POMONA WELLNESS COMMUNITY

NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **Drop-In Hours** ***-Get Resources*** ***-Register for Classes*** 2:00PM-5:00PM	**3** **Teens & Substance Use** 1PM Virtual **Art & Garden** 3:30-5:00PM	**4** EVENT **Free Produce** 9AM -11AM **Men's Group** 1:00-2:00PM **Grief & Loss** 2:00-3:00PM	**5** **Toy Loan** 3:00-5:00PM	**6** **Anxiety Relief** 11AM @ Tri-City **Play with Clay** 4:00-5:00PM
9 **Relapse Prevention** 10AM Virtual **Drop-In Hours** ***-Get Resources*** ***-Register for Classes*** 2:00PM-5:00PM	**10** **Art & Garden** 3:30-5:00PM	**11** CLOSED VETERANS DAY	**12** **Toy Loan** 3:00-5:00PM	**13** **Anxiety Relief** 11AM @ Tri-City **Youth Reality Party** 5:00-8:00PM
16 **Drop-In Hours** ***-Get Resources*** ***-Register for Classes*** 2:00PM-5:00PM	**17** **Art & Garden** 3:30-5:00PM	**18** **Men's Group** 1:00-2:00PM **Grief & Loss** 2:00-3:00PM **Paint N Sip** 4:00-5:30PM	**19** **Toy Loan** 3:00-5:00PM **Art of Well-Being** 3:30-5:30PM	**20** **Toddler & Me** 1:00-2:00PM **Kids Science** 3:00-4:00PM **Play with Clay** 4:00-5:00PM
23 **Drop-In Hours** ***-Get Resources*** ***-Register for Classes*** 2:00PM-5:00PM	**24** **Chat & Connect** 1:00 - 2:30PM **Art & Garden** 3:30-5:00PM	**25** **Grief & Loss** 2:00-3:00PM **Toy Loan** 3:30-5:00PM	**26** CLOSED Happy Thanksgiving	**27** CLOSED
30 **Drop-In Hours** ***-Get Resources*** ***-Register for Classes*** 2:00PM-5:00PM	**Need Resource Assistance?** WE ARE HERE TO HELP	**HEALTH & WELLNESS** • Fresh produce giveaways • Health education • Wellness activities • Youth programs	**SUBSTANCE USE** • Substance use disorder screenings • Referrals • Presentations **Helpline 24/7** 844-804-7500	**MENTAL HEALTH** TRI-CITY programs are held at: 1403 N Garey Ave, Pomona **To register:** 888-593-4448 wellness@tricitymhs.org

***Note**: Programs are in-person unless noted as online (virtual). Click on class to register/join. Attendees are encouraged to register online. Walk-ins are admitted if space allows.

LEARN MORE »

WEB: **PUBLICHEALTH.LACOUNTY.GOV/CHS/PWC.HTM**
EMAIL: **POMONAWC@PH.LACOUNTY.GOV**
PHONE: **909-802-2650**
ADDRESS: 750 S. PARK AVE, POMONA, CA 91766

County of Los Angeles Public Health

Revised 11/3/2026

POMONA WELLNESS COMMUNITY

NOVIEMBRE 2026

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
2 **Horario** ***-Obtener recursos*** ***-Registrarse para clases*** 2:00PM-5:00PM	**3** **Arte y Huertos Familiares** 3:30-5:00PM	**4** EVENT **Regalo de Productos Frescos** 9AM -11AM **Grupo para Hombres** 1:00-2:00PM	**5** **Préstamo de Juguetes** 3:00-5:00PM	**6** **Corazón a Corazón** 12PM @ Tri-City **Clase de Barro!** 4:00-5:00PM
9 **Horario** ***-Obtener recursos*** ***-Registrarse para clases*** 2:00PM-5:00PM	**10** **Arte y Huertos Familiares** 3:30-5:00PM	**11** CLOSED VETERANS DAY	**12** **Préstamo de Juguetes** 3:00-5:00PM	**13** **Corazón a Corazón** 12PM @ Tri-City **Youth Reality Party** 5:00-8:00PM
16 **Horario** ***-Obtener recursos*** ***-Registrarse para clases*** 2:00PM-5:00PM	**17** **Arte y Huertos Familiares** 3:30-5:00PM	**18** **Grupo para Hombres** 1:00-2:00PM **Préstamo de Juguetes** 3:30-5:00PM	**19** **Préstamo de Juguetes** 3:00-5:00PM **El Arte del Bienstar** 3:30-5:30PM	**20** **Pequeño y Yo** 1:00-2:00PM **Clase de Barro!** 4:00-5:00PM
23 **Horario** ***-Obtener recursos*** ***-Registrarse para clases*** 2:00PM-5:00PM	**24** **Charlar y Conectar** 1:00-2:30PM **Arte y Huertos Familiares** 3:30-5:00PM	**25** **Préstamo de Juguetes** 3:30-5:00PM	**26** CLOSED Happy Thanksgiving	**27** CLOSED
30 **Horario** ***-Obtener recursos*** ***-Registrarse para clases*** 2:00PM-5:00PM	**¿Necesita Algun Recurso?** ESTAMOS AQUÍ PARA AYUDAR			

SALUD Y BIENESTAR

- Regalo de productos frescos
- Talleres para la salud
- Actividades de bienestar
- Programas para niños y juveniles

USO DE DROGAS Y ALCOHOL

- Información sobre los trastornos por consumo de sustancias
- Recursos para prevención y tratamiento
- Presentaciones
- **Línea de Ayuda 24/7** 844-804-7500

SALUD MENTAL

Puedes encontrar estos programas en el Centro de Bienestar de Tri-City

Para registrarse:
888-593-4448
wellness@tricitymhs.org

***Nota:** Los talleres son en persona a menos que se indique como en línea (virtual). Haga clic en la clase para registrarse o unirse. Se recomienda registrarse en línea. Se aceptan personas sin registro previo si hay espacio.

MÁS INFORMACIÓN ›

WEB: PUBLICHEALTH.LACOUNTY.GOV/CHS/PWC.HTM
EMAIL: POMONAWC@PH.LACOUNTY.GOV
PHONE: 909-802-2650
ADDRESS: 750 S. PARK AVE, POMONA, CA 91766

County of Los Angeles Public Health

Revised 11/3/2026