



Welcome to May Stigma-Free Friends!

We are happy to be connecting with you as we highlight some exciting new developments at the Stigma-Free Society - Upcoming May Fundraiser, Rural Resident Peer Support Training, opportunities to get involved with the Stigma-Free Society, and much more!

Keep reading to learn more!

Stigma-Free Faces



The [Stigma-Free Society](#) is excited to announce our upcoming...

Stigma-Free Faces Fundraiser May 26th 2022!

The Stigma-Free Society is a decade-long-trusted Charity that has done a significant amount of work in eliminating stigma of all kinds and promoting mental wellness. There is a growing need to support the mental health of individuals in our community, and our Fundraiser will aid in our endeavors to do this important work. Your donation supports our impacting initiatives that we have launched in recent years.

Our impacting virtual programs include the following:

[Student Mental Health Toolkit](#) & [Virtual Stigma-Free School Program](#)

[Rural Mental Wellness Toolkit](#)

The SFS Fundraiser contains TWO Events on the same day that you can attend!

**Stigma-Free Stories Premiere Showing & Live Stream with
Andrea Paquette, President, SFS**

**The day-long event will take place from 10AM – 4PM (PST)
Details on how to register and attend will be ANNOUNCED SOON.**

Thank you for supporting the Stigma-Free Society!

PEER SUPPORT TRAINING

RURAL COMMUNITY MEMBERS

Peer Support Training to support your
community's mental health.



Robyn Priest
LIVE YOUR TRUTH



Online - May 30th & June 6th

REGISTER NOW - ruralmentalwellness.com/peer-support/

***Refundable \$50 deposit required to register.**

Peer Support Worker Training: For Rural Residents!

In partnership with [Robyn Priest LIVE YOUR TRUTH](#), the [Stigma-Free Society](#) is proud to announce our upcoming Peer Support Worker Training sessions, tailored specifically for rural residents in Canada. Participants will become certified peer support workers and leaders in their communities.

These sessions **empower** individuals with shared backgrounds to work together to develop wellness-related skills. Taking this training is a great opportunity to find and provide support for mental health, along with those who understand your way of life!

Peer Support Worker Training Information:

- **2-day course:** May 30th & June 6th (8 am-4 pm PDT) and (10 am-6 pm CDT) and (11 am-7 pm EDT) (with breaks)
- Training is **free of cost** with a \$50 deposit required to secure your spot. The deposit will be refunded once you attend the session unless you choose to donate the \$50 to the Stigma-Free Society. Donations are always welcome. If you do not attend, there is no refund of the deposit. (Peer Support Training is originally valued at \$375)
- The Program is delivered in partnership with [Robyn Priest LIVE YOUR TRUTH](#), a world-renowned reputable peer support training company.
- Participants will gain an understanding of peer support fundamentals and how to apply them effectively when supporting peers and gain valuable knowledge to effectively communicate and share personal experiences to enhance interactions as peer supporters and group facilitators.

For more information and to register, please go [HERE](#)

OR

E-mail info@stigmafreesociety.com



Virtual Stigma-Free Professional Development Days for Educators

The Stigma-Free Society is a non-profit organization that has been delivering youth mental health programming for 12 years mainly in the province of B.C. We provide mental health education and stigma awareness through our programs and online Toolkits and are excited to be gaining national momentum.

We have a great history of connecting with schools over the years, bringing [live mental health presentations](#) to many students by speakers who have lived experience with mental illness and various stigmas.

We are delivering virtual professional development sessions for grades 4-12 educators to help them best support their students in addressing important topics such as mental health and well-being, understanding stigma, and how/when to find help. Mental health is a priority for us all and we have developed tools and resources for students' and educators' self-care.

[Summary](#)

Format: Virtual w/Zoom or Teams

Topics: Student Mental Health Toolkit Tour and Virtual Presentation Component

Resources Provided: Full Access to the [Student Mental Health Toolkit](#)

Length: 1-hour (flexible as per your needs)

Capacity: As many as required

We have been receiving very positive feedback from the sessions already delivered to educators in Vancouver, Delta, Surrey, Peace River North, and the Winnipeg School District. We would love to answer any questions you may have about our professional development presentations and/or arrange a session for your District.

Call Out for Virtual School Presenters

**Do you have a passion for stomping out stigma?
Are you keen to share your personal story of challenges and triumph?**

Stigma Free Society is currently recruiting mental health presenters to facilitate and present their story for the "Virtual Stigma-Free Presentation Program."

Stigma-Free presentations take place virtually over Zoom/Teams and are 45 min - up to 1 hour in length. We deliver presentations to groups of students in grades 4-12.



**We are Ideally Seeking
Presenters that Can Fill Both Roles**

Co-Presenter

Co-presenters act as a guide for the presentation by introducing and hosting the presentation. They control Zoom/Teams and answer questions students may have alongside the Personal Story presenter at the end of the presentation. You must have great presentation skills
Training for this role involves learning the online brochures and sharing the information in an engaging way.
Co-presenters are well informed and have a deep understanding of mental health.

Personal Story Presenter

Personal Story presenters entails share their story of mental health/mental illness and/or an intersecting form of stigma (i.e. learning disability, race, sexual orientation, etc.) for 12-15 minutes.
Training involves training and then presenting your story. You must have great presentation skills. as well as practicing it so it feels natural and not just reading from your notes. Presenters must feel comfortable and secure sharing their experience with mental health.

What will you be doing?

- 1 Training is approx. 10 hours to become a presenter. We pay you \$200 to get you trained up.
- 2 Be on a training roster for when we have interested schools or organizations that want to book the training. If you are successfully booked and have fulfilled the training, **we pay you \$100 for each virtual presentation you do.**
- 3 You will be paired with another virtual presenter so you are never alone.



What you need:

- 1 To be in the age range of: 14+
- 2 Reliable internet and basic ability to use Zoom and Teams.
- 3 Effective and engaging presentation skills.
- 4 A passion to make a positive impact in the world.
- 5 **Send us an email to Samara@stigmafreesociety.com and we will send you an interest package that will require a short example video from you and a consent form that asks you why you want to be a mental health presenter with Stigma-Free Society.**

Stigma Free Society wishes to do the first round of training in late June 2022. We will be in touch with interested candidates to do a short interview as a starting point.

- 6 **Deadline to submit your package is May 27, 2022 for this call out for presenters. We ask that interested people who apply commit to one full school year or more.**



We appreciate your feedback!

THANK YOU for taking the time to keep up to date on all things happening here at the Stigma-Free Society. We value your feedback and encourage you to reach out if you have ANY comments or questions.

Have a GREAT May!

The Stigma-Free Society is committed to combating stigmas of all kinds that exist in our society. We promote awareness of mental illness and provide accessible and reliable information and resources related to mental health so that together we can help those who are struggling. Thank you for being a part of our community.

Donate to the Stigma-Free Society



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