



Courageous Minds

Speakers Bureau

We All Have a Story to Tell

Do you have lived experience with mental health?

Would you like to share your voice and story to help and support others?

Every person relates differently and your story may change someone else's life.

Courageous Minds brings together a small group of people to learn how to share their mental health journey or experiences with supporting someone they care about.

Being a Courageous Minds Speaker means that you are playing a vital role in changing the conversation around mental health in our community. By sharing your story, you can be a mental health advocate and help others feel less alone and more empowered to reach out for support when they need it.

What's Involved?

- ✓ 5 free workshop sessions
- ✓ Quarterly get-togethers
- ✓ Opportunities to speak at schools and community settings
- ✓ FREE giveaways for participating and sharing

Application Deadline
February 3, 2025



To sign up and learn more:

Brittany Nguyen, Community Capacity Organizer



(909) 326-4636



bnguyen@tricitymhs.org

We want to help share your story

Our Courageous Minds workshops support you to share your story in a safe, impactful and empowering way for yourself and others.

Who can join Courageous Minds?

This workshop is available for anyone who:

- ✓ Is 18 years of age or older
- ✓ Works, resides or goes to school in Pomona, Claremont or La Verne
- ✓ Wants to share their mental health story
- ✓ Can commit to attend all workshop sessions and speak at Courageous Minds event

I hope my story inspires others to seek treatment after seeing how my life improved from where I started.

1 in 5 people will experience a mental health condition in their lifetime, but a majority of people with a severe mental health condition do recover and that is something to be hopeful for.

Courageous Minds Speaker

2025 WORKSHOP SCHEDULE

Workshop Dates

Tuesdays
February 11, 2025 -
March 18, 2025

4 pm - 6 pm
or
5 pm - 7 pm

Workshop Topics and Activities



Cohort Bonding Activities



Public Speaking Skills & Tips



Digital Storytelling



De-Stigmatizing Language



Writing Exercises



Green Ribbon Week Campaign

Your story is valid and worthy of being heard.

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