



Welcome to June Stigma-Free Friends!

We are happy to be connecting with you as we highlight some exciting developments and news at the Stigma-Free Society such as our Stigma-Free Faces Fundraiser, Virtual Presentations Callout, National Indigenous History Month & The Value of Peer Support!

Keep reading to learn more!

Stigma-Free Faces Fundraiser



**THANK YOU FOR
DONATING**

Stigma-Free Faces Fundraiser

On May 26th 2022, our May Mental Health Awareness Month *Stigma-Free Faces Fundraiser* successfully raised **\$107,070**.

Thank to all of you and thank you to the Richardson Family Fund for the generous matching donation of \$50,000. The fundraiser broadcast featured interviews of special guests sharing personal stories and experiences working with mental health. Andrea Paquette, President of the Stigma-Free Society, closed off the event with an engaging livestream by answering mental health questions, and introducing the Mental Health Toolkit and programs that have supported youth have at the Stigma-Free Society.

The generous amount of donations raised will be used towards maintaining Stigma-Free Society programs that are delivered to youth who seek mental health support and education. Your donations go as far as helping individuals in rural

communities searching for support. The Society continues to reach out to all individuals that desire to combat and stomp out all kinds of stigma.

Our impacting virtual programs include the following:

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

Thank you for supporting the Stigma-Free Faces Fundraiser!



School Presenters



BECOME A VIRTUAL SCHOOL PRESENTER
STIGMA-FREE PRESENTATIONS PROGRAM
APPLICATIONS NOW OPEN

Virtual Presentations Callout

Stigma-Free school presentations take place virtually over Zoom or Teams and are 45-minutes in length. We deliver presentations to groups of students in grades 4-7 and grades 8-12.

Co-presenters act as a guide by introducing and hosting the presentation and

sharing information regarding mental health and stigma to the students by using our online brochures. They also answer any questions the students may have along with a personal story presenter. Training for this role involves learning the brochures thoroughly and share information with the students naturally. This component is around 20-minutes of presenting material online.

Being a **personal story presenter** entails sharing your story of mental health/mental illness and/or an intersecting form of stigma (i.e. learning disability, race, sexual orientation, etc.) for about 15 minutes. Training for this involves writing your story to prepare you to make a video where you present it, as well practicing, so it feels natural. Presenters generally already have effective presentation skills.

**For more information and/or to apply
E-mail samara@stigmafreesociety.com**

Contact Us To Apply Today

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

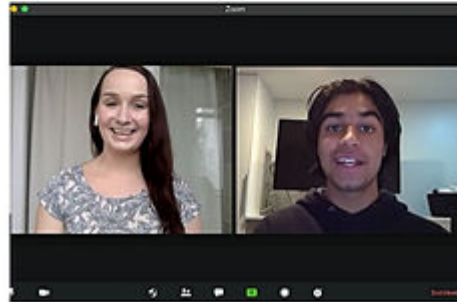
Co-presenters act as a guide for the presentation by introducing and hosting the presentation. They control Zoom/Teams and answer questions students may have alongside the Personal Story presenter at the end of the presentation. You must have great presentation skills
Training for this role involves 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.**





NATIONAL INDIGENOUS HISTORY MONTH



National Indigenous History Month

The month of June is dedicated to respectfully acknowledge the First Nation's peoples. Canada's deep history was and is created by the diverse traditions, cultures and sacrifices of the Inuit and Métis people. To honor the Indigenous communities in Canada, it is important to take this time to celebrate their contributions to the country.

Stigma-Free Society is in partnership with [We Matter](#), an Indigenous organization that supports and unites youth from Indigenous communities. The organization is a platform designed for Indigenous youth to share their experiences and hardships in hopes that their voices will help other youth in need of support or youth-led initiatives. They also provide a variety of materials and resources designed to encourage Indigenous youth.



The Value of Peer Support

Being supported by others who have shared your struggles, and know what it's like, is the foundation of peer support. For those living in rural and agricultural communities, the Stigma Free Society has partnered with [Robyn Priest LIVE YOUR TRUTH](#) to offer peer support worker training funded by [Pacific Blue Cross](#).

With this training, individuals in rural communities can start their own support groups. According to Robyn Priest, "[mental health peer support](#) is about people who have experienced mental health challenges supporting others who are dealing with mental health challenges. It gives a sense of being "normal", not someone weird; that I am not alone, not the only person experiencing this."

The Stigma-Free Society offers quarterly Peer Support Training opportunities for rural residents quarterly throughout the year with the next round taking place in September 2022.

[Click to Find Out More About Peer Support Training](#)

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 June!

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.

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