



Last Chance to Register: [Rural Peer Support Fundamentals Training](#)
Book a [Virtual Stigma-Free Presentation](#) for Mental Health Week

Dear Stigma-Free Community,

There's lots happening at Stigma-Free Society!

Our [Rural Peer Support Fundamentals Training](#) is being offered on **April 23 and 30** – don't miss out on this opportunity to learn about the Peer Support model and how you can make an impact in your community!

Educators and school staff are encouraged to book a [Virtual Stigma-Free Presentation](#) for your school just in time for Mental Health Week in May.

Read more below!



RURAL PEER SUPPORT FUNDAMENTALS TRAINING



April 23 & 30, 2024
Time: Time: 8:30 am - 3:00 pm PDT/
10:30 am - 5:00 pm CDT

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



SR training



Last Chance to Register: Rural Peer Support Fundamentals Training

Did You Know?

- 45% of Canadian farmers have high stress
- 58% of Canadian farmers meet the threshold for anxiety
- 35% of Canadian farmers meet the standard for depression

(Andria Jones-Bitton, 2019 & Library of Parliament, 2020)[MS1]

Mental health is a critical concern for many farmers and rural residents across Canada. If you live in a rural community and have experienced mental health challenges or know someone who has, you may have witnessed the negative impact that stigma can have for those seeking support. Stigma can prevent rural residents from reaching out for help when they need it most. Together, we can change that.

At Stigma-Free Society, we aim to work with you to build rural communities where people feel comfortable speaking openly about mental health and to eradicate the stigma surrounding it. The less stigma there is around mental health, the more

opportunity there is to create connection and offer support. Through our [Rural Peer Support Fundamentals Training](#), you will learn how to create supportive spaces for discussions about mental health where members of your community can help one another, share openly, and feel less alone.

Offered in partnership with Sara Riel Inc., this **2-day training session** held on **April 23 and 30 from 8:30 am – 3:00 pm PDT/ 10:30 am – 5:00 pm CDT** will teach you how to:

- Apply peer support skills in one-on-one and group settings;
- Help others by sharing your personal experiences;
- Facilitate your own peer support groups;
- Practice self-care and prioritize your mental wellness

[Learn about all the topics covered in our training](#)

Join others who share your commitment to addressing the rural mental health crisis and building stigma-free rural communities. Take part in our Rural Peer Support Fundamentals Training to start creating change.

Register now to secure your spot!



BOOK NOW

VIRTUAL STIGMA-FREE PRESENTATION

• MENTAL HEALTH WEEK •

Our Virtual Stigma-Free Presentations are a powerful blend of personal storytelling and mental health education. In these 45-minute sessions, our presenters visit schools virtually and share about their journey with stigma and mental health. A co-presenter facilitates an informative online presentation to improve students' mental health literacy. We also offer supplemental resources that educators can easily implement in their classroom to make the most of the experience and further educate students on mental wellness.

[Learn more about our Virtual Stigma-Free presentations and watch the step-by-step guide](#)

With Mental Health Week approaching on May 6th to 12th, there's no better time to book a presentation for your school and raise mental health awareness among students and staff.

[Book a Virtual Stigma-Free Presentation Now](#)

Presenter Spotlight



Tanpreet

PRESENTATION TOPICS:

Body Image issues, Self-Care, Confidence, Self-Esteem, Stigma, Mental Health Awareness and Bullying.

Tanpreet aims to encourage others to cultivate their own success and turn the life that they dream of into a reality. Tanpreet is a model, actress and philanthropist. She has a BBA majoring in Human Resource Management. She was crowned Miss Charity British Columbia in 2014 and Miss India-Canada in 2016, and placed 2nd runner up in Miss Canada 2020. Tanpreet believes in giving back to the community and is regularly invited to engage in motivational speaking with youth in which she shares the challenges, failures, and insecurities she has faced. She emphasizes the importance of self-love and confidence, and to never let anything or anyone bring us down.

3 WAYS TO DESCRIBE Tanpreet's TALK:

- Empowering
- Authentic
- Inspirational

Presenters are chosen at random to allow for equitable participation in our program. To learn more about all of our incredible presenters, visit our [Stigma-Free Presenters](#) page!

Welcome to the team



MIKE SKRYPNEK

Program and Fund Development Lead

Mike has worked with Stigma-Free Society for years as a Virtual Stigma-Free Presenter and Board Director, and he has recently taken on a new role as our Program and Fund Development Lead. Mike's work ignites passion helping industry leaders make their cosmic ripple. This impact extends through generations. Healing our past traumas and reforming our subconscious patterns allows us to realize our UNLimited WORTH. When we do, we enjoy happiness, success and love.

Mike is an international bestseller of nine books, a keynote speaker, men's mental health advocate, podcast host, and sought-after business strategist who has shared his insights and wisdom with thousands of passionate purpose-driven industry leaders. He is also the CEO of Grow GET Give Coaching, Founder of the UNLimited WORTH Project & Executive Director of the UNLimited WORTH Society.

Mike lives, loves, and adventures with his wife, Sherri, and their two young adult

children, Madison, and Coen, in the beautiful Sea-to-Sky corridor of British Columbia, Canada. You can find them skiing, snowboarding, hiking, mountain biking, paddle boarding and more in the mountains and on the rivers and ocean just minutes from home, in one of the most beautiful places on earth.



Thank You for Your Support

We are deeply grateful for your continued support and commitment to breaking the stigma surrounding mental health. If you have any questions about our programs or Rural Peer Support Fundamentals Training, we would love to hear from you and help you implement these resources in your community! Please don't hesitate to [contact us](#).

Warm regards,
The Stigma-Free Team



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