## Registration Is Now Open: Rural Peer Support Fundamentals Training

Happy Springtime, Stigma-Free Community!

This month, we are spreading the word about new opportunities for rural residents and school staff to break the stigma around mental health in their communities. As we continue to expand our reach across Alberta and nationwide, we are excited to work alongside you to help implement our programs to improve mental health awareness. If you are passionate about mental health education and want to join us in creating a more understanding and compassionate world, these programs are designed for you!

- Rural Residents: **Register for Rural Peer Support Fundamentals Training**
- School Staff: **Learn About Our Stigma-Free School Program**

# RURAL PEER SUPPORT FUNDAMENTALS 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.

**Registration is Open: Rural Peer Support Fundamentals Training**

Individuals living in rural areas often face a great deal of stigma when it comes to mental health. These communities need changemakers to eradicate stigma, provide effective emotional support, and help people realize there is no shame in coping with mental health challenges. That's where our Rural Peer Support Fundamentals Training comes in.

The training is open to anyone who is living in or connected to rural or agricultural communities and has direct or indirect experiences with mental health. Offered in partnership with Sara Riel Inc., this comprehensive training walks you through how to facilitate peer support groups and help others in your rural community.

Participants gain valuable education about creating an environment of safety, standards of practice, trauma-informed, person-centered care, and more. We also offer supplemental resources to help you start and promote peer support groups in your community, in addition to our no-cost **Rural Mental Wellness Toolkit**!

*For a detailed breakdown of all the topics covered in our training, visit our **Rural Peer Support Fundamentals Training** page. If you have any questions regarding the training, please feel free to **contact us**.*

**Dates for our upcoming training sessions:**
April 23, 2024, 8:30 am - 3:00 pm PDT
April 30, 2024, 8:30 am - 3:00 pm PDT

All sessions are held online, and you can join us from the comfort of your own home.

## Register now to secure your spot!



EXPANDING OUR REACH

Bringing the Stigma-Free School Program to Educators Across Alberta

Stigma-Free Society's impact is growing rapidly! We recently partnered with **CASA Mental Health** and began actively participating in events held by the Southwestern Chamber of Commerce. Since our Grand Opening in Medicine Hat last year, we have been especially focused on helping school staff in Alberta implement our resources in their schools.

Our charity has participated in the Southeastern Alberta Teachers Convention and collaborated with the Medicine Hat School Division to raise awareness about our resources. We also participated in a 3-day trade show, where we gained support and positive feedback from parents/guardians and school staff. In just five months, these efforts have demonstrated our commitment to enhancing mental health education in Alberta.

School staff and parents/guardians in Alberta and nationwide:

**Join us in bringing this vital mental health education your community!** Our mission is to reach educators in every province and support them in teaching young people about mental health through our **Stigma-Free School Program**. The program equips you and your community with the tools you need to provide mental health education and create a supportive, inclusive environment for students.

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## Here is How Teachers can get Involved:

### Gain No-Cost Access to the Student Mental Health Toolkit

The **Student Mental Health Toolkit** contains resources tailored for students, educators, school staff, and parents/guardians and caregivers, designed to promote mental wellness and combat stigma. Here, you will find lesson plans, downloadable resources, inspiring stories, student activities, and more. Our resources teach students how to care for their mental health, support others who are struggling, and of course, eradicate stigma.

**Register for full access to the toolkit at no cost!**

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### Book a Virtual Stigma-Free Presentation

In our Virtual Stigma-Free Presentations, our experienced presenters share their inspiring personal journeys with mental health challenges and stigma, promoting empathy and understanding among students. Not only do our presentations give students a new perspective as they listen to others' lived experiences, but they also **help students improve their mental health literacy**. During each presentation, a co-presenter provides mental health education to students, breaking these topics down in an engaging format that is easy for young people to

understand.

Here's what students and educators are saying about the impact of our presentations:



It was highly impactful to have a young person describe her own experience because students can and did relate well to her.

- Educator

*I think the part where the presenter was confident in sharing and talking about his story and experience was the most impactful part because it allowed me to realize that I should be comfortable and confident about sharing my own story.*

– Youth

**Book a Virtual Stigma-Free Presentation for Your School**

Through our Stigma-Free School Program, we also offer **Stigma-Free Professional Development Day Sessions** for school staff, **Educators Peer Support Fundamentals Training**, and **Stigma-Free Clubs**.

Visit our **Stigma-Free School Program** page to learn more!

If you have any questions regarding our programs, please don't hesitate to **contact us**. We are committed to bringing our resources to rural and school communities across Alberta and nationwide, and we are ready to support you in implementing our programs!

**As always, thank you for supporting our mission.**

Warm regards,

The Stigma-Free Society Team