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## Program Highlights



We have exciting new resources for **teachers in Manitoba** and an opportunity for those living in **rural and agricultural communities**.

**Rural residents:** Register for our [Virtual Rural Peer Support Training](#) today!

**Manitoba educators:** Lesson Plans adapted for the Manitoba curriculum are now available on our [Student Mental Health Toolkit](#) at no cost.

Learn how you can use these resources to help others and make a positive impact!



**Make a Difference in  
Your Rural Community:**

## **Virtual Rural Peer Support Training**



If you live in a rural area, you may have seen how stigma around mental health can prevent people from talking about it. Perhaps you have experienced this shame firsthand and avoided seeking support.

We understand that rural residents are often burdened with more stigma than those living in urban areas. That's why we've made it our mission to eradicate stigma in communities like yours and offer support to those in need.

If you are a changemaker who is passionate about helping others, we want to equip you with tools to become a leader in your community. Next month, we are offering [Virtual Rural Peer Support Training](#) in partnership with [Sara Riel Inc.](#) In this 2-day course, you will learn how to provide effective peer support and start your own peer support program. You'll also learn how to take better care of your

mental health.

Sessions will be held on June 6th and June 13th from 8:30am – 3:30 pm PST.

Register Here Today: <https://register.ruralmentalwellness.com/>

*Thank you for taking action with us.*

We are committed to supporting you in our shared goal of creating Stigma-Free rural communities. Feel free to share our training with others who want to make a change and break the stigma around mental health.

[Register for our Virtual Peer Support Training here](#)



Educators in Manitoba can now use our [Lesson Plans](#) in their classroom!

We have adapted our lesson plans to align with Manitoba's education curriculum. These resources are available on our [Student Mental Health Toolkit](#) which is just in time for teachers to implement them in their classrooms during Mental



Health Awareness Month.

We have been working diligently to make mental wellness education available to students and educators across Canada. In this section, you will find detailed, cross-curricular, and easy-to-implement lesson plans. We are excited to share this resource with you and hear your feedback!

If you are an educator in Manitoba and want to teach your class about mental health and stigma, we invite you to [Register For Full-Access](#) to the Student Mental Health Toolkit and download our Lesson Plans at no cost.

[Access Our Manitoba Lesson Plans Here](#)



We want to express our heartfelt gratitude to the interns from Adler University, who have been valued members of Stigma-Free Society for the past 7 months.

During their time here, they were a vital part of our team and made important contributions to our programs, including the [Student Mental Health Toolkit](#) and [Stigma-Free Glossary](#).

On behalf of the Stigma-Free family, **thank you** for all you have done for us. We

wish you the best of luck in your future endeavors and we are sure that you will continue to make a positive impact, wherever you may be!



Thank you for keeping up with Stigma-Free Society. If you are an educator, parent/guardian, or school counsellor who uses our resources, we would love to hear your input.

Feel free to contact us with your suggestions and feedback.



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