



# Courageous Minds

Speakers Bureau

## We All Have a Story to Tell

Do you have lived experience with a mental health condition?

Would you like to share your voice and story to help and support others?

### Every person relates differently and your story may change someone else's life

Courageous Minds brings together a small group of people to learn how to share their mental health journey or experiences with supporting someone they care about.

Being a Courageous Minds Speaker means that you are playing a vital role in changing the conversation around mental health in our community. By sharing your story, you can be a mental health advocate and help others feel less alone and more empowered to reach out for support when they need it.

### What's Involved?

- ✓ 5 free workshop sessions
- ✓ Quarterly get-togethers
- ✓ Opportunities to speak at schools and community settings
- ✓ FREE giveaways for participating and sharing

Application Deadline  
**January 26, 2024**



To sign up and learn more:

Brittany Nguyen, Community Capacity Organizer



(909) 326-4636



bnguyen@tricitymhs.org

# We want to help share your story

Our Courageous Minds workshops support you to share your story in a safe, impactful and empowering way for yourself and others

## Who can join Courageous Minds?

This workshop is available for anyone who:

- ✓ Is 18 years of age or older
- ✓ Works, resides or goes to school in Pomona, Claremont or La Verne
- ✓ Wants to share their mental health story
- ✓ Can commit to attend all workshop sessions and speak at Courageous Minds event

I hope my story inspires others to seek treatment after seeing how my life improved from where I started.

1 in 5 people will experience a mental health condition in their lifetime, but a majority of people with a severe mental health condition do recover and that is something to be hopeful for.

Courageous Minds Speaker

## 2024 WORKSHOP SCHEDULE

### Workshop Dates

**Wednesdays**  
**Feb. 7 - March 13, 2024;**  
**March 20, 2024**

**4 pm - 6 pm**  
**or**  
**5 pm - 7 pm**

### Workshop Topics and Activities



Cohort Bonding Activities



Public Speaking Skills & Tips



Digital Storytelling



De-Stigmatizing Language



Writing Exercises



Green Ribbon Week Campaign

Your story is valid and worthy of being heard

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