

# 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  
 (909) 326-4636  bnguyen@tricitymha.ca.gov

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.

## 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

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.

To sign up and learn more:



(909) 326-4636



bnguyen@tricitymha.ca.gov

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

