



Dear Stigma-Free Community,

Registration is open for our upcoming [Peer Support Fundamentals Training](#), designed specifically for rural residents. We are also thrilled to share our [Stigma-Free School Program](#), a wealth of resources designed to foster inclusivity, combat stigma, and provide essential mental health education. We've recently added new components to enhance this

program and provide additional support to students and school staff in their mission to reduce stigma in their communities. Learn about the details below!



The poster features a central photograph of a man, a woman, and a young girl standing in a barn, each holding a wooden tool. The background is a warm, dimly lit barn interior. In the top left corner is the Stigma-Free Society logo, which includes a globe and the text 'STIGMA-FREE SOCIETY' and 'ADDRESS UNDERSTANDING ACCEPTANCE'. The main title 'RURAL PEER SUPPORT TRAINING' is in large, bold, blue letters. To the right of the title, a blue rounded rectangle contains the dates 'November 22 & 23' and the time '8:30 am - 3:00 pm PST'. Below the photograph, the text 'Sign up today and learn important skills to support your community with their mental health.' is written in white. At the bottom, there are two logos: 'Sara Riel Mental Health & Addictions' on the left and 'SR training' on the right, with a small inset photo of three people looking towards the right.

### **Don't Miss Our Rural Residents Peer Support Fundamentals Training!**

Join us for [Peer Support Fundamentals Training](#), tailored specifically for rural residents in Canada. Participants will become certified peer support workers and leaders in their communities.

Rural Peer Support Fundamentals Training empowers individuals with shared backgrounds to work together and develop wellness-related skills.

- Our next 2-day training takes place on November 22nd & November 23rd at 8:30 am – 3:00 pm PST
- Training only requires a \$50 fee for administration costs. (Peer Support Training is valued at \$375)
- The Program is delivered in partnership with [Sara Riel Inc.](#)

Participants will gain an understanding of peer support fundamentals and how to apply them effectively when supporting peers. They will also gain valuable knowledge to effectively communicate and share personal experiences to enhance interactions as peer supporters and group facilitators.

**Register Now**

# STIGMA-FREE

## SCHOOL PROGRAM



### BREAKING DOWN BARRIERS:

- The Student Mental Health Toolkit
- Virtual Stigma-Free Presentations
- Stigma-Free Professional Development Day Sessions
- Educators Peer Support Fundamentals Training
- Stigma-Free Clubs



We invite school staff to join us on a journey of transformation with our updated [Stigma-Free School Program](#). All 5 components of this program were created to help you foster inclusive environments that promote the wellbeing and personal growth of your students.

#### **1. The Student Mental Health Toolkit**

*Empowering Young Minds, Erasing Stigma*

Our [Student Mental Health Toolkit](#) provides educators, school counsellors, and parents/guardians with resources to promote mental wellness and combat stigma. Our comprehensive Toolkit offers:

- Mental Wellness Lesson Plans
- Downloadable resources with practical tips for supporting mental health and supporting others.
- Inspiring Story videos where people share their journeys with mental health and stigma

And more!

The Toolkit is available at no cost or by donation. Join us in shaping young minds: access the full range of resources [HERE](#).

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## **2. Virtual Stigma-Free Presentations**

*Real Stories, Real Impact*

Our 45-minute Virtual Stigma-Free Presentations are led by inspiring presenters who share their journeys with stigma and mental health. There is also an educational component, where a co-presenter facilitates a presentation on mental wellness.

These sessions leave a lasting impact on both students and school staff. We have reached over 75,000 students with our Virtual Presentations so far, and we are looking forward to expanding our reach even further.

[Book a Presentation for Your School](#)

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## **3. Stigma-Free Professional Development Day Sessions**

*Transforming Schools One Educator at a Time*

Our [Professional Development Day Sessions](#) are interactive, informative, and tailored for educators. Join us to:

- Explore the components of our Student Mental Health Toolkit and learn how to implement them in the classroom.
- Watch a live demonstration of a personal story from our Stigma-Free presenters.
- Participate in an interactive Q&A session.

We understand that each school has unique needs, and we adapt our sessions to meet your Professional Development requirements.

**Register Now**

Contact us at [info@stigmafreesociety.com](mailto:info@stigmafreesociety.com) to register for a PD Session.

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## **4. Educators Peer Support Fundamentals Training**

*Inspire Change in Your Community*

We are proud to offer [Educators Peer Support Fundamentals Training](#) in partnership with Sara Riel Inc. This training equips you with the knowledge and skills to create a supportive and stigma-free environment in your school community. You'll learn practical strategies for fostering connections, promoting mental well-being, and addressing stigmas among staff and students.

**Register Now**

Contact us at [info@stigmafreesociety.com](mailto:info@stigmafreesociety.com)

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## **5. Stigma-Free Clubs**

*Empower, Educate, Advocate*

Introducing our Stigma-Free Clubs! These student-led initiatives are catalysts for change, designed to create safe and supportive spaces within schools. By joining a Stigma-Free Club at their school, students will gain:

- Peer support and connection.
- Advocacy and community engagement.
- Access to student-led, stigma-free environments.

**[Learn More About Stigma-Free Clubs](#)**

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### **Join the Movement Now: Access the Stigma-Free School Program at No Cost**

All components of the Stigma-Free School Program are available at no cost or by donation. By participating, you become part of a powerful movement dedicated to fostering awareness, understanding, and acceptance among the next generation.

To access these offerings and learn more about our program, visit our website below or [contact us](#).

**[Get started with the Stigma-Free School Program](#)**



**Thank you for keeping up  
to date with  
Stigma-Free Society!**

We want to help you harness the full potential of our programs and work with you to make an impact. If you have any questions about our programs, please reach out to us at [info@stigmafreesociety.com](mailto:info@stigmafreesociety.com). Your unwavering commitment to our mission means the world to us, and we are here to support you every step of the way.

With gratitude,  
The Stigma-Free Society Team



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