



JANUARY PROGRAM HIGHLIGHTS

Welcome to Stigma-Free Society's January Program Highlights!

We hope your 2023 is off to a fantastic start. We are excited to connect with you and share the latest programs and resources offered by Stigma-Free Society:

- Our Live Virtual Stigma-Free Presentations are now open for [booking](#).
- A brand-new [lesson plan](#) on stigma and ADHD is available in our Student Mental Health Toolkit.
- We are revamping our [Student Mental Health Toolkit](#) to provide teachers, school counsellors, and parents/guardians with more tools to teach youth about various

types of stigma in addition to mental health. Our lesson plans and resources will aid you in educating youth on stigma of all kinds and how to combat them through inclusion.

Keep reading to learn about our most recent updates and discover what you'll glean from our Student Mental Health Toolkit this year.



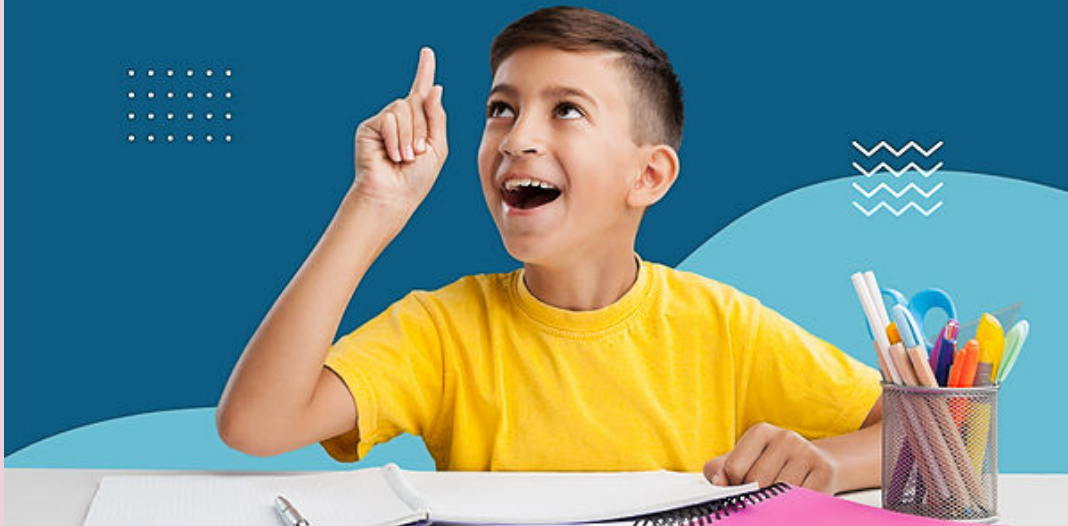
Download Our NEW Lesson Plan: *Stigma and ADHD*

Help your students gain a better understanding of the stigma that affects people with ADHD and other neurodiversity by implementing our comprehensive lesson plan. Created with Leo Ching and Joesh Khunkhun from [Future Ready Minds](#), our [Lesson Plan on Stigma and ADHD](#) is designed to spark productive discussion about how students can be good friends and allies to peers with ADHD.

This comprehensive resource covers both Health and Career Education competencies for students in grades 8 to 12. Sign up for our Student Mental Health Toolkit and view the lesson plan [here](#).

Virtual Stigma-Free Presentations

BOOK NOW!



We Are Now Booking Live Virtual Stigma-Free Presentations for 2023!

Our Virtual Stigma-Free Presentations teach students about combating stigma, with a focus on mental health. They are offered on a no-cost basis or by donation and hosted live online for your convenience.

What makes our live presentations unique?

Not only do our presenters provide education about stigma and mental health, but they also share their real stories and lived experiences with these issues. Their inspiring presentations are sure to impact your students and encourage them to become more inclusive with their peers. Learn more about our amazing [presenters](#) and [book a presentation](#) today.



Don't Miss Our Stigma-Free Learning Live Events

Join Samara Liberman, Programs Manager at Stigma-Free Society, for a 20-minute live event hosted on our [YouTube channel](#) and [Facebook](#).

Stigma-Free Learning Live Events are held **biweekly on Mondays at 12PM PST**. Educators will have an opportunity to learn about the resources and lesson plans in our [Student Mental Health Toolkit](#), and how to implement them to create an accepting and inclusive classroom environment. Plus, educators can use this time as professional development.

Parents/guardians will discover how they can use the Toolkit to support their child's mental health and encourage them to be compassionate and understanding toward their peers.

In each session, Samara covers a new section of the Toolkit and answers your questions live. Tune into our next event on **Monday, January 30th!**



Help & Community Resources for Students, School Staff, and Parents/Guardians

Our [Student Mental Health Toolkit](#) is designed to support not only students, but educators and caregivers. Our Help & Community Resources section contains a wealth of support and crisis resources for people of all ages who may be struggling.

These resources are curated for youth (grades 4-7), teens (grades 8-12), school staff, and parents/guardians. If you or someone you know needs help with their mental health, visit our [Teen Help & Community Resources](#) or our [Youth Help & Community Resources](#) for immediate support.



New Stigma-Free Resources Coming Soon: Revamping Our Student Mental Health Toolkit

One of our main objectives for 2023 is to focus on stigma of all kinds in our [Student Mental Health Toolkit](#), in addition to the intersection between stigma and mental health. We are developing workbooks, engaging quizzes, and other resources you can use to educate students on how to practice empathy and stand up to bullying related to different types of stigma. Be sure to keep an eye out for these updates!

Get In Touch!

Thank you for your interest in our programs. Please reach out to us with suggestions as we continue to create new programs and resources for you this year, and feel free to share our Student Mental Health Toolkit with your network.

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