

## Green Ribbon Week Kickoff

Join the mental health movement  
in Pomona, Claremont and La Verne!

# Mental Health 101



**MONDAY, MARCH 13, 2023**

**4 pm - 5 pm • Live Zoom Webinar**

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



**Sign-up at:**




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

**For more information:**

Brittany Nguyễn, MPH  
Community Capacity Organizer  
[bnguyen@tricitymhs.org](mailto:bnguyen@tricitymhs.org) | (909) 326-4636



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

Tri-City Mental Health Authority | 2001 N. Garey Avenue | Pomona, CA 91767  
[tricitymhs.org](http://tricitymhs.org) @TriCityMHS    



Tri-City Prevention and Early Intervention (PEI) programs, including the Green Ribbon Week stigma reduction campaign, are funded through the Mental Health Services Act (MHSA, Prop 63)