



Welcome to the Stigma-Free Society October Highlights Newsletter

We have some exciting new resources to share with you that are designed to encourage inclusivity, reduce stigma, and educate students about mental health.

Keep Reading to Learn More!

Rural Residents

PEER SUPPORT WORKER TRAINING

ONLINE



25 Oct & 1 Nov, 2022

Two-day training



Robyn Priest
LIVE YOUR TRUTH

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



REGISTER NOW :

www.ruralmentalwellness.com/peer-support

Registration fees: \$50

Sign Up for our Rural Residents Peer Support Training Today!

The Stigma-Free Society is proud to announce our upcoming Peer Support Worker Training session tailored specifically for rural residents in Canada. Participants will become certified peer support workers and leaders in their communities.

Peer Support Training empowers individuals with shared backgrounds to work together and develop wellness-related skills.

Peer Support Worker Training Information:

- 2-day course: October 25 & November 1 (8 am - 4 pm PDT) with breaks.
- Training only requires a \$50 fee for administration costs. (Peer Support Training is 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.

Feel free to e-mail us with any questions!

E-mail info@stigmafreesociety.com

[Click Here To Register Today!](#)



NEW Addition to the Stigma-Free Glossary!

We recently added an LGBTQIA2S+ section to our [Stigma-Free Glossary!](#) Created in collaboration with the Canadian Center for Gender and Sexual Diversity (CCGSD), this section will help you become a better ally and gain an in depth understanding of diverse sexualities and gender identities.

The Stigma-Free Glossary is created to help you become familiar with the most up-to-date, inclusive language you can use when referring to individuals from different communities. Along with the LGBTQIA2S+ section, it includes terms and definitions regarding mental illness/mental health, diversability/disability and inclusion.

[Read the Full Glossary Here](#)



NEW Stigma-Free Presentation Debrief Package for our Virtual Stigma-Free Presentations Program

Make the most of our virtual presentations program for schools by talking to your students about what they've learned. Our debrief package includes activities and discussion questions to go over with your students after they've listened to our presenters share their experience on stigma and mental health.

Debriefing helps students take action by brainstorming things they can do to improve their mental wellness, and encouraging self-reflection.

[**Check out the Stigma-Free Virtual Presentations Program**](#)



Promote a Stigma-Free Classroom With Our Downloadable Lesson Plans

The [Student Mental Health Toolkit](#) is ever-growing!

We create new lesson plans on an ongoing basis to add to our robust collection.

Our easy-to-use lesson plans are a great resource for educating students about mental health and stigma. They align with the BC curriculum and touch on a variety of topics that will help students practice self-care and facilitate a positive, empathetic environment in your classroom.

Our lesson plans are designed for grades 4-7 and 8-12.

[Visit our Lesson Plans Section](#)

Questions or Comments?

Please reach out to us if you have any suggestions or feedback!

Thank you for your interest in our programs and resources.

Please feel free to share with your network.

Stay tuned for our general newsletter on November 1st!

Copyright © 2022 Stigma-Free Society, All rights reserved.

Want to change how you receive these emails?
You can [unsubscribe from this list](#).

