

# SUICIDE PREVENTION



# VIRTUAL WALK



## JOIN US

Now until **September 27, 2020**

Due to COVID-19 restrictions we are holding the walk virtually this year.

**Registration is FREE.**

Complete any distance of your choosing – walk one day, walk every day. Challenge yourself and your friends and family.

Join our group on Facebook to support other participants and to share your favourite paths and trails with others!

Donations for Suicide Prevention Awareness Programs will also be accepted, with prizes for fundraisers.

Visit our website for complete details!

# YOU ARE NOT ALONE

VISIT [WWW.WINDSORESSEX.CMHA.CA/SUICIDEPREVENTION](http://WWW.WINDSORESSEX.CMHA.CA/SUICIDEPREVENTION)  
FOR A FULL LISTING OF COMMUNITY EVENTS

#SuicidePrevention2020

#YouAreNotAlone