

# Mental Health 101



Free Wellness Webinar

**Tuesday, March 18, 2025**  
**4:00 PM–5:00 PM**

*We can reduce the silence, shame and negative attitudes surrounding mental health by talking openly about it.*

Tri-City Mental Health is offering a free webinar during Green Ribbon Week, the annual mental health movement in Pomona, Claremont and La Verne!

Come and learn about the difference between mental health and mental illness and how stigma can impact your wellness.

**You can help promote open discussions about mental health and make it possible for the people you care about to get the support they need to thrive.**

**FREE**  
& Open to  
**ALL**

## For more information

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