

# BECOME AN AMBASSADOR!

## Make It

### Spring Virtual Training Opportunities:

**Join us as a Make It OK Ambassador!**

Anyone can become a Make It OK Ambassador. You do not have to be an expert on mental health but someone who enjoys connecting, engaging, educating and promoting mental health awareness.

*This training is free but requires pre-registration. Click the dates below to register:*

**March 4:** [1-3 p.m.](#)

**April 16:** [11 a.m. - 1 p.m.](#)

**May 6:** [1-3 p.m.](#)

**March 5:** [9-11 a.m.](#)

**April 26:** [6-8 p.m.](#)

**May 24:** [9-11 a.m.](#)

**March 29:** [9-11 a.m.](#)

**May 3:** [6-8 p.m.](#)

**June 12:** [9-11 a.m.](#)

**Make It OK** is community campaign to reduce stigma by starting conversations and increasing understanding about mental illness.



Healthiest State  
INITIATIVE