



Stigma-Free Monthly Newsletter

Stigma-Free Community - Welcome to November!

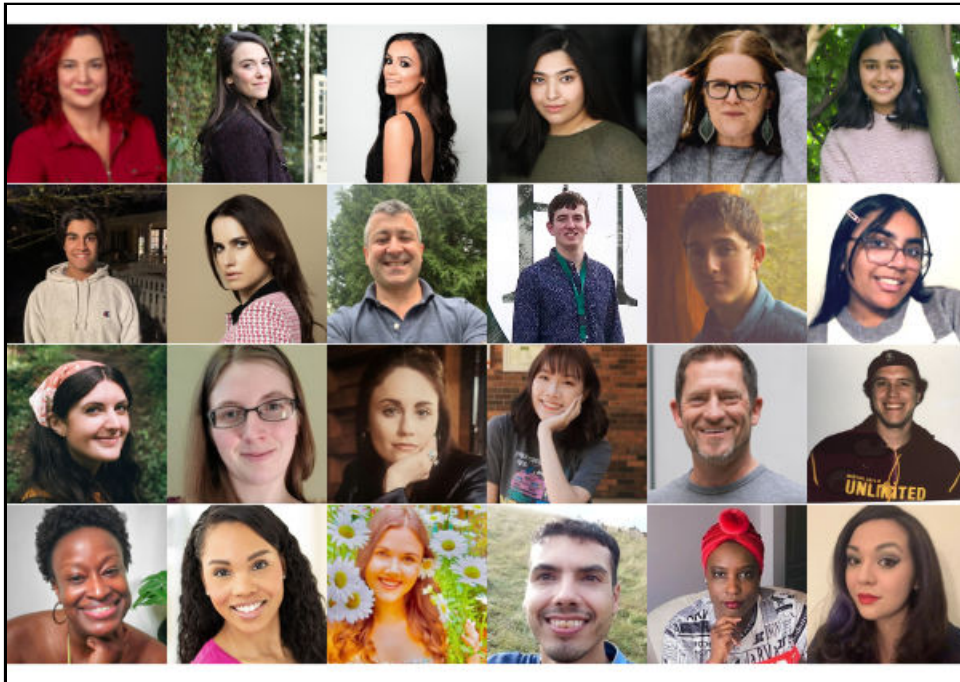
We are thrilled to connect with you as we share some exciting updates at the Stigma-Free Society.

We are pleased to highlight our [Stigma-Free Presenters](#) and the expanding [Virtual Stigma-Free Presentations Program](#).

We are also thrilled to share about a wonderful organization named [RISE](#), which recently honoured [Dave Richardson](#), Stigma-Free Society Co-Founder and Board Chairman, for his contribution to their impacting charity.

We are announcing our post-secondary [Stigma-Free Scholarships](#) sponsored by Otsuka-Lundbeck Alliance and bringing "[Future Ready Minds](#)" to your attention, which offers coaching and counseling services for kids!

Keep Reading to Learn More!



Introducing Our Virtual Stigma-Free Presenters

We recently distributed a call out to all Canadian schools and youth organizations to promote the uptake of the Stigma-Free Society's [Virtual Stigma-Free Presentation Program](#).

In light of this recent announcement, we are proud to [highlight our presenters](#), who virtually share their personal struggles and triumphs with young people. We applaud our team members for their authenticity and honesty, which makes a meaningful impact in the world.

The Society's Virtual Stigma-Free Presentations program is a unique offering in addition to the [Student Mental Health Toolkit](#) and focuses on empowering people with lived experience of stigma and intersecting mental health issues.

Our program is unique as all presenters have lived experience with stigma having a focus on their own mental health.



Pamela and Dave Richardson - October RISE Fundraiser - Sponsored by Nicola Wealth

Congratulations!

Dave Richardson is Honoured at RISE Fundraiser in Vancouver

Dave Richardson, Co-Founder and Chairman of the Stigma-Free Society, has been recently honoured at [RISE's](#) fundraiser event in Vancouver. RISE is a charity that provides training, mentorship, and loan services to entrepreneurs who are dealing with mental health and/or addiction challenges.

In 2019, Dave played a central role in helping RISE expand to British Columbia. He surprised everyone at the event by matching donations up to \$100,000! Thank you, Dave, for your continued advocacy and commitment to important movements in the mental health space.

RISE helps empower entrepreneurs who are experiencing mental health or addiction challenges to build their own businesses.

If you are interested in supporting RISE, [click here to donate](#)



Apply for a \$2,000 Stigma-Free Scholarship Today!

[Stigma-Free Society](#) is proud to announce that we are once again partnering with the Otsuka-Lundbeck Alliance to offer a \$2,000 scholarship to two deserving post-secondary students!

Scholarships will be awarded to two students who have experienced, or are currently experiencing the effects of stigma because of mental illness, LGBTQ2+, homelessness, race, addictions issues. Additional related experiences will also be considered.

Eligibility Criteria:

- You are a current resident of British Columbia - Canada
- You are dealing with the effects of stigma in your life or have dealt with stigma in the past and are willing to share your story.
- You have been accepted and are registered at an accredited educational institution for the Spring 2023 Semester (January 2023)

The deadline to apply is November 30th, 2022.

We hope to feature both students' story on our website. Anonymity is also permitted if preferred.

Over the past few years, each recipient has educated themselves on how to help eradicate stigma through awareness and education.

We are proud of the work they've completed!

We'd like to thank the Otsuka-Lundbeck Alliance for their generosity. Stigma-Free scholarships would not be possible without their financial contribution.

[Please Submit Your Application Here](#)

Mental Health Support for Youth and Families

Are you seeking counselling services for yourself or your child?

Future-ready Minds provides individual and family counselling for youth and their families with virtual and in-person sessions.

Learn more about [Future-ready Minds](#) and how to contact them.

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Weekend &
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appointments
available

www.dolphinkids.ca

counselling@futurereadyminds.com

236-818-6455

We Appreciate your Support and 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 November!

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