

Mental Health for All

# Green Ribbon Week

March 13-17, 2023

Join Tri-City Mental Health throughout the week for in-person and virtual events! Learn how you can take action to reduce mental health stigma and promote mental wellness for yourself and those you care about.

## MONDAY



### Mental Health 101 Webinar

13

4 - 5pm via Zoom

It's Green Ribbon Week Kickoff! Learn about the difference between mental health and mental illness and how stigma can impact your wellness.

Sign-up: [bit.ly/3RYd60v](https://bit.ly/3RYd60v)

## TUESDAY

### Q&A with Mental Health Professionals

14

4 - 5pm via Zoom

Join Tri-City staff as we debunk common myths about mental health and share ways to access mental health care.

Sign-up: [bit.ly/3RNC5DA](https://bit.ly/3RNC5DA)



## WEDNESDAY

### Let's Talk About Stigma

15

Pomona Public Library

3:30 - 4pm Food, Meetup & Connect  
4 - 5pm Just Us 4 Youth Listening Circle

Join us for a peer-to-peer youth listening circle about your mental health experience.

Sign-up: [bit.ly/3xeIn5E](https://bit.ly/3xeIn5E)



## THURSDAY



### Courageous Minds Speaker Panel

16

5:30 - 6:30pm via Zoom

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

Sign-up: [bit.ly/3jMaeqD](https://bit.ly/3jMaeqD)



## FRIDAY



### Green Ribbon Pledge Drive

17

Take action by making a pledge

Join the conversation! Post your pledge on social media and share how you take action to reduce stigma and promote #MentalHealthforAll. Tag us @TriCityMHS.

Download Toolkit



To learn more and receive a physical Green Ribbon Week toolkit:  
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Green Ribbon Week is part of Room4Everyone, Tri-City Mental Health Authority's stigma reduction campaign, and supports our ongoing mental health movement in Pomona, Claremont and La Verne