



hello- August

Dear Stigma-Free Family,

Our charity has undergone some exciting changes in the past month, and we have a lot to share with you!

As we prepare for the upcoming school year, we encourage educators to explore our comprehensive no-cost resources and implement them in the classroom. Learn about our most recent updates and educational resources below:

NEW [Stigma-Free Society Website](#)

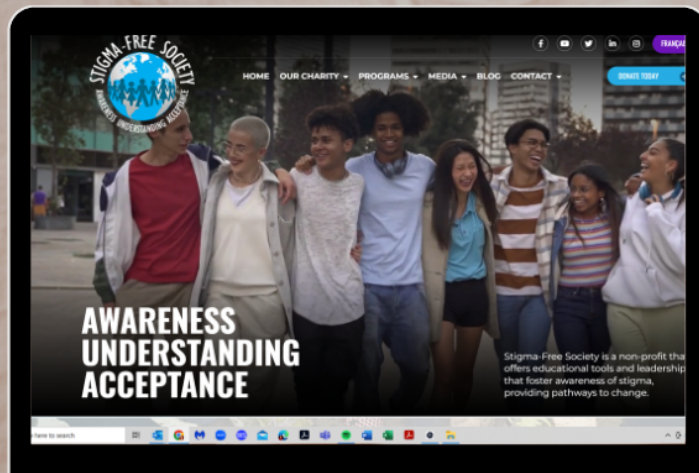
[Back-to-School Preparation for School Staff](#)

[Meet Our New Programs Manager](#)

[Andrea's Talk at Vino Spa Speaks Out](#)

Website Now Live!

Check it out!



www.stigmafreesociety.com

Stigma-Free Society is excited to announce the launch of our **new website**! The revamped site offers easier navigation, a cleaner design, and plenty more information about our no-cost resources.

We are also preparing to launch several new components of our **Stigma-Free School Program** and **Rural Mental Wellness Program**. Check our website regularly to stay informed about these upcoming initiatives and take advantage of our full range of resources.

Click [HERE](http://www.stigmafreesociety.com) to visit our new website!

Back to School Resources for Educators



Stigma-Free Lesson Plans, Videos, & More



As educators prepare for their return to school soon, we are sharing our collection of no-cost Lesson Plans and Downloadable Resources designed for [grades 4-7](#) & [grades 8-12](#)

Our user-friendly lesson plans are cross-curricular and tailored to align with curriculums in B.C. and Manitoba with national content underway. If you aim to educate students on stigma and mental health this year, register for our [Student Mental Health Toolkit](#) to access our Lesson Plans and valuable teaching materials.

Our [Downloadable Resources](#) for [grades 4-7](#) and [8-12](#) help school counsellors provide compassionate guidance and support for students. These printer friendly resources are packed with practical tips and digestible information about mental wellness and stigma. They can be used to facilitate meaningful conversations with students and teach them about important topics, like reaching out for help, or supporting a friend struggling with their mental health.

In addition, don't forget to check out our [Mental Health for School Staff](#) section. These resources are designed to help educators and school counsellors create a plan for self-care, prevent burnout, and achieve a healthy work-life balance. We hope these tools empower you to make this school year your most fulfilling and successful yet!

"The lesson plans in the toolkit are easy to follow, student friendly and contain such important information/skills that support our students' needs and understanding of their own mental health. The overall organization and variety of resources offered in the toolkit far exceeds any other on-line mental health resource I have found."

- Katherine Isfeld, Educator, Winnipeg School Division

Browse Our Lesson Plans and Downloadable Resources:

[Grades 4-7](#)

[Grades 8-12](#)



Farewell SAMARA



Last month, we gave a heartfelt send-off to Samara Liberman, our former Programs Manager. Samara has been a valued member of Stigma-Free Society throughout the last two years. She is now taking the next step in her career and pursuing her Master of Social Work!

You may know Samara as the host of our Stigma-Free Professional Development Days and the face of our [TikTok](#). She has touched the lives of hundreds of students and school staff by sharing her personal journey in [Virtual Stigma-Free Presentations](#). Samara played a pivotal role in the development of all our programs and wore many hats at Stigma-Free. She has helped elevate Stigma-Free Society to new heights, especially through the expansion of our [Student Mental Health Toolkit](#). Her hard work led to programs that continue to have a remarkable impact on young people and educators across Canada. Moving forward, she will remain a part of the Stigma-Free team as a Virtual Presenter.

Samara, thank you for your unwavering dedication and for inspiring us all. We wish you the best of luck in this new chapter of your life!

INTRODUCING



KAREN HAUGEN

We are thrilled to introduce our new Programs Manager, **Karen Haugen**, who has already become an integral part of the Stigma-Free team!

Karen holds a Bachelor of Education degree through the University of Alberta. In addition, Karen is an Artist, Chef, Certified Psychological Health and Safety Advisor and Certified Wellness

Practitioner, trained in ASIST Suicide Intervention. From a young age she has been outspoken about social and environmental injustices, using her voice to be a positive mental health champion, sharing from lived experience with anxiety and PTSD.

Karen has focused her career serving, educating and coaching humans of all ages in schools, sports, healthcare, emergency services, hospitality and the airline industry. Karen is deeply passionate about the interconnectedness of all living beings and the environment, focusing her service on creating healthy pathways for humans to thrive and feel empowered to care for each other, animals and the planet.

[Meet the Stigma-Free Society Team!](#)

The poster features a light beige background with white vine and leaf illustrations. At the top right is a circular logo with a white 'V' on a dark purple background. The main title 'VINO SPA SPEAKS OUT' is in a dark purple serif font, with a gold bird icon to the left. Below the title, the text 'JULY SPEAKER' is in a dark purple sans-serif font, followed by the name 'Andrea Paquette' in a large, bold, gold sans-serif font. On the right side is a black and white photograph of Andrea Paquette, a woman with curly hair, wearing a black t-shirt with the Stigma-Free Society logo. The logo is circular and contains the text 'STIGMA FREE SOCIETY' at the top, 'AWARENESS UNDERSTANDING ACCEPTANCE' at the bottom, and a central graphic of a globe with silhouettes of people holding hands.

On July 5th, Stigma-Free Society's President and Co-Founder, Andrea Paquette, gave a talk at the [Vino Spa Speaks Out](#) event at 40 Knots Winery. The event provided a safe space for people to learn more about issues that deeply impact our community, including domestic violence, human trafficking, addiction, and mental health stigma. Vino Spa Speaks Out was a success, fostering new connections and sparking insightful discussions on strategies to address some of our society's most pressing issues.

Thank you to 40 Knots Winery for this opportunity to spread the Stigma-Free message, and to the attendees who joined Andrea in this important conversation.



THANK
YOU!

Thank you for keeping up with
Stigma-Free Society.

Share Your Feedback!



Your input helps us deliver the most helpful and relevant support for students and school staff. If you have any suggestions for resources you would like to see in our Student Mental Health Toolkit this year, please don't hesitate to get in touch with us at info@stigmafreesociety.com. We look forward to hearing from you!

Kind regards,

The Stigma-Free Team



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