

March 17-21, 2025

Thrive in Mind

GREEN RIBBON
WEEK

The 3rd week of March is recognized as Green Ribbon Week in Claremont, La Verne and Pomona. Join us and discover ways you can promote mental wellness for yourself and those you care about.



MONDAY

Green Ribbon Week Pledge Drive 17



Inspire others to join the conversation by sharing how you and your loved ones Thrive in Mind! Together, let's spread the message of hope, strength, and resilience.

TUESDAY

Mental Health 101 Webinar 18



Via Zoom
4 PM-5 PM

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

WEDNESDAY

Brewing Mental Wellness 19



Nobibi Ice Creame & Tea
5 PM-6:30 PM

Talk with mental health professionals as we dive into wellness tips, resources and more! Join the convo, grab a drink & enjoy friendship bracelet-making!



THURSDAY

Creative Minds Paint & Sip 20



Almond Haus
5 PM-6:30 PM

Sip some boba and join us in a loosely-guided painting and writing activity to express yourself and explore your wellness.



FRIDAY

Amplify: Voices of Mental Health & Recovery 21



Magic Tea
5:30 PM-6:45 PM

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



To learn more and receive a physical Green Ribbon Week toolkit:

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

Join the conversation at tricitymhs.org and [@tricitymhs](https://twitter.com/tricitymhs)

