



"STAND AGAINST STIGMA" VIRTUAL WORKSHOP



May 10, 2022 | 12pm to 3pm



MAY IS
**MENTAL HEALTH
AWARENESS**
MONTH



ABOUT THE WORKSHOP

The Stand Against Stigma workshop is all about how youth and young adults can help do exactly that: Stand Against Stigma. What is stigma, how can we combat the stigmas we experience, and how can we help to educate those who are creating stigma about what they could be doing and saying differently to be more inclusive. Certificate of participation is provided.

TO CHANGE HOW OTHERS SEE US, WE MUST FIRST CHANGE THE LENS THROUGH WHICH WE SEE OURSELVES!

#LIFETHOUGHMYLENS



LIFE THROUGH
MY LENS



LEARNING OBJECTIVES

- ✓ LEARN WHAT "STIGMA" MEANS
- ✓ HOW CAN STIGMA BE DAMAGING TO OURSELVES
- ✓ WHAT CAN BE DONE TO FIGHT THE STIGMA THAT EXISTS?
- ✓ WHAT ROLE DO I PLAY IN THAT FIGHT?
- ✓ LEARN ABOUT THE LIFE THROUGH MY LENS CAMPAIGN



REGISTER HERE

Contact Us:



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