



Green Ribbon Week 2024
Thrive in Mind

AMPLIFY

VOICES OF MENTAL HEALTH & RECOVERY

Our Speakers



Essence Barnes
Courageous Minds Speaker



Lawanda Williams
Courageous Minds Speaker

Moderator



Brittany Nguyễn
Community Capacity Organizer

We each have a story to tell.

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



**Wednesday,
March 20, 2024**

Via Zoom | 5:30 PM–6:30 PM

SCAN ME



Visit the link or scan the QR code to RSVP

bit.ly/42ArDVf



HOPE. WELLNESS. COMMUNITY.
Let's find it together.

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For more information

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