

# Green Ribbon Week

March 18-22, 2024

Your  
*mental health*  
matters and  
it's okay to  
talk about it.

*Thrive in Mind*

Your mental health is  
uniquely yours. There are  
helpful resources to find what  
works for you to thrive and  
live mentally well.



The **third week of March** is designated as **Green Ribbon Week** in **Pomona, Claremont and La Verne** to offer people tools and resources to promote positive mental health change.

Discover ways you can take action to enhance mental health awareness and community connection. Visit [tricitymhs.org](https://tricitymhs.org) and follow us [@tricitymhs](https://twitter.com/tricitymhs).