

Mental Health 101

Free Wellness Webinar



Green Ribbon Week 2024
Thrive in Mind



Monday, March 18, 2024
4:00 PM–5:00 PM

We can reduce the silence, shame and negative attitudes surrounding mental health by talking opening about it.

Tri-City Mental Health is offering a free webinar during Green Ribbon Week, the annual mental health movement in Pomona, Claremont and La Verne!

Come and learn about the difference between mental health and mental illness and how stigma can impact your wellness.

You can help promote **open discussions about mental health** and make it possible for the people you care about to get the support they need to **thrive**.

FREE
& Open to
ALL

For more information

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Register for free

Visit the link or scan the QR code

bit.ly/3HQA1zW