

REJECT STIGMA

MENTAL HEALTH AWARENESS / MAY 2021

Weekly Sessions (Mondays, Wednesdays and Fridays throughout the month of May, 2021.

WHAT IS THIS ALL ABOUT?

Together we can reject and overcome stigma. Stigma comes in many forms; self-stigma, public-stigma, or structural stigma to name a few. For those of us living with or serving someone living with mental illness, we know how devastating stigma can be. We believe that awareness and education are the first steps to overcoming stigma and that is what we intend to do with special sessions on our Virtual Peer Support Network. We have a way for everyone to get involved.

HOW CAN I GET INVOLVED?

OPEN MIC MONDAYS

Sign up to share your personal story of how stigma has affected your life, or the life of someone you love or serve. ***The first 15 people to sign up will receive a black t-shirt with this great message: "IT'S MY STORY. NO MORE SECRETS. NO MORE SHAME."***

WORKSHOP WEDNESDAYS

Get involved by learning how to navigate civil engagement and advocacy with Melissa Hensley, Associate Professor of Social Work at Augsburg University and a person living with bipolar disorder.

FIRST-TIMER FRIDAYS

Come and check out our Virtual Peer Support Network! These sessions are designed specifically for giving a tour of our virtual peer-to-peer support program. Anyone is welcome, whether you plan to use the service or tell someone else about it. The second half of these sessions will be a presentation by our weekly keynote speaker. ***All first-timers get entered into a drawing to win prizes.***

TO SIGN UP FOR ABOVE SESSIONS CLICK BUTTON

[SIGN UP HERE](#)



**IT'S MY STORY.
NO MORE SECRETS.
NO MORE SHAME.**

Monday Sessions 1pm - 4pm

1-2:30
Speaker shares personal stigma story

2:30-4
Open Mic - a chance to share your story

Wednesday Sessions 1pm - 4pm

1-2:30
Stigma presentation & discussion

2:30-4
Civil Engagement & Advocacy Workshop

Friday Sessions 1pm - 4pm

1-2:30
First-timers new to VPSN information

2:30-4
Keynote Speakers

WHAT IS WELLNESS IN THE WOODS?

Wellness in the Woods is a 501(c)(3) non-profit that provides programs and activities centered on advocacy, education, and expanding statewide peer networks. As an organization we are dedicated to improving access to mental health care for all residents of Minnesota with a focus on reaching underserved communities. Our mission is to be a voice of individuals with a mental health experience, and fortify opportunities that positively impact and inspire communities and support systems.

WHAT IS VPSN?

A mental health service of Wellness in the Woods, our Virtual Peer Support Network, or VPSN was designed with the intent to decrease isolation in an all-inclusive, non-judgmental, and safe environment. This program was created in 2020 as a response to COVID as a way for those seeking to connect and feel supported while social distancing. The VPSN community is hosted on ZOOM by a team of Certified Peer Support Specialists who are able to use their own life experiences to help others who share similar mental health challenge.

JOIN US ON ZOOM THROUGHOUT THE MONTH OF MAY 2021

We would love to have you join us! Mondays, Wednesdays and Fridays. Lots of great information, like-minded collaboration, building friendships, personal stories, speakers and more!

Click Zoom button to join ALL SESSIONS (Zoom ID 592-347-390)

JOIN ZOOM STIGMA SESSIONS

GO TO WEBSITE

HOW CAN I LEARN MORE?

Wellness in the Woods:

www.mnwitw.org/reject-stigma-1

www.facebook.com/Wellnessinthewoods

VPSN (Virtual Peer Support Network):

www.mnwitw.org/vpsn

www.facebook.com/VPSN.MN

Hosted by:



VPSN
VIRTUAL PEER
SUPPORT NETWORK