

## How can I participate?

If you meet program population criteria and wish to participate, please contact Luis Resendez at

**(909) 784-3299**

**[Email: Iresendez@tricitymhs.org](mailto:Iresendez@tricitymhs.org)**

An interview with staff will be scheduled and enrollment documentation completed if the program stands to improve your wellbeing and symptom management.



## COMMUNITY URBAN FARMING (C.U.F.)



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Administrative Office**

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**TRI-CITY MENTAL HEALTH  
SERVICES**



## Community Urban Farming C.U.F.



### What is horticulture therapy?

Horticulture therapies date back to ancient Egyptian times, and have evolved into a clinically proven effective form of wellbeing used by hospitals and community based health institutions throughout the world. Through gardening or being in natural plant based surroundings, an individual is able to reconnect with the elements of nature and turn his / her attention away from environmental stress affecting his / her health and well-being. Stress, depression, and anxiety, are just a few ailments that can be effectively treated through horticulture activities.

### What is an urban farm and how can it help me?

Urban farms are special plots of land within a city's limits, used to grow plants and crops for the purposes of feeding a community. Lemons, chili peppers, melons, squash, avocados, peaches, and herbs are just some of the hundreds of crops grown on urban farms.

Urban farming and gardening activities encourage people to meet and interact with others in their neighborhoods, share experiences, and build peer systems of support, while using crops grown and harvested as a healthy means to feed and give back to their communities.

### A new exciting program!

Tri-City Mental Health Services proudly offers a new innovative horticulture well-being program within an urban farm setting.

Through urban farm gardening projects, group discussions, and other nature centered activities, Community Urban Farm (C.U.F.) seeks to improve the well-being of identified underserved populations of clients who reside in the cities of Pomona, Claremont, and La Verne.



### Participant qualifications.

If you suffer from stress, anxiety, depression, relationship difficulties, family conflict, or any similar hardship and live in the cities of Pomona, Claremont, or La Verne, C.U.F., welcomes your participation. C.U.F. seeks clients from the following community populations:

- Military Veterans
- Transitional aged youth (ages 16 to 25)
- High stressed families (children and parents / guardians who suffer from constant home conflict or family stress)



*"Where you have a plot of land,  
however small, plant a garden.  
Staying close to the soil is good for  
the soul."*

*- Spencer W. Kimball*