



Courageous Minds

Speakers Bureau

We each have a story to tell

Do you have lived experience
with mental health?

Would you like to share your story
to help and support others?

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

Through storytelling and open conversations, Courageous Minds brings together a small group of people to learn how to share their mental health journey or experiences with supporting someone they care about.

Our workshops help you build confidence in sharing your story—whether with yourself, loved ones, or the community. You can show that mental health challenges don't define you—it's just one part of your journey.

What's involved?

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

Application
Deadline
**January 25,
2026**

We want to help share your story

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

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 and speak at a Courageous Minds event

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 and follow us @tricitymhs

