## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

WASHINGTON, D.C. 20549

## FORM 8-K

#### CURRENT REPORT

#### PURSUANT TO SECTION 13 OR 15(D) OF THE SECURITIES EXCHANGE ACT OF 1934

Date of Report (Date of earliest event reported): February 13, 2019

### Stem Holdings, Inc.

(Exact Name of Registrant as Specified in its Charter)

Nevada000-5575161-1794883(State or Other Jurisdiction<br/>of Incorporation)(Commission<br/>File No.)(I.R.S. Employer<br/>Identification No.)7777 Glades Road, Suite 203, Boca Raton, FL33434

(Address of Principal Executive Offices)

(Zip Code)

Registrant's telephone number, including area code: (561) 237-2931

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions (see General Instruction A.2. below):

[] Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)

[] Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)

[] Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))

[] Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

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	Arrangements with Certain Officers   Financial Statements and Exhibits

# Item 5.02 Departure of Directors or Certain Officers; Election of Directors; Appointment of Certain Officers; Compensatory Arrangements with Certain Officers

On February 13, 2019, Rajiv ("Roger") Rai advised the Company that he was resigning from the Company's Board of Directors with immediate effect. The Company does not intend to replace Mr. Rai at this time

#### Item 9.01 Financial Statements and Exhibits.

None.

#### SIGNATURES

Pursuant to the requirements of the Securities and Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

### Stem Holdings, Inc.

By: /s/ Adam Berk Name: Adam Berk

Title: President

Dated: February 14, 2019