

Thrive in Mind

Green Ribbon Week

March 18-22, 2024

Join Tri-City Mental Health during the 3rd week of March for in-person and virtual events! Learn how you can take action to promote mental wellness for yourself and those you care about.



MONDAY

Mental Health 101 Webinar

18



Via Zoom
4 PM-5 PM

It's Green Ribbon Week Kickoff! Learn about the difference between mental health and mental illness and how stigma can impact your wellness.

RSVP: bit.ly/3HQAlzW

TUESDAY

Creative Minds Paint & Sip

19



Tea Leaf and Creamery
4 PM-5:30 PM

Sip some boba and join us in a loosely-guided painting and writing activity to express yourself and explore your wellness.

RSVP: bit.ly/3OBaZPL



WEDNESDAY

Amplify: Voices of Mental Health & Recovery

20



Via Zoom
5:30 PM - 6:30 PM

Hear impactful and empowering stories from members of Courageous Minds about their mental health experience and journey.

RSVP: bit.ly/42ArDVf



THURSDAY

Find Your Calm

21



Tri-City Wellness Center
4 PM-6 PM

Join us in a fun, friendly workshop to find calm in the midst of everyday stress. Enjoy a guided mindfulness activity. Open to all ages & families.

RSVP: forms.office.com/r/jdNDGcdNas

FRIDAY

Brewing Mental Wellness

22



Nosy Neighbors Coffee & Donuts
7 PM-8:30 PM

Unleash your creativity as you design your own personalized coffee cup, fostering community connections and engaging in healthy conversations about mental health and wellness.

RSVP: bit.ly/42ALSIF



To learn more and receive a physical Green Ribbon Week toolkit:

- Brittany Nguyễn, Community Capacity Organizer
- Email: bnguyen@tricitymhs.org

Visit tricitymhs.org and follow us @tricitymhs    

HOPE. WELLNESS. COMMUNITY.

Let's find it together.

Green Ribbon Week is a part of Tri-City Mental Health's stigma reduction campaign and supports our ongoing mental health movement in Pomona, Claremont and La Verne

