



Be Brave, Be Strong, Speak Up

SPARC

World Suicide Prevention Day

Community Walk



*** Tuesday, September 10th, 2019**

1:00p.m.— 3:00p.m.

Canadian Mental Health Association

621 Main St, Swan River

Come join the Mental Health Promotion Committee and Suicide Prevention and Resiliency Committee for a community walk to Legion Park to raise awareness about suicide prevention. Light refreshments to be offered at the Canadian Mental Health Association following the walk.

A memory tree will be available at CMHA for those who wish to attach a photo or short note of remembrance honoring a lost loved one.

For additional information about the event, please contact

Olivia Acorn—204-734-6684

Rod Seib—204-614-8544

Hannah Koetting—204-734-6621