



Stigma-Free Society Newsletter

**OCTOBER
2022**



Welcome to October!

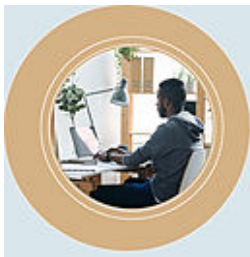
Peer Support Training

Book a Virtual Stigma-Free Presentation for Students

Host a Pro-D Day Session

October is a time of gratitude and connection.
We'd like to take a moment to thank you for your support, and share new opportunities at the Stigma-Free Society.

Keep reading to learn more!



**SIGN UP FOR RURAL RESIDENTS
PEER SUPPORT TRAINING
TODAY!**



READ MORE BELOW



Improve Mental Wellness in Your Rural Community with our Rural Residents Peer Support Training

We continue to offer Peer Support Worker training! Robyn Priest LIVE YOUR TRUTH is partnering with Stigma-Free 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 next **2-day training** will take place on **October 25th and November 1st**. This course is valued at \$375 per person, but only requires a \$50 registration fee.

We'd like to thank Pacific Blue Cross BC for making this opportunity possible through their generous grant.

Learn more and [book your virtual peer support training session here!](#)



**BOOK A
PRESENTATION
TODAY**



**BOOK A VIRTUAL STIGMA-FREE
PRESENTATION FOR SCHOOLS**


Book a Virtual Stigma-Free Presentation for Students Today!

Are you an educator looking for an opportunity to **teach your students about mental health and stigma** of all kinds? Now is the perfect time to book a virtual **Stigma-Free presentation!** We have an amazing group of new virtual presenters who just joined our **Stigma-Free team.**

Our presenters share information about stigma and mental health through honest, educational, and engaging presentations. Their **personal stories** leave a lasting impact on students and educators alike. Your students will learn how to reach out for help, take care of their mental health, and reduce stigma.

Presentations are no-cost for schools and school districts, or by donation.

Contact us [HERE](#) to book a virtual presentation today!



**BOOK A
PROFESSIONAL
DEVELOPMENT
DAY SESSION FOR
SCHOOL STAFF**

Professional Development Day Sessions for School Staff

Register your school for a **Professional Development Session** to learn more about the **Student Mental Health Toolkit** that we designed for youth and teens.

Our **Student Mental Health Toolkit** is a resource for parents, school counsellors, and educators to teach youth about a wide range of mental health topics.

In the session, we'll walk you through the toolkit, lesson plans, and downloadable resources. We share highlights from our **Virtual Stigma-Free Presentations** program and host a Q&A period.

You will also learn about our new **Stigma-Free Glossary** - Your go-to guide on inclusive language that facilitates a safe space and much more!

Contact us at info@stigmafreesociety.com to register today!

Connect with us!

We'd love to hear from you!

If you have any questions or comments, please feel free to [reach out here](#).

We appreciate your support on our mission to build awareness, increase understanding, and foster acceptance.

Have a GREAT October!

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