



February Newsletter



Welcome to February, Stigma-Free Friends!

With Family Day just around the corner, this month is the perfect opportunity to spend quality time with loved ones. We are excited to share our no-cost Stigma-Free activities and resources designed for you and your family to complete together.

We are also offering Professional Development sessions for educators who are interested in our Student Mental Health Toolkit and Virtual Presentation Program.

REGISTRATION NOW OPEN!

**PROFESSIONAL DEVELOPMENT
DAYS FOR EDUCATORS**



Registration for our Professional Development Days is now open!

In each session, Samara Liberman, Programs Manager at Stigma-Free Society, walks educators through the valuable resources in our Student Mental Health Toolkit.

Each session provides...

- Highlights of our Virtual Stigma-Free Presentations Program and a demonstration of a personal story/lived experience shared by presenters
- An overview of various sections of the Toolkit, including Mental Health for School Staff and our new Stigma-Free Glossary
- Guidance on how to implement our lesson plans and downloadable resources
- A live question-and-answer period

To register, please contact info@stigmafreesociety.com

Resources for Family Wellness

- ✓ Rural Mental Wellness Toolkit
- ✓ Conversation Cards
- ✓ Situation Shifter



- **Rural Mental Wellness Toolkit** includes a section dedicated to promoting family wellness, with resources to spark discussion about mental health and stigma.
- **Conversation Cards** facilitate a safe and open environment for your loved ones to share how they're feeling and expand their knowledge of mental health.
- **Situation Shifter** activity helps parents/guardians teach family members of all ages how to reframe negative thoughts and turn them into positive ones.

Visit the [Family Wellness section](#) of our [Rural Mental Wellness Toolkit](#) to browse these free resources and more!

ACTIVITIES FOR STUDENTS AND YOUTH



Are you looking for fun, healthy activities that can be done both inside and outside the classroom? Visit the [Youth Activities](#) section of our [Student Mental Health Toolkit!](#)

The **Stigma-Free Activity Generator** provides parents and guardians with ideas for family-friendly activities at home. Educators will find mental health exercises, quizzes, and engaging videos that teach students mindfulness and anxiety-relieving techniques. For more resources tailored to school staff and parents/guardians, [register for no-cost access](#) to our Student Mental Health Toolkit.

We appreciate your feedback!

Please reach out to us with questions or suggestions regarding our resources. Thank you for staying up to date with Stigma-Free Society, and have a great February!



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