

**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**



Inspire others to ioin 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



Via Zoom 4 PM-5 PM

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

# WEDNESDAY





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



**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.



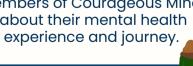
# **FRIDAY**

**Amplify: Voices of Mental Health & Recovery** 



**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.

