



"helping those in distress to cope..."



14th Annual Walk for Suicide Awareness

Walk Details

Time: 10:00am - 1:00pm

Location: Heydenshore Park, 589 Water St. Whitby
Whitby waterfront trail

Check-in: 10:00 a.m.

Walk Start: 10:30 a.m.

Start/End Point: Heydenshore Park 589 Water St. Whitby waterfront

Route: Along Waterfront Trail 2.5 km to Thickson Rd. turn around -2.5 km back to Heydenshore Park *(Walk proceeds rain or shine)*

Once the Walk is completed participants will receive:

- A Free Tshirt & Water Bottle
- A free charity BBQ lunch
- The opportunity to participate in our annual Remembrance Ceremony balloon release
- The opportunity to bring pictures of their loved ones to post on our memory board (pictures will be returned at the end of the event)



REGISTRATION INFORMATION

We urge you to pre—register so we can provide for our BBQ:

1. You may pre—register by sending an email to: victoria@distresscentredurham.com

or


1. You can register by calling (905) 430- 3511 Ext. 33.

PLEDGE INFORMATION


We have 2 options for Pledges:

1. You may visit our website www.distresscentredurham.com, download a pledge form, collect cash or cheques made out to Distress Centre Durham that will be collected on Walk Day.
2. You may visit canadahelps.org and create a "Fundraising Page" to send to your contacts who can donate via credit card and funds come to Distress Centre Durham.

ALL Pledges are eligible to receive a charitable tax receipt upon request!



World Suicide Prevention Day
Working Together to Prevent Suicide
September 10, 2018



International Association for Suicide Prevention

In recognition of the impact that suicide loss has on all different groups of people, from families to workplaces to communities, we urge you to consider joining our Walk as part of a Team.

**When you register—
please inform us if you are walking as a Team!**