



# March

# NEWSLETTER

We hope this month will  
be amazing

Dear Stigma-Free Community,

As we step into March, a month dedicated to celebrating all students and ensuring that everyone in our community feels accepted for who they are, we're thrilled to

share some exciting updates and resources with you. Here is an overview of what's in store:

- **Register for [Rural Peer Support Fundamentals Training](#):** Designed specifically for rural residents, this training equips you with tools to provide effective peer support and help others in your community.
- **Celebrating A Milestone:** The Mood Disorders Society of Canada announces Stigma-Free Society as the winner of the 2023 Jordan James Pickell Mental Health Achievement Recognition Award!
- **March Lesson Plans and Resources for Educators:** This month, we're calling on educators and school staff to make use of the resources in our [Student Mental Health Toolkit](#) to promote an inclusive environment for all students and [book a Virtual Stigma-Free Presentation](#). *Access our Lesson Plans, Diverse-Ability/Disability & Inclusion section, and more resources designed to teach students about mental health!*



## RURAL PEER SUPPORT TRAINING



April 23 & 30, 2024  
Time: 8:30 am - 3:00 pm PST

Sign up today and learn important skills to support your community with their mental health.



**SR training**



## Improve Mental Wellness in Your Rural Community with Rural Peer Support Fundamentals Training

Stigma-Free Society offers [Rural Peer Support Fundamentals Training](#) specifically for individuals living in rural and agricultural communities. We are partnering with [Sara Riel Inc.](#) to bring you a **virtual** two-day training, created to help rural residents provide mental health support for those in their community.

After this training, you'll know how to:

- Apply peer support skills effectively in one-on-one and group settings
- Help others through sharing your personal experiences
- Facilitate peer support programs
- Practice self-care and prioritize your mental wellness
- And more!

Our training equips participants with the skills they need to facilitate peer support programs in their areas, reduce stigma, and become leaders in their communities. Participants also have the opportunity to collaborate with others who understand the rural way of life.

### Next 2-Day Training:

April 23 & 30, 2024

8:30 am – 3:00 pm PST/ 10:30 am – 5:00 pm CST

[Click here to learn more and register now!](#)



### **Stigma-Free Society Wins the Jordan James Pickell Award**

We are proud to announce that the Mood Disorders Society of Canada has honoured Stigma-Free Society with the [2023 Jordan James Pickell Mental Health Achievement Recognition Award!](#)

This award acknowledges our commitment to mental health education, anti-stigma activities, and the impact we have made in our community, particularly among students and school staff.

We extend our heartfelt gratitude to the Mood Disorders Society of Canada and everyone who has supported our charity. Your dedication to our cause makes our continued success possible, and achievements like this spread the word about our resources and fuel our mission of creating a world free of stigma.



# BOOK A VIRTUAL STIGMA-FREE PRESENTATION



One of the ways we have made an impact on students and school staff is through our [Virtual Stigma-Free Presentations](#). These live virtual sessions provide a platform for people to share their impactful stories with students, educating them on stigma and mental health. In each session, our Stigma-Free presenters share their personal **lived experiences** with stigma and their mental health journeys. In addition, a co-presenter facilitates a presentation to educate students on mental health literacy.

Our 20-person strong panel of knowledgeable presenters are available for virtual school presentations across Canada. These sessions are offered by donation or complimentary to schools and districts. [Book a presentation](#) to spark conversations about mental health and make a positive impact on your school community!



A central part of our mission is to break the stigma surrounding mental health and empower people through education in schools and diverse communities. Neurodiversity Celebration Week (March 18th-24th) highlights the strengths of people with neurodiversity, challenging misconceptions and urging support and inclusivity. **Educators and school staff:** this is the perfect opportunity to educate your students about mental wellness and give them tools to create an understanding and accepting school environment where every student can thrive. Here are some activities for school staff to do with students during this week, or any time of the year!

Check out our no-cost [Downloadable Resources and Lesson Plans](#) to access a wide range of topics covering mental health, neurodiversity, and more for students in grades 4-7 and 8-12.

**Get started with this Lesson Plan designed for Students in grades 8 –12:** Our Lesson Plan on [Stigma and ADHD](#) is designed to help educators lead meaningful discussions with students about stigma that affects individuals with ADHD, and by extension, others with neurodiversity. This lesson helps students

identify what they can do to ensure that people with neurodiversity feel included and supported in and out of the classroom.

[Access This Lesson Plan at No Cost](#)



Explore the [Diverse-ability/Disability and Inclusion Section](#) of our Student Mental Health Toolkit for resources that celebrate all students. In this section, you'll find conversation cards, videos, helpful links, and more. This section also contains engaging resources about the importance of inclusion and tools for you to share this knowledge with students.

Help us spread the word about these resources with educators at your school this month!

# CONNECT WITH STIGMA- FREE SOCIETY



Join the conversation: connect with Stigma-Free Society on [Instagram](#), [X](#), [Facebook](#), [TikTok](#), and [LinkedIn](#). Share your stories, experiences, and support as we continue our mission to create a stigma-free world.

Together, We Thrive.

Thank you for being an essential part of the Stigma-Free Society community. If you have any questions or suggestions regarding our programs, please feel free to [contact us](#). We are happy to provide guidance and work together with you to implement our programs in your community.

Warm regards,  
The Stigma-Free Society Team





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