

4<sup>th</sup> Annual

# Walk for *Courage*



## WHO WILL YOU WALK FOR?

**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

Location: Owen Sound, Hanover, & Virtually

Registration opens at 9:00 am

Walk starts at 9:30 am

Owen Sound Site Sponsor:



**Join Today At: [walkforcourage.com](http://walkforcourage.com)**

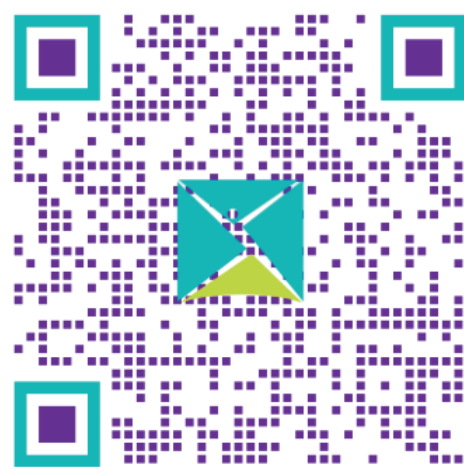


Canadian Mental  
Health Association

Grey Bruce

Mental Health and Addiction Services

**Funds Support CMHA Grey Bruce**



**SCAN ME**

## Walk for *Courage*

Taking steps to a better tomorrow