

## Stigma Free Leonia Task Force

### Minutes

#### 3.4.21

In attendance: Jacki Szabo, Caroline Garcia, Isabelle Van Sickell, Maryellen Peters Neu, Judy Wong

- Our meetings will now be held the first Tuesday of the month.
- Parent Support Group: we have had meetings every 2 weeks since December. The group is small, but people feel safe to share their feelings. The discussions are guided by Jacki Szabo and Alyson Raskin offers movement and mindfulness exercises. Alyson has also offered to provide Non-Violent Communication training at our next meeting on 3.17.21.
- LMS Health Fair: we can have students take the Stigma Free Pledge, follow us on Instagram, and do a virtual scavenger hunt. We have some Stigma Free items we can offer as prizes if that is ok with the school.
- Mental Health Awareness Month (May)- we are looking into opportunities to have events potentially at all 3 schools. ACS- we will connect with the Wellness Committee to see if we can create an outdoor activity for students and raise awareness of mental health issues in an age-appropriate way (Judy mentioned "Train Your Brain"). LMS- we will reach to Mr. Sacco to see if we can create an awareness event there- green ribbons, etc. Perhaps there is a club we can work with? LHS- we have already reached out to Mr. Kalender who suggested we could work with their Fine-Arts Advocate Heather Batti to see if we can work together in a way that raises awareness (an art contest?). Mrs. Franklin works with the Poets and Writers Club- they may also want to create an awareness campaign.