



The Latest from Loretta...

I've worked to better the lives of children throughout my professional career: A daycare teacher, child welfare social worker, a developer of policies and programs that serve children and youth. My own children were my inspiration when Cheryl and I began to envision B Stigma-Free almost three years ago. I wanted to make our society a safe and welcoming place for them - and for *all* of our children. Kids ground me, and remind me of what is important.

When confronted with leaders making blithe statements about fellow citizens or when derogatory or discriminatory comments are callously tossed about, I think about our children. They help me stay strong and focused. They help me remain positive. With incidents of hate crimes on the rise during the past month, the importance of staying optimistic and relentlessly pursuing our work is abundantly clear. There is no option - this is not a time to idle. Now more than ever we need to let our voices be heard - for ourselves and for others - and fight for equality.

I've always understood that it is a huge undertaking to try to change people's opinions of others who have a difference. Never has the scope of this need been so apparent. This is a time for us to be vigilant and protect those who are marginalized, to be unwavering in our pursuit for honesty and integrity, and to stand together for decency. We must remember that compassion is the hallmark of humanity.

Highlights

- Loretta was an invited guest at Toigo's *Women in Leadership* conference, where the focus was on women and empowerment. Gloria Steinem gave a riveting keynote, lest we forget how women experience stigma because of their gender. She emphasized the importance of having a voice, and noted that empathy and active listening were valuable skills for changing hearts and minds.
- We attended a thought-provoking discussion about **Human Rights for All: Disability & The United Nations Sustainable Development Goals** held at John Jay College of Criminal Justice. You can follow at [#DisabilityRightsMatter](#) - look for tweets on December 8.
- Most people don't think about caregivers and how they may experience many of the same hardships as those they care for, also due to stigma. Read more about this in our [Spotlight on Caregivers](#). Expanding our understanding of how caregivers feel stigmatized, two guest blogs help:
 - Caregivers Action Network contributed an article entitled [Caregivers Need Support, Not Isolation](#).
 - Mental Health America's story sheds light too: [Mental Health Stigma - A Caregiver Affair](#)
- There is lots of behind the scenes activity going on too.
 - We hosted a networking social to build relationships between [our partner organizations](#) and we're always strengthening our infrastructure and connections.
 - We are continuously adding to our [searchable database of clinical research](#); it has well over 200 peer reviewed articles available
 - We're [collecting stories](#) and preparing for more collaborative strategy sessions with our partners. By nurturing our connections and connectedness as a method to reduce bias and discrimination, we illustrate shared experiences, and help make stories and experiences more relatable.

Spotlight

In November B Stigma-Free had the honor of moderating a panel discussion entitled *Conversations About Stigma: Breaking Out of Our Silos* at **Howard University's International Conference on Stigma** in Washington DC. Joined by our partners, we had a lively and interactive talk about recognizing and responding to stigma.

- [American-Arab Anti-Discrimination Committee](#)
- [American Medical Women's Association](#)
- [Philadelphia's Department of Behavioral Health and disAbility Services](#)

To stay connected and continue our collective efforts to reduce stigma and pursue social justice for all people, we've compiled [a list of action items](#) to harness our energy into power. Please check out these simple things you can do to reduce bias and prejudice, and tell your friends and colleagues too. [Click here](#) for more info.

On the Horizon

We need YOU to make a difference. Join us on social media and support our work year round. Your support helps us amplify messaging and influence attitudes.

Please include B Stigma-Free in your end of year giving. As a registered 501(c)(3) non-profit organization we rely on charitable giving to support our work to combat bias and discrimination. [Click here](#) to make your tax deductible donation.

Did you know you can help achieve respect and inclusion for all people every time you shop on Amazon - at no additional cost to you? Just designate B Stigma-Free as your charity of choice through [AmazonSmile](#), and Amazon will donate a portion of the purchase price to us! It is seamless and works with Prime, too. [Click here](#) for more info.



Stay Connected



Donate Today