



Dear Stigma-Free Community,

In this month's Highlights, you'll discover new opportunities to get involved with our charity, meet our newest team members, and learn about upcoming events you won't want to miss!

- Join Our Team: [Become a Stigma-Free Presenter](#)
- A Warm Welcome to Our New Adler University Interns
- You're Invited to [Our Online Legacy Learning Event](#)
- SARRCon 2024 Recap

- Read the Latest Inspiring Stories on Our [Blog](#): Bullying, Stigma, and Mental Health



CALLING ALL
Volunteers

**Applications Now Open:
Volunteer as a
Stigma-Free Presenter**

REGISTRATION DEADLINE: 

November 30th, 2024

All presenters are paid an honorarium for their time.

Are you passionate about mental health and stomping out stigma? Do you want to share your story with mental health and stigma to students; enhancing their awareness, understanding, and acceptance surrounding these important topics? We are now seeking presenters for our [Stigma-Free Presentations](#)! As a presenter, you will facilitate discussions with students in grades 4-12, share information about mental health, and speak about your personal experiences to inspire youth and teens. Presentations will take place virtually and in-person at local schools. All presenters are paid an honorarium for their time.

As a Stigma-Free Presenter, you will have the opportunity to:

- Share your story to reduce stigma, offer hope to youth, and encourage students to have compassion for one another

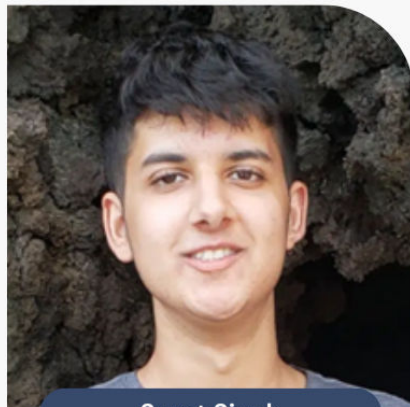
- Create a supportive environment for young people to openly discuss mental health topics
- Join a community of dedicated individuals working to eliminate stigma

The application submission deadline is November 30th.

[Learn More and Apply Now!](#)

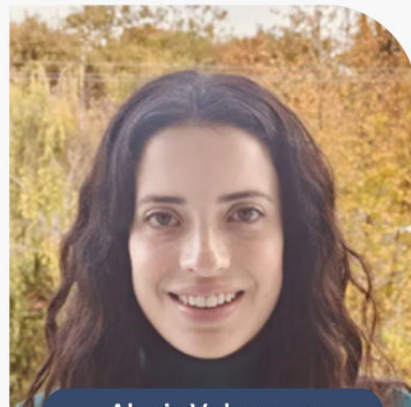


MEET OUR NEW STIGMA-FREE TEAM MEMBERS



Surat Singh

Adler University Intern



Alexis Velazquez

Adler University Intern

We are thrilled to welcome two new interns, Surat and Alexis, to our team! Both Surat and Alexis are currently enrolled in the Master of Counselling Psychology program at Adler University. With their wealth of experience and dedication to mental health advocacy, we are looking forward to collaborating with them and furthering our mission.

Surat Singh
Adler University Intern

Surat is currently in his first year of study in the Master of Counselling Psychology program at Adler University.

He has a Bachelor's degree in Psychology-with distinction, from the University of British Columbia and is currently a research assistant in two labs at UBC. In the UBC Interpersonal Lab, he is researching reassurance-seeking behaviours in individuals experiencing obsessive-compulsive disorder (OCD). In the UBC Counselling/Psychotherapy Research, Teaching, and Service Lab, Surat is researching mental health help-seeking behaviours among Filipinos. He is passionate about spreading mental health awareness in a culturally sensitive context. He hopes to contribute to this process through various outreach initiatives with the SMFH team. In his spare time, Surat enjoys golfing, skiing and playing basketball.

Alexis Velazquez
Adler University Intern

Alexis is a dedicated mental health professional with a focus on child and adolescent well-being.

Currently undergoing a Master's degree in Counselling Psychology, Alexis has a strong foundation in therapeutic techniques and a passion for working with diverse populations. Her experience includes working and volunteering in schools and community settings, providing specialized support to children with various needs. She is also passionate about stigma-free mental health awareness and promoting it to society. She is committed to making a positive impact on the lives of young people and their families.



**JOIN OUR
ONLINE LEGACY LEARNING EVENT
NOVEMBER 26TH**

Join us for a virtual event Mike Skrypnik, internationally recognized philanthropic author and speaker. We deeply appreciate our community's support and want to give back by sharing important information that will benefit you and your family. Mike will share stories of legacy and give actionable ideas on tax and giving.

After the Legacy Learning Event, you'll know how to:

- Minimize estate taxes and defer capital gains when selling investments
- Generate income for life with assets you own
- Take control of your legacy

The Legacy Learning Event will take place via Zoom video conference on **Tuesday, November 26th at 4:00 – 5:15pm PST.**

[Watch Mike's Video Invitation to Learn More](#)

Event spots are limited!

**RSVP before November 22nd by
emailing info@stigmafreementalhealth.com**

SARRCON 2024 RECAP



Our team recently attended the Southern Alberta Regional Recovery Conference (SARRCon), an annual event that focuses on supporting Albertans' mental health and empowering people on their recovery journey. The event featured a lineup of incredible speakers and provided attendees with strategies to support individuals facing mental health challenges or addiction.

Jillian Boyd, Programs and Content Manager at SFMHS, represented our charity at the event and hosted an exhibition table. She had the opportunity to connect with like-minded organizations and advocates to spread the word about our mission. Thank you to those who visited our booth and for the impactful work you do in your community!



Read the Latest Inspiring Stories from Stigma-Free Blog Contributors: Bullying, Stigma, and Mental Health

Storytelling is a core part of our mission at SFMHS, and sharing others' lived experiences is a powerful way to promote acceptance and understanding. On our blog, we spotlight stories from our amazing community to break the stigma surrounding mental health. Check out our latest guest posts below!

Embracing Authenticity: Layla Messner on Mental Health, Neurodiversity, and Stigma

Layla Messner is an autistic artist, speaker, and advocate who is redefining the conversation around well-being and mental health. In this guest post, she shares her experience and advice on reducing stigma, finding your authentic voice, and fostering a community that supports mental health.

[Read Layla's Story](#)

Overcoming Bullying: Kristiyana's Journey to Self-Acceptance

Kristiyana Yordanova, who holds the title of Miss International Bulgaria 2024, experienced bullying growing up and is now using her voice to create change. In

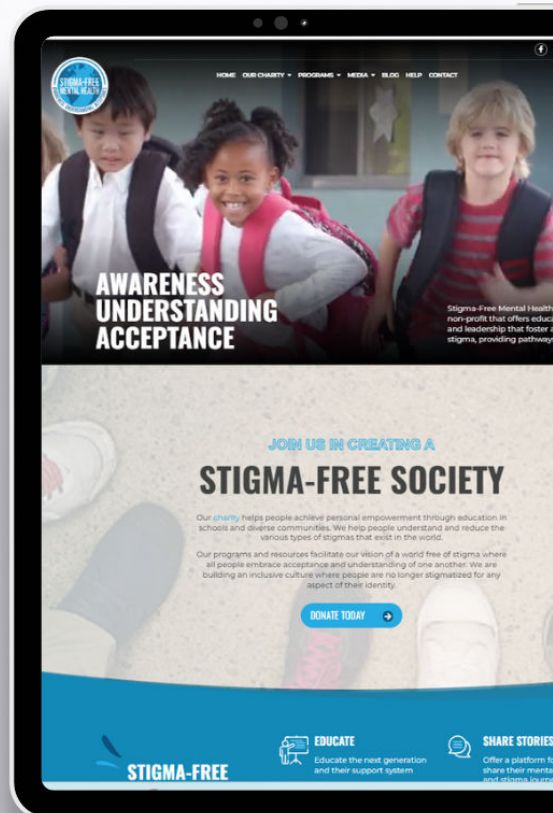
this post, she opens up about the harsh reality of bullying, how she found strength and purpose, and offers a message of hope to youth.

[Read Kristiyana's Story](#)

Thank you!

Thank you for being a part of our community and mission. Together, we are working to create a stigma-free world. If you have any questions about our events, programs, or volunteer opportunities, please feel free to [contact us](#). We look forward to hearing from you!

With gratitude,
Andrea Paquette, President, SFMHS
and the Stigma-Free Team



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