday of the month and open to the general public. This month, join us to explore the holiday blues and discover practical ways to support yourself, youth, and families through the ups and downs of the festive season.. For more information contact Markie Sterner, Clinical Supervisor, and the MHSSA team.
- **MHSSA Father's Group**
 - **Thursday, October 17, 2024**
6:30 PM–8:00 PM
Tri-City Wellness Center (1403 N Garey Ave, Pomona)
 - Please join our MHSSA Grant team for our parent group, held every 3rd Thursday of the month. Hang out and connect with other parents while watching live sports games and popular sports movies! Snacks and food provided. This is a free support group for parents, guardians, caregivers and any father figure of a child.

- For more information contact Keith Colder or Nicholas Chang.
- **Governing Board Regular Monthly Meeting**
 - **Wednesday, October 23, 2024**
5:00 PM
HYBRID Zoom & In-Person: MHSA Administrative Office (2001 N Garey Ave, Pomona, CA)
 - These meetings are open to staff, clients and the general public. Agenda and meeting link will be posted 72 hours online prior to the meeting.
 - [View agenda and meeting minutes](#)
- **10th Annual Wellness Center Job Fair**
 - **Friday, October 25, 2024**
11 AM–2 PM
Tri-City Wellness Center (1403 N Garey Ave, Pomona)
 - Speak with over 20 reputable employers about current career opportunities. Be sure to dress to impress and have your resume ready! No appointment needed. For more information or for application assistance and help creating your job profile, please contact the Wellness Center Employment team (Steve Fernandez, Mark Landgreen and Sonny Alino) at wellness@tricitymhs.org or (909) 242-7600.
- **FREE Health & Wellness Fair**
 - **Saturday, October 26, 2024**
11 AM–2 PM
Western University (309 E Second St, Pomona, CA, 91766)
 - Free screenings, resources, giveaways and more! Prepare for a day filled with great health resources, helpful information, and fun activities! This event is ideal for community members of all ages. Children and youth under 18 must be attend with adult. Register at <https://forms.gle/QhAvBaZz7ExjSKrX9>.

Client, Participants and Community Resources

- **Therapeutic Community Garden Virtual Garden Groups**
 - The TCG team would like to provide you with the  [TCG Group Calendar](#) to remind you that TCG is always here as a supportive resource. If there are

participants, clients and community organizations who are interested in the TCG program please feel free to refer individuals to TCG team and provide TCMH number (909) 623-6131.

- **The Wellness Center is open 10 am – 8 pm Monday through Friday**
 - Please view the monthly Wellness Center calendars (general, young adult and older adults) for a list of available in-person and virtual support groups and events. To participate in a virtual group, please pre-register by contacting the Wellness Center at wellness@tricitymhs.org or calling toll-free at (888) 593-4448. For more information, visit the [Wellness Center](#) webpage.