



FEBRUARY



Newsletter

Dear Stigma-Free Community,

This month, we are inviting you to participate in Stigma-Free activities that you can share with the whole family. These resources are designed to help you appreciate

the connections you share with your loved ones and strengthen family bonds, all while improving your mental well-being. Explore our activities for youth and teens, resources for families living in rural and agricultural communities, and a new Stigma-Free Inspiring Story that highlights the power of family support in overcoming stigma.

School staff: discover the impact of our Stigma-Free Clubs and find out how to bring them to your school below. Plus, learn more about our Stigma-Free Professional Development Day Sessions and book a session for your school!

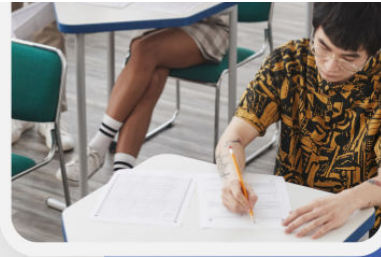


Our Stigma-Free Clubs provide spaces for students passionate about mental health advocacy to come together and make a difference in their communities. These clubs offer peer support, anti-stigma and mental health education, and skill development. We've made it easy to implement Stigma-Free Clubs in your school: [click here to learn more](#) and hear students share their experience as a Stigma-Free Club member!



Stigma-Free Professional Development Day Sessions for School Staff

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



Does your school district have a PD Day coming up? We welcome you to book a Stigma-Free Professional Development Day Session for your school to provide staff with tools for mental health education. These sessions empower educators to create inclusive environments and make the most of the no-cost teaching resources available in our [Student Mental Health Toolkit](#).

You'll also have an opportunity to watch a live demonstration of a personal story, shared by our [Stigma-Free Presenters](#). At the end of each session, our team hosts an interactive Q&A to answer your questions and guide you on how to use our resources effectively. Each session provides tools for employees to foster stigma-free schools, promoting a respectful environment that ensures the well-being of all students and staff.

[Learn More About Stigma-Free PD Day Sessions](#)



RESOURCES FOR FAMILY WELLNESS IN RURAL COMMUNITIES



We understand the unique challenges that families living in rural and agricultural areas may face, especially when it comes to mental health. That's why we have a section in our [Rural Mental Wellness Toolkit](#) dedicated to Family Wellness, tailored to address the specific needs of families in rural communities. Discover podcasts, videos, and conversation cards to kickstart discussions about mental health within your loved ones and check in with one another.

[Browse Rural Family Wellness Resources](#)



Family Activities for Teens and Youth

Looking for activities to do at home that the whole family will enjoy? Check out the activities available on our [Student Mental Health Toolkit](#) specially curated for teens, youth, and their families. Try the Stigma-Free Activity Generator, videos, quizzes, and more to teach young people in your life about mental health. Our activities provide parents/guardians and caregivers with tools to guide youth and teens in developing positive habits for mental wellness, while spending quality time together. Browse the Stigma-Free activities below to get started!

[Teens Activities](#)

[Youth Activities](#)



KRYSTIAN'S INSPIRING STORY:



THE IMPACT OF FAMILY SUPPORT



Watch the Inspiring Story of Krystian Shaw, who shares his powerful journey with stigma and mental health. Krystian was diagnosed with an intellectual disability and anxiety disorder, and faced unique challenges growing up. His mother was there to support him through it all and help him thrive in the face of stigma. Today, Krystian is doing things that others told him were impossible, and he is an advocate who stomps out stigma. Krystian's inspiring journey and his mother's advocacy shows the profound impact of family support.

Watch Krystian's story and other Inspiring Stories [here](#).
Thank you for sharing your journey with us, Krystian!

We appreciate your support!



Thank you for keeping up to date with Stigma-Free Society. Your support is truly helping us make a difference, and we are grateful to have you here. For inquiries about our programs, please don't hesitate to reach out to us at info@stigmafreesociety.com.

Wishing you a joyful and stigma-free weekend celebrating family!

With gratitude,
The Stigma-Free Society Team



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