

The background of the central section is a light blue, horizontally-grained wooden surface. Several autumn leaves in shades of orange, red, and brown are scattered across the top left and center. The text "NOVEMBER NEWSLETTER" is overlaid on the leaves and wood.

# NOVEMBER NEWSLETTER



**Rural Peer Support Fundamentals Training**

**Post-Secondary Students: Apply for a \$2000 Stigma-Free Scholarship**



**RURAL PEER  
SUPPORT  
TRAINING**

November 22 & 23



### **Empower Your Rural Community with Peer Support Fundamentals Training**

Stigma-Free Society and Sara Riel are partnering to offer [Peer Support Fundamentals Training](#) for rural residents, an opportunity that benefits you and your entire community.

#### **Peer support is needed in rural and agricultural communities.**

In rural areas, access to traditional mental health services can be limited. Psychologists and counselors might be miles away, making support feel out of reach. That's where peer support comes in – led by people just like you, who understand the challenges of rural life and farming.

Peer support is about connecting and healing through shared experiences. Our

training equips you to lead your own peer support group and create a space where rural residents can come together and provide emotional support to one another.

### **Who Is This Training For?**

If you have a heart for helping others, understand the unique challenges of rural living, and have the desire to make a positive impact, then this training is for you.

### **Why Choose Our Training?**

Our training helps you break the stigma around mental health in your community by creating an uplifting, non-judgemental peer support environment. For a one-time fee of just \$50, you gain access to knowledge and skills valued at \$375.

### **Join Us for Our Upcoming Training**

Dates: Wednesday, November 22 & Thursday, November 23, 2023

Time: 10:30 am – 5:00 pm CST (8:30 am – 3:00 pm PST)

Let's work together to break the stigma surrounding mental health in rural communities.

[Learn More and Register Now](#)



**APPLY NOW!**

**Apply for a  
Stigma-Free  
Scholarship!**



### **Apply for a \$2000 Stigma-Free Scholarship!**

At Stigma-Free Society, we believe in the transformative power of education and breaking down barriers. We are thrilled to announce our partnership with the Otsuka-Lundbeck Alliance to offer TWO \$2000 scholarships to deserving post-secondary students.

This scholarship initiative is now in its sixth year. Thanks to the Otsuka-Lundbeck Alliance's support, we have had the privilege of empowering students to further their education while championing our mission to eliminate stigma.

#### **Who Can Apply?**

We are looking for students who have experienced or are currently navigating the effects of stigma due to mental illness, LGBTQ2+, homelessness, race, addiction, or related experiences. If your journey has been marked by any of these obstacles or similar challenges, we want to hear from you.

# Application Criteria

Live in British Columbia, Canada



Have faced or are currently facing the effects of stigma.



Complete an application form with an essay where you reflect on the supports you wished you had in secondary school but did not receive.



Be accepted and registered at an accredited educational institution for the Jan. 2024 - Spring 2024 Semester.



*In addition to this scholarship opportunity, awarded students will have the chance to raise awareness and reduce stigma by sharing their journeys. We hope to feature each winner's story on our website. Students may choose to remain anonymous if preferred.*

## **Don't Miss Your Opportunity: Apply Today!**

The deadline for applications is November 30, 2023. We encourage you to apply or share this opportunity with someone who you think could benefit from it. We would be honoured to be a part of your educational journey.

This scholarship is not just about financial support; it is a reflection of our community's commitment to eliminating stigma, one student at a time. **Thank you** to our incredible donor, the Otsuka-Lundbeck Alliance, for their generous ongoing support and for making these scholarships possible.

[Apply Now!](#)



## Thank You to Alexia Fast, Our New Stigma-Free Brand Ambassador

The team at Stigma-Free Society extends a warm thank you to Alexia Fast, our new Brand Ambassador. We are grateful for the impact she is having on our mission. Through sharing her journey, Alexia is inspiring change and encouraging others to educate themselves on what it's like to live with mental illness. Stories like hers bring us one step closer to eliminating stigma. Her journey is a reminder that recovery is possible, even when the path seems challenging.

In a recent blog post, Alexia shared her experience as an actor living with bipolar disorder and her words of encouragement for individuals facing mental health challenges. Learn more about her story below:

[Read Alexia's Blog Post](#)

Thank you for your dedication to our cause, Alexia! We're honored to have you as a part of our community.



# CONTACT US

If you have questions regarding our programs or want to share your inspiring story with our community, please reach out to us at [info@stigmafreesociety.com](mailto:info@stigmafreesociety.com).

Thank you for joining us in our journey to eliminate the stigma around mental health.

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-The Stigma-Free Team



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