



SPREAD WARMTH AND
WELLNESS IN YOUR
SCHOOL COMMUNITY

Dear Stigma-Free Community,

As the holiday season approaches, we want to take a moment to express our gratitude to each of you for being an integral part of Stigma-Free Society. Your support has allowed us to continue our mission of promoting mental health awareness and fostering a community free from stigma.

This month, we are sharing resources for school staff and parents/guardians and caregivers to help you care for your mental health and the young people in your life.



We are gearing up for the New Year and preparing to deliver more [Virtual Stigma-Free Presentations](#) in January! If you are an educator looking to cultivate an inclusive environment at your school and teach students about mental health, sign up for a no-cost Virtual Presentation. Our knowledgeable presenters share their powerful personal stories and leave a lasting impact on both educators and students. Each presentation helps combat stigma at your school while providing

vital mental health education.

[Learn more](#)

Book a presentation today to bring this impactful experience to your students.



In addition to spreading mental health awareness among students, Stigma-Free Society supports the incredible school staff who work tirelessly to educate and guide our youth. We invite you to explore the [School Staff](#) section of our **Student Mental Health Toolkit**. It's filled with valuable resources to help you manage stress, maintain mental health, and find work-life balance to prevent burnout. We recognize the challenges our school staff face, and we hope these tools become a source of guidance in caring for your mental well-being.



Spread Holiday Cheer

With Our Student
Activities



Parents guardians, and caregivers: check out our [Student Activities](#) for engaging ideas to share with your kids over the Christmas break, including our Stigma-Free Activity Generator, Conversation Cards, Mental Health True or False Quizzes, and more. These resources are designed to boost well-being and provide mental health education while having fun together. Plus, discover videos on topics like mindfulness, stress relief, and self-awareness for youth.

Thank You to Our Dedicated Community

Your dedication to our cause has helped us create change year after year. We are excited to continue bringing our Pro-D sessions and mental health education to staff and students in 2024.

To all educators who have found value in our resources and presentations: your stories inspire us to continue our mission, and we look forward to another year of collaboration and growth.

Wishing you all a joyous holiday season filled with warmth, connection, and vibrant health!

With gratitude,
The Stigma-Free Team

Thank
You



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