



## Happy Holidays, Stigma-Free Family!

We're excited to share Stigma-Free resources that will help you wind down and care for your mental health during the busy holiday season. We're highlighting our [Virtual Stigma-Free Presentations Program](#), which is complimentary for schools across Canada.

We're also featuring our [Inspiring Story documentaries](#) from our [Rural Mental Health Toolkit](#), where Canadian farmers share their personal experiences with mental health and stigma. Finally, we're offering a variety of [free mental health resources for school staff!](#)

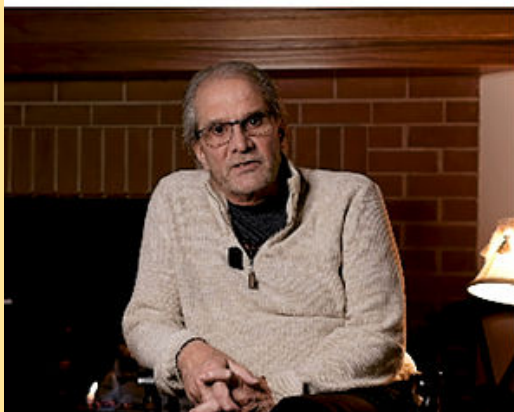
**Keep reading to learn more.**





## Listen to Farmers Share Their Inspiring Mental Health Journeys

Our Rural Mental Wellness Toolkit includes a section called Inspiring Stories, which contains documentaries featuring farmers who openly discuss their challenges and triumphs with mental health. In addition, they offer advice to others who are going through a similar experience. If you're a farmer or rural resident and want to learn more about coping with mental health and relate to others' stories, read about our contributors below and [watch their full documentaries here](#).



**Kim Moffat**

Kim is a Farm Wellness Consultant who lives in Strathclair, Manitoba. She uses her experience as a former farmer and counsellor to support other farmers with their mental health. She offers a reminder that people are ready and willing to help, and that it's okay to take a break.

**Warren Ellis**

Warren is a Pedigreed Seed Farmer from Wawanesa, Manitoba. He highlights the importance of community support and shares why men are sometimes reluctant to seek help or talk to others about their hardships. His documentary encourages resilience and hope.

**Gerry Friesen**

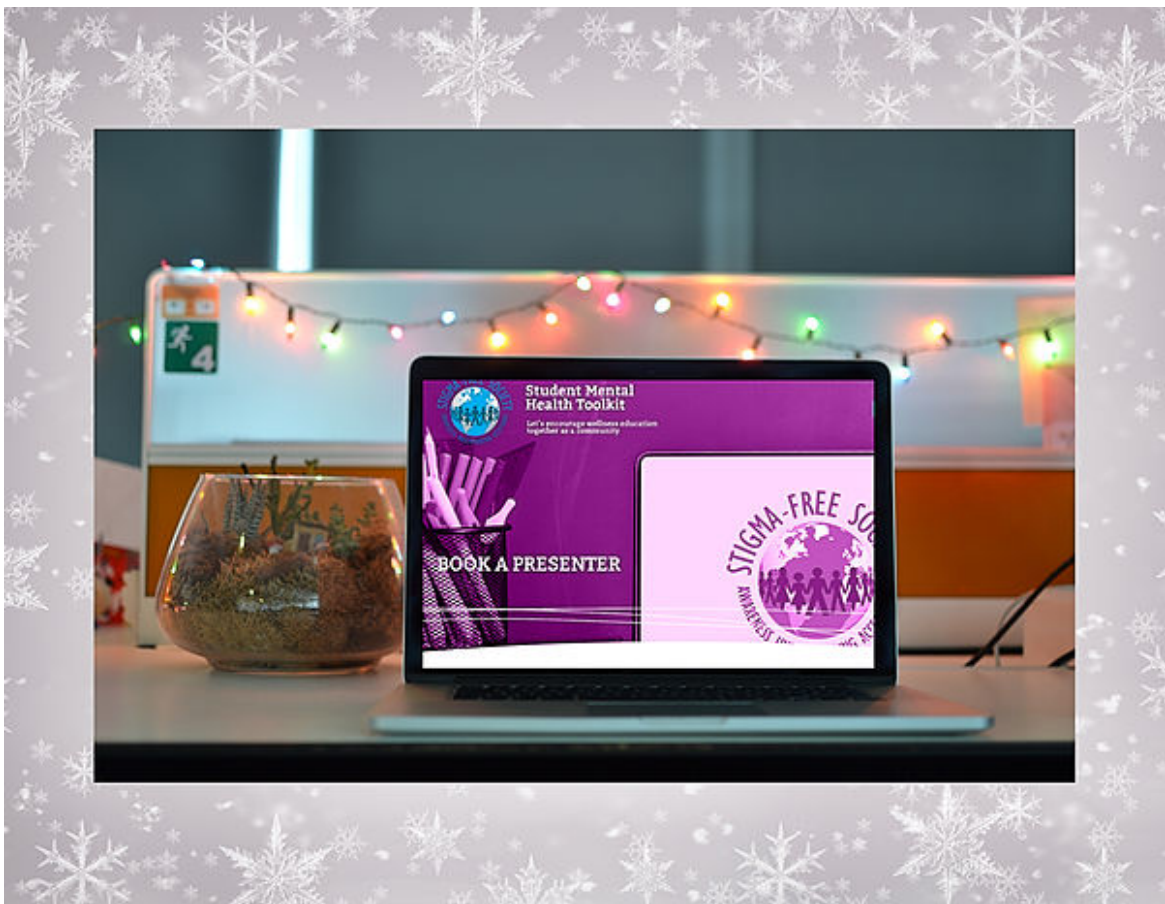
Gerry, also known as "The Recovering Farmer," shares his journey from farmer to conflict and stress management expert. He also opens up about his struggle with depression and anxiety. His comforting message is that bad days are temporary, and it's okay not to be okay.

**Harley Siemens**

Harley is a fourth-generation Egg Farmer based in Manitoba. He shares his experience with anxiety and offers tips for farmers who are struggling. He advocates for "opening the barn door" and talking about all aspects of life as a farmer, even the difficult ones.

Click [here](#) for more Inspiring Stories from our Rural Mental Wellness Toolkit!





## Sign Up for Our Virtual Stigma-Free Presentations Program

**Calling all parents and educators** - Stigma-Free Society is offering [virtual presentations](#) to school districts and youth organizations across Canada! If you're a parent who is passionate about educating the next generation about mental health and stigma, we encourage you to share this resource with your child's school to promote inclusivity and understanding in the classroom.

Our virtual presentations offer actionable tools to reduce stigma and promoting mental health in your community. Our [presenters](#) add a personal touch by sharing their own experiences that are sure to make a lasting impact on students.

**[Register for a presentation today!](#)**

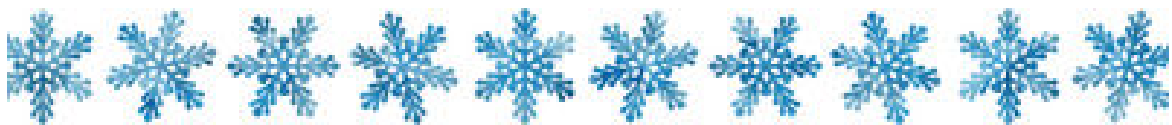


## Mental Health Resources for School Staff



We understand that this time of year can be overwhelming, especially for school staff. As you provide ongoing support for students, it's important to prioritize your own well-being. That's why we're highlighting our [mental health resources for school staff](#). In this section of the [Student Mental Health Toolkit](#), you will find a variety of resources to help you overcome challenges such as burnout, anxiety, and improving your work-life balance.

**Access Stigma-Free School Staff Resources [HERE](#)**





With your generous support, Stigma-Free Society provides educational tools and leadership which fosters awareness of stigma, providing pathways to change.

By making a charitable contribution to Stigma-Free Society before December 31, you will help us build these important pathways and get a credit on your 2022 tax return!

**Please consider visiting our [donation page](#)  
We appreciate your support!**



**Get in Touch**

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.

**We wish you a wonderful holiday season and a happy new year!**

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