

4th Annual

Walk for Courage

Taking steps to a better tomorrow



We walk in honour of those lost to suicide. We walk in remembrance. We walk to ensure help is always within reach so no one else has to face mental health struggles alone. We invite you to walk with us.

JULY 19TH, 2025

Registration opens at 9:00 am

Walk starts at 9:30 am

Locations: Owen Sound,
Hanover, & Virtually

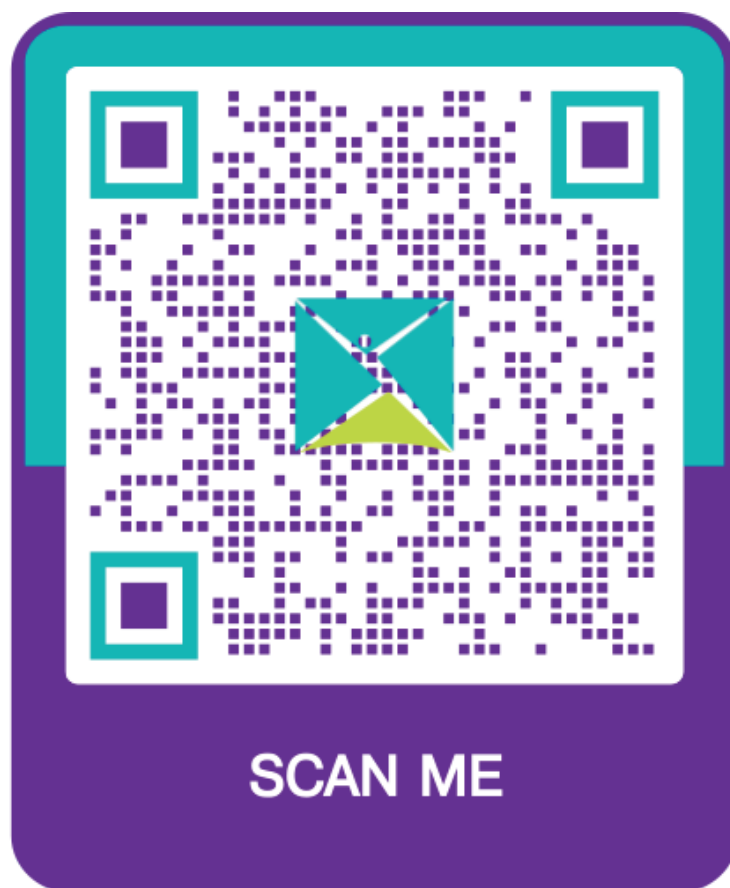
Supporting **Suicide
Prevention** and **Mental
Health** through **CMHA
Grey Bruce**



Canadian Mental
Health Association

Grey Bruce

Mental Health and Addiction Services



Sign Up Or Donate At:
www.walkforcourage.com