



ELEVATE YOUR SCHOOL'S INCLUSIVITY AND MENTAL HEALTH EDUCATION



Empower your students with awareness, understanding, and a stigma-free perspective on mental health.

Why Book a Stigma-Free Presentation?

- **Real Stories, Real Impact:** Our presenters share their inspiring personal journeys, breaking down stigmas surrounding mental health and more.
- **Educational & Engaging:** Live 45-minute online sessions tailored for students, designed to spark meaningful discussions.
- **Accessibility:** Our convenient virtual setup allows us to reach students from anywhere in the world.
- **No-Cost:** In past years, schools and/or districts have made a donation to the Society for receiving a presentation at their school. However, the Society recognizes that a donation is not always possible, and presenters can virtually visit schools on a no-cost basis.

Educator Testimonial:

"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 of their experiences. Their visits spark meaningful and memorable discussions with my students and are a highlight of the term."

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

Together, we can break down barriers and build
a stigma-free future for our students.

Book a Virtual Stigma-Free Presentation

Presenter Spotlight



MIKE SKRYPNEK

Our [Virtual Stigma-Free Presentations](#) provide a platform for individuals to share their impactful stories with students. In this month's Presenter Spotlight, we introduce you to Mike Skrypnek, an extraordinary presenter and men's mental health advocate who embodies resilience.

"My life story is filled with love, happiness and success. The journey with schizophrenia in our family, and my own experience with childhood trauma shaped the way I lived. The mental health crisis I lived through helped align my efforts to break my silence, seek help and enjoy healing."

Mike Skrypnek understands how to normalize the narrative around mental health so others can share their challenges and identify ways to overcome their limitations. Mike is an international bestseller of nine books, a keynote speaker, men's mental health advocate, and sought after business strategist who has shared his insights and wisdom with thousands of people.

3 WAYS TO DESCRIBE MIKE'S PRESENTATION

- Inspiring
- Motivating
- Familiar

Stay tuned for next month's Program Highlights to learn
about more of our amazing presenters!



SCHOOL STAFF: STIGMA-FREE PROFESSIONAL DEVELOPMENT DAY SESSIONS

- ▶ Explore the Student Mental Health Toolkit
- ▶ Watch a Live Presentation Demonstration
- ▶ Participate in an Interactive Q&A

Our **Professional Development Day Sessions** are designed for educators, school counselors, and any staff member interested in educating students about mental health and

stigma. Participants will acquire tools to address mental health challenges and eradicate stigma within their school communities. As a participant, you'll have the opportunity to:

- **Explore the Student Mental Health Toolkit:** Gain insights into the Toolkit's content and discover practical ways to use our Lesson Plans and other resources to educate students about mental wellness.
- **Watch a Live Presentation Demonstration:** Our inspiring presenters detail their lived experiences with mental health challenges and/or stigma through Virtual Stigma-Free Presentations. In this live demonstration, attendees listen to presenters' eye-opening stories and discuss key insights. Each presenter offers a unique perspective, fostering empathy and understanding among participants.
- **Participate in an Interactive Q&A:** Our team sets aside time at the end of each session to allow for deeper insights and meaningful discussions. We also answer questions about our programs and guide participants on how to use our resources effectively.

We understand that each school has unique requirements, and our **Professional Development Day Sessions** are adaptable to cater to those needs. We work closely with schools to ensure a meaningful and impactful experience for all participants.

Register Today

Join us in the Stigma-Free School Program's Professional Development Day Sessions and empower your school community to make a lasting impact on student well-being.

To book a session, please contact us at info@stigmafreesociety.com



We school staff to take the Stigma-Free Pledge and make a commitment to creating an inclusive and caring school environment. Encourage your students and colleagues to take the Stigma-Free pledge and get inspired today!

Take the Pledge!



**WE'RE
HIRING**
Programs Manager



Exciting News: Join Our Team as a Programs Manager!

Are you passionate about mental health advocacy?

Do you have experience in program management within the non-profit sector?

The Stigma-Free Society is looking for a dedicated Programs Manager to lead impactful initiatives aimed at promoting mental health awareness and reducing stigma. If you're a

forward-thinker with a keen focus on community well-being, we invite you to be a part of our vibrant team.

Learn more and [apply today!](#)

Thank You

THANK YOU FOR BEING A PART OF THE STIGMA-FREE FAMILY. YOUR KINDNESS AND GENEROSITY INSPIRE US EVERY DAY, AND WE ARE GRATEFUL FOR THE TRUST YOU'VE PLACED IN US. TOGETHER, WE CAN CONTINUE TO MAKE A PROFOUND DIFFERENCE IN THE LIVES OF THOSE WE SERVE.

WARM REGARDS FROM THE STIGMA-FREE TEAM



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