



July

Program Highlights



Dear Stigma-Free Supporters,

We are excited to share with you the highlights from our newly released [2022 Annual Report](#).

These achievements showcase the impact of our community's collective efforts to foster awareness, understanding, and acceptance worldwide.

Together, we are celebrating some of our greatest accomplishments from last year.



Of our Stigma-Free Schools Program

Expanding the Student Mental Health Toolkit

We saw an astounding **46% increase** in unique visitors to the [Student Mental Health Toolkit](#) welcoming **26.5K** individuals seeking resources and guidance for mental health. This remarkable growth demonstrates the impact our Toolkit has in providing mental wellness and stigma education.

Supporting School Staff

We engaged with **145 educators** through our new Professional Development sessions, equipping them with tools to teach students about mental health and stigma. In each session, we empower educators to create inclusive environments for their students.

Virtual Presentations Program

In 2022, we delivered impactful presentations to **4K** young people through our [Virtual Stigma-Free Presentations](#) witnessing a **50% increase** from the previous year. These sessions enable meaningful conversations and open dialogue around mental health, leaving a lasting impact on the lives of youth.

Spreading the Stigma-Free Message



Across Rural Communities

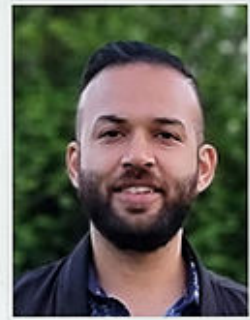
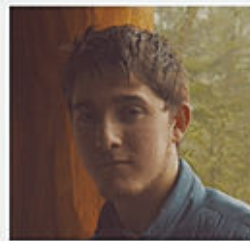


Rural Mental Health Education

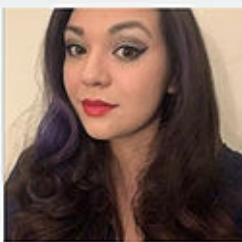
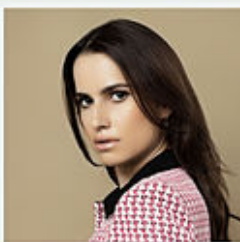
Our [Rural Mental Health Toolkit](#) saw an increase of 44% in unique visitors, reaching 6K individuals seeking support and resources tailored to their specific needs.

Providing Peer Support

61 rural residents completed [Rural Peer Support Worker Training](#) ensuring that communities have the necessary tools to promote well-being.



SFS Presenters



Empowering Individuals to Share Their Stories

We are thrilled to have expanded our team of talented presenters, increasing our roster from 6 to 23 members in 2022. These inspiring individuals discuss their lived experience with stigma and mental health through [Virtual Stigma-Free Presentations](#) educating students and school staff across Canada.

Our new presenters have diverse backgrounds and provide unique perspectives as we have representation from neurodiverse, BIPOC, and LGBTQIA+ communities.

[Meet Our Stigma-Free Presenters](#)



What People Are Saying About Our Programs

We are always moved by the heartfelt testimonials we receive from educators and students. Here are a few words shared by those who have directly experienced the impact of our programs:

Educator Feedback

"I have worked with Stigma-Free Society for many years and have welcomed numerous presenters from all sorts of backgrounds into my classroom. The presenters are always well prepared, open and generous with their time and the sharing their experiences. Their visits spark meaningful and memorable discussions with my students and are often a highlight of the term. We know that one of the best ways to combat stigma is through contact based education. Stigma Free society provides the

opportunity for students to meet, listen to and learn from courageous presenters. It makes the learning real and relevant and is an invaluable resource.”

-Laurel Brach-Richey, Psychology and English Teacher, REYNOLDS Secondary School (SD #61)

After this presentation, I feel like everyone should really accept everyone and make our world a stigma-free zone. We can possibly stop the judging and destroying someone or even ~~to~~ ourselves. We can help instead. I enjoyed listening to Andrea's story because it was so inspiring. And I feel really happy that I can help.

-Student after attending a Virtual Stigma-Free Presentation

Feedback like this affirms the importance of our work and encourages us to continue making a meaningful difference.



Our priority for the coming year is national expansion. We recently adapted our Lesson Plans to align with the Manitoba curriculum, making our resources accessible to a wider range of educators. Manitoba is the first of many provinces that will be included in our expansion. We are also translating our Student Mental Health Toolkit into French to reach Francophone students and school staff across

Canada.

Key Objectives

- Achieve a **two-fold growth** in the number of visitors to our Student Mental Health Toolkit
- Increase the number of Virtual Presentations by **25%** before 2024
- Reach 700+ school staff through our Educator Professional Development Sessions
- Become fully nationwide by 2025



Thank You

These achievements would not be possible without your support. We extend our heartfelt thanks to our donors who have contributed to the growth and success of Stigma-Free Society. Your generosity has enabled us to develop impactful programs that transform lives.

As we move forward, we encourage you to share our no-cost Toolkits with your friends and colleagues. Let's continue to work toward a society free from stigma where understanding and compassion thrive.

Thank you for being a vital part of the Stigma-Free Society family. We look forward to another year

of progress and positive change!

With gratitude,

The Stigma-Free Society Team

[Click HERE to read the full 2022 Annual Report!](#)



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