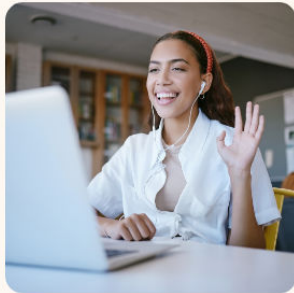


JANUARY  
*Newsletter*

Dear Stigma-Free Community,

As we step into 2024, we are filled with gratitude and excitement for the year ahead. We are thrilled to share the milestones we achieved in 2023, which were made possible with the help of your commitment to mental health awareness and education. We are also rolling out our latest initiative to help students and educators create Stigma-Free schools!



Virtual Stigma-Free  
Presentations



Student Mental Health  
Toolkit



Live Events

**2023**  
*What a Year!*



Educator Professional  
Development Days



Rural Peer Support  
Fundamentals Training

Here is a glimpse of what our charity accomplished last year:

- **4832** students received a [Virtual Stigma-Free Presentation](#), gaining valuable mental health education and listening to our presenters' impactful personal journeys with stigma and mental health
- Over **27,000** people visited our [Student Mental Health Toolkit](#) website, accessing resources for mental wellness and stigma reduction in school communities
- We held **12** Live Events to promote our [Stigma-Free School Program](#) and **8** Rural Live Events

- **71** educators attended our [Educator Professional Development Days](#), receiving tools and resources to educate students on mental health
- **21** rural residents completed [Rural Peer Support Fundamentals Training](#) and are now equipped to provide peer support in their rural communities

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*"The story that was shared was the most impactful part for me. It really resonated with me and was very helpful to hear that other people struggle too."*

*- Student who participated in the Virtual Stigma-Free Presentation Program*



In addition to providing mental health education to students and school staff through our [Student Mental Health Toolkit](#), Stigma-Free Society is empowering students to take initiative and contribute to change in their school communities.

[Stigma-Free Clubs](#) create safe, supportive environments within schools, fostering peer support, education, and advocacy. Through engaging activities and open discussions, students learn how to challenge stigma while promoting acceptance.

By creating a student-led Stigma-Free environment, we aim to equip young individuals with the tools they need to build an inclusive community within their schools. Our team is creating a Welcome Package to guide educators and school staff who are interested in Stigma-Free Clubs to help them jump-start clubs at their schools - stay tuned for more details!

To learn more about Stigma-Free Clubs and how to bring them to your school, visit our [Stigma-Free Clubs page](#).



Thank you to everyone who joined Andrea Paquette, Stigma-Free Society's President and Co-Founder, in celebrating our Grand Opening in Medicine Hat, Alberta!

The event, held at Medicine Hat Chamber of Commerce on December 6th, was filled with people who shared our commitment to mental health advocacy. Andrea and Cypress County Councillor Robin Kurpjuweit cut the ceremonial ribbon together, signifying the launch of Stigma-Free Society in the region.



We are looking forward to expanding our reach throughout Alberta and providing much-needed mental health resources to young people, school staff, and rural residents in Medicine Hat!

*Congratulations*  
**SCHOLARSHIP**  
*Winners*



**Aberdeen Roy**



**Mia Schartau**



We are delighted to announce the recipients of the 2023 Otsuka-Lundbeck Alliance Scholarships, Mia Schartau and Aberdeen Roy!

These exceptional individuals have demonstrated a commitment to eradicating stigma through awareness and education. It is truly inspiring to witness the dedication of these students in the face of challenges related to stigma and mental health. We are grateful for our partnership with the amazing team at Otsuka-Lundbeck Alliance: they have allowed us to support students who strive to make a difference through education, furthering our goal of eliminating stigma.

Congratulations to the winners, and good luck with your future endeavors!



# THANK YOU

*to Our  
Collaborators*

In the past year, Stigma-Free Society has made meaningful connections and forged many successful partnerships with youth organizations and school districts who share our values. We extend our heartfelt thanks to those who collaborated with us, helping us break down barriers and create spaces that foster mental wellness and inclusion. We are confident that together, we will continue to foster positive change in our communities.

**WE  
WANT  
YOUR  
FEEDBACK**



As we reflect on our achievements and prepare to expand even further in 2024, we would love to hear your feedback on Stigma-Free Society's programs. Your insights guide us in tailoring our efforts to meet the evolving needs of our community. We invite you to share your experience and suggestions by replying to this email or reaching out through our contact page.

Wishing you a healthy and stigma-free year ahead!

Warm regards,  
Andrea Paquette, President & The Stigma-Free Team



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