

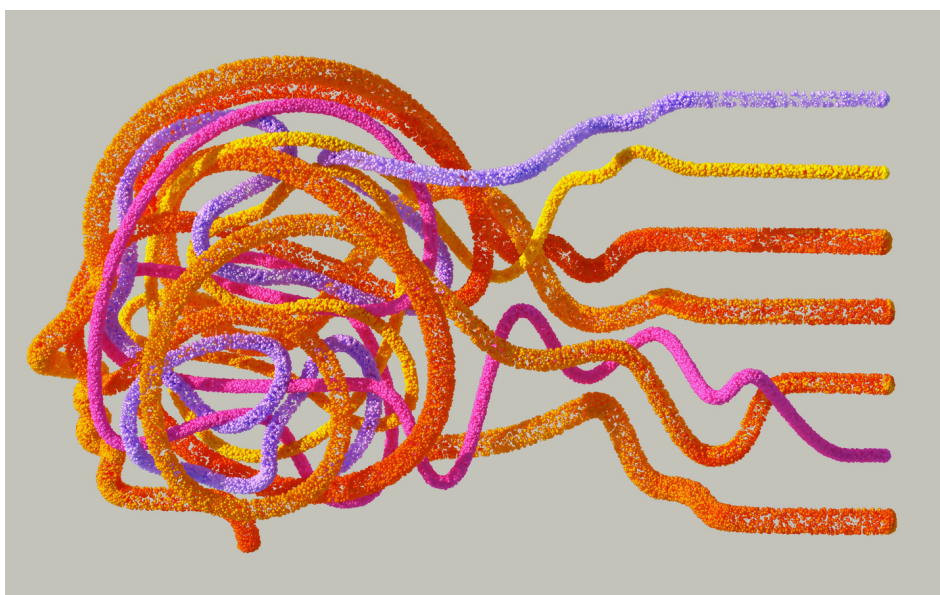
# Living with Schizophrenia: A Personal Perspective

August 27, 2025

10:00-11:30am MT

Join the Schizophrenia Society of Alberta for a powerful and heartfelt session on schizophrenia, psychosis, and the strength found in lived experience. Through vulnerable and courageous storytelling, presenters living with schizophrenia share their personal mental health journeys to break down myths, challenge stigma, and build understanding around this often-misunderstood illness. The session also highlights the supports SSA offers across Alberta, fostering connection, compassion, and hope for individuals, families, and communities.

**\*\*Please note that this session will not be recorded or uploaded to our website.**



## Learning Outcomes:

- Recognize the signs and symptoms of schizophrenia and gain a deeper understanding of psychosis and how it impacts individuals and families
- Challenge common myths and misconceptions about schizophrenia through the lens of lived experience
- Reflect on the role of stigma in shaping public attitudes and how storytelling can foster empathy, connection, and understanding
- Identify the supports and services offered by the Schizophrenia Society of Alberta and how to access help for themselves or others

## Speakers:

**Stephanie Mitton**, Program Coordinator at the Schizophrenia Society of Alberta's Edmonton Branch, where she oversees peer support programs and community education initiatives. With nearly five years of experience in SSA's housing program, she brings a strong foundation in frontline mental health work. Stephanie holds a Sociology degree from the University of Alberta and is passionate about creating inclusive, people-centered spaces

**Michelle Sterling**, mental health advocate and lived experience presenter with the Schizophrenia Society of Alberta. Diagnosed with schizophrenia 22 years ago, she has spent more than a decade sharing her story to challenge stigma, inspire hope, and foster understanding. Outside of her advocacy work, Michelle is a proud mother, wife, and caregiver to her elderly parents.

**Peter Edgson** lives with schizoaffective disorder, bipolar type. Having had mental health issues for over 20 years, he hopes his journey to wellness will inspire people and give insight to others about this illness. Peter has been working with the Schizophrenia Society of Alberta for over 8 years, taking on various positions such as peer support facilitator, lived experience presenter, and administrative support.



**Target Audience:** This session is ideal for anyone interested in learning more about serious mental illness and how to support those affected, including individuals living with schizophrenia, their families and caregivers, and healthcare providers

Please register for session at:  
<https://fntn.ca/Home/Register-VC?eid=22354>

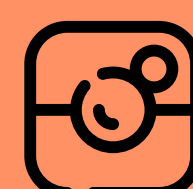
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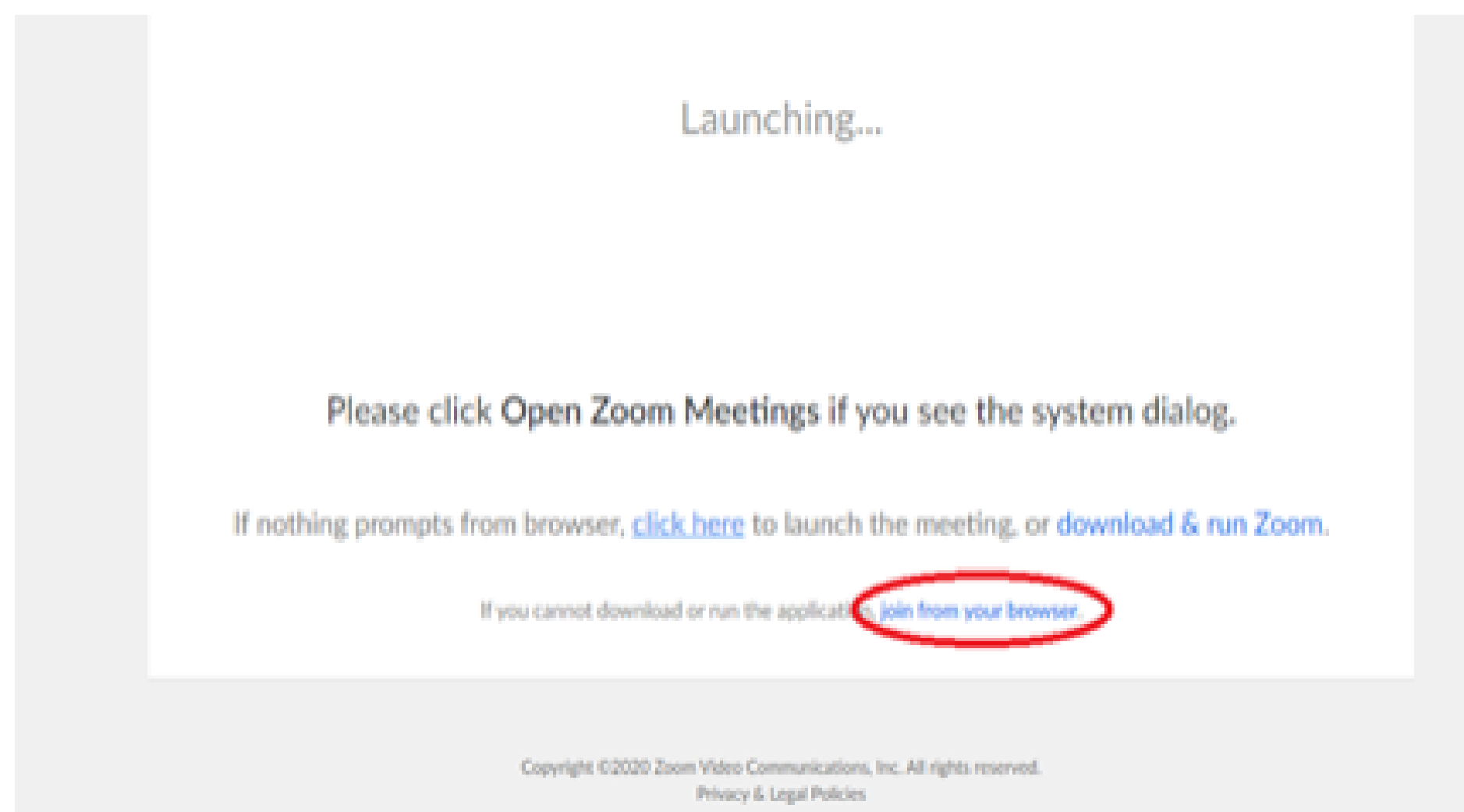
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