



NATIONAL EXPANSION

Virtual Stigma-Free Presentations Canada Wide Expansion!

The Stigma-Free Society is pleased to announce the rapid expansion of its Virtual Stigma-Free Presentations Program.

Our Charity is offering no-cost virtual presentations to all Canadian schools and youth serving organizations. Our presentations teach about the value of eliminating stigma with a focus on mental health.

Keep reading to learn more!

Book a Virtual Stigma-Free Presentation Today!



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. There is no other organization in Canada that delivers a similar program at scale with presenters who have **firsthand lived experience** of mental illness and intersecting stigma in their lives.

Presenters share their personal stories with students across Canada in a virtual format on the topics of mental health and stigma. Presenters share lived experiences with their own mental health challenges and provide a powerful message of hope that encourages young people to reach out for help.

The Society's presentations' program currently reaches approx. 10,000 students annually and we are now equipped to reach 100,000!

MEET SOME OF OUR STIGMA-FREE PRESENTERS



Joesh



Samara



Gia



Tanpreet



Nathan



Cameron



Sarah



Mike



Andrea

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Student Mental Health Toolkit

The Student Mental Health Toolkit is a helpful platform for school staff and parents/guardians to educate and support young people with their mental wellness. Our Toolkit provides a wide variety of resources for individuals to enhance their mental health journeys and better understand the realm of wellbeing.

Our Toolkit [Downloadable Resources](#) and [Lesson Plans](#) align with B.C. school curriculum guidelines! Our Lesson Plans cover topics about mental health, stigma, and inclusion. We also have a section that provides fun [Student Activities](#) such as conversation cards for *Real Talk* about mental health, Stigma-Free Tool, and a Mental Health True or False quiz.

To foster mental health awareness and experiences, we also feature [Inspiring Stories](#) videos of people sharing their struggles and triumphs. Stigma-Free Society wants people to embrace acceptance and understanding of one another.

Downloadable Resources & Lesson Plans

[Grade 4-7](#)

[True or False Questions about Mental Health](#)

[Reaching Out For Help](#)

[Grade 8-12](#)

[How To Help A Friend](#)

[Mental Health Education: Understanding Mental Health Disorders](#)

Student Activities

[Grade 4-7](#)

[Stigma-Free Activity Generator](#)

[Grade 8-12](#)

[Mental Health with Dr. Shimi Kang](#)

**To learn more about our
Student Mental Health Toolkit
Sign Up for No Cost Full-Access [HERE](#)**

We appreciate your support!

Thank you to our generous donors who make our programs accessible for all schools and youth organizations.

Thanks to you for taking the time to keep up to date on all things happening at the Stigma-Free Society. We value your feedback and encourage you to reach out if you have ANY comments or questions.

We are excited to work with you!

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