

March 16-20, 2026

# Unplug & Connect

GREEN RIBBON WEEK

The 3rd week of March is Green Ribbon Week in Claremont, La Verne and Pomona.

Join us to explore simple ways to support your mental wellness and the wellbeing of those you care about.



## MONDAY

### Green Ribbon Week Pledge Drive 16



Inspire others to join the conversation by sharing how you and your loved ones Unplug & Connect! Together, let's encourage meaningful moments that support mental wellbeing.

## TUESDAY

### Mental Health 101 Webinar 17



**Via Zoom**  
3:30 PM-4:30 PM

Learn about the difference between mental health and mental illness and how stigma can impact your wellness

## WEDNESDAY

### Amplify: Voices of Mental Health & Recovery 18



**La Verne Community Center**  
5:30 PM-6:45 PM

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

## THURSDAY

### Creative Minds: Paint & Sip 19



**Almond Haus**  
5:15 PM-6:30 PM

Sip some boba and join us in a watercolor painting session and take a peaceful break to simply unwind.

## FRIDAY

### Creative Minds: Positive Pictures 20



**3560 W Temple Ave A, Pomona**  
1 PM-2:30 PM

Join our community pop-up art workshop where we're crafting Positive Affirmation Frames and Happy Photo Displays!



To learn more & receive a Green Ribbon Week community toolkit:

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