



May Newsletter



**MENTAL
HEALTH
AWARENESS
MONTH**



May is Mental Health Awareness Month – the perfect time to make use of our Stigma-Free resources and improve your mental wellness. Our programs teach you how to care for your own mental health and help others do the same. Let's work together to support one another and create happier, healthier communities!

School Staff: Use resources from the [Student Mental Health Toolkit](#) to seamlessly implement mental health education in the classroom this month.

Rural Residents: Sign up for our [Peer Support Training](#) and check out our [Rural Mental Wellness Toolkit](#) to help break the stigma around mental health in your area.

Access these resources below and join us in spreading awareness about mental health.



IMPROVE MENTAL WELLNESS IN YOUR COMMUNITY WITH OUR RURAL PEER SUPPORT TRAINING

June 6th & 13th

8:30 am - 3:00 pm PST

Stigma-Free Society offers [Peer Support Training](#) specifically for individuals living in rural and agricultural communities. We are partnering with [Sara Riel Inc.](#) to bring you a **virtual** two-day course, designed to help rural residents provide mental health support for those in their community.

After this training, you'll know how to:

- Apply peer support skills effectively in one-on-one and group settings

- Help others through sharing your personal experiences
- Facilitate peer support programs
- Practice self-care and prioritize your mental wellness
- And more!

Our training equips participants with the skills they need to facilitate peer support programs in their areas, reduce stigma, and become leaders in their communities. Participants also have the opportunity to collaborate with others who understand the rural way of life.

For only \$50, you can get access to our 2-day training program! It will take place on June 6th and 13th from 8:30am – 3:00pm PST.

[Click here to learn more and book your virtual Peer Support training session!](#)



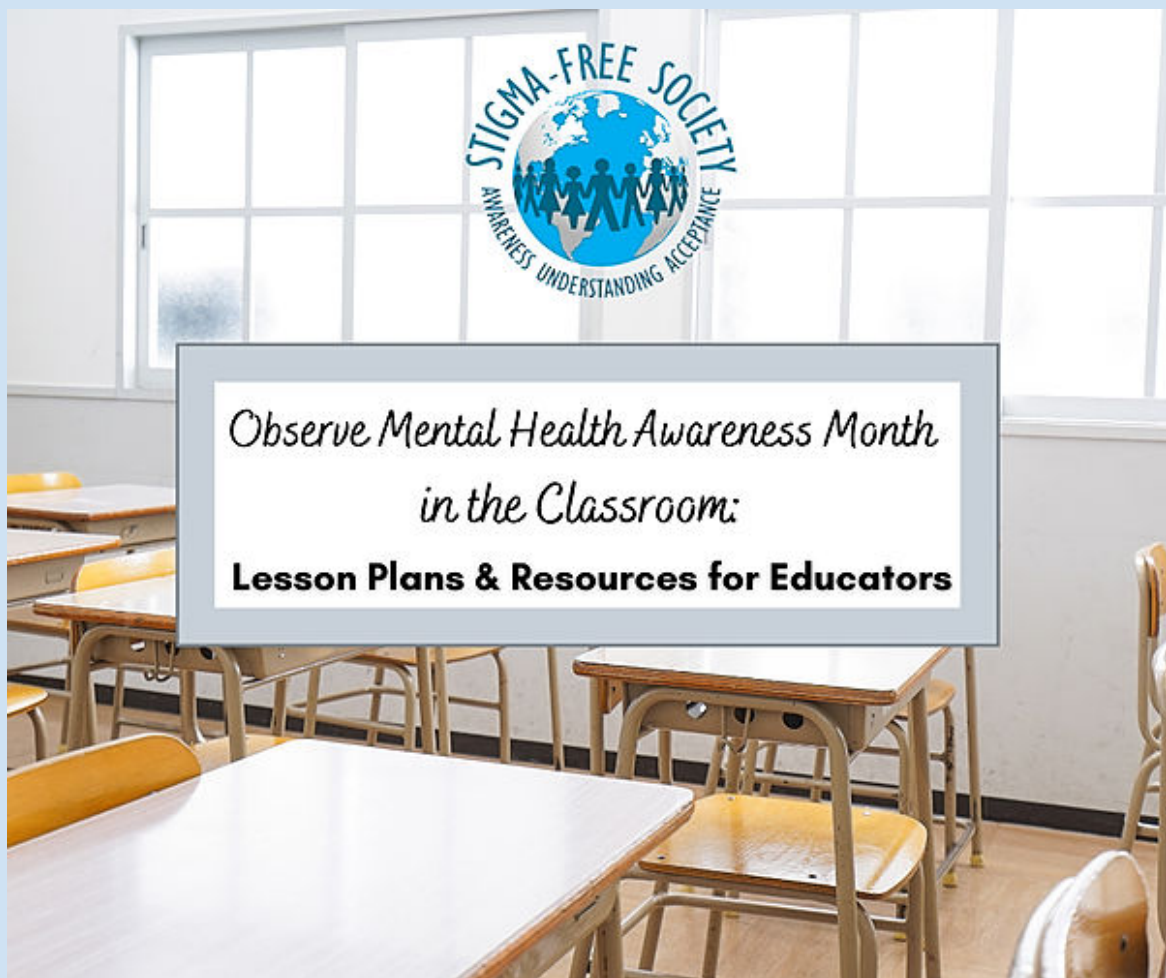
MAY FUNDRAISER AT IGA ON ROBSON STREET, VANCOUVER



IGA on Robson Street in Vancouver is hosting an in-store fundraiser for Stigma-Free Society this month! If you live in the area, feel free to stop by and show your support. You may also [donate to our charity online today](#).

Your support will help us provide much needed tools, resources, and knowledge regarding mental health and stigma to all Canadians. Our donors make a significant impact in the programs we deliver, and we are grateful for the support we receive.

[Donate to Stigma-Free Society](#)



Educators can implement mental health activities in their classes using our [Lesson Plans](#) for grades 4-7 and 8-12. These resources help teachers share valuable information about mental wellness with students, provide digestible information about stigma, and give youth practical tips for supporting mental health and wellbeing.

This month, we recommend using mental health-focused lesson plans from our [Student Mental Health Toolkit](#) to spark discussion among students and raise awareness.

Check out our FREE lesson plans below to get started:

[10 Tips for Taking Care of Your Mental Health \(Grades 4-7\)](#)

Mental Health Conversation Cards for Youth

Visit the [Youth Activities](#) section of our Student Mental Health Toolkit to access our Stigma-Free Conversation Cards. Teachers can use these cards in class to discuss mental health, stigma, and inclusion. You'll also find educational videos that teach students new activities to care for their mental health, which you can practice together in class.

[Browse Stigma-Free Conversation Cards](#)

**thank
you**

*Thank you for staying up to date
with Stigma-Free Society! If you
have any questions or comments,
please feel free to reach out to us.*





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