

# Courageous Minds

## Speakers Bureau

Our Courageous Minds workshops support you in shaping your narrative in a way that feels safe, impactful and empowering.

**Your story can bring hope to someone going through a difficult time.**



You can help change the conversation around mental health in our community. By sharing your story, you can help others feel less alone and more empowered to reach out for support when they need it.

## Who can join?

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

## What's involved?

- ✓ Free online workshop series
- ✓ Quarterly get-togethers
- ✓ Opportunities to speak at schools and community settings
- ✓ **FREE** giveaways for participating and sharing

**Workshops begin February 4, 2026**



**To sign up and learn more:**

Brittany Nguyễn, Community Capacity Organizer  
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Application  
Deadline  
**January 25,  
2026**

# We want to help share your story

Through storytelling and open conversations, you can show that mental health challenges don't define you— it's just one part of your journey.

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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**

## 2026 WORKSHOP SCHEDULE

### Workshop Dates

**Wednesdays**  
**February 4, 2026 –**  
**March 18, 2026**

**Time**  
**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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Visit [tricitymha.ca.gov](http://tricitymha.ca.gov) and follow us @tricitymhs

