



Canadian Mental
Health Association
Grey Bruce
Mental Health and Addiction Services

4th Annual

Walk for Courage



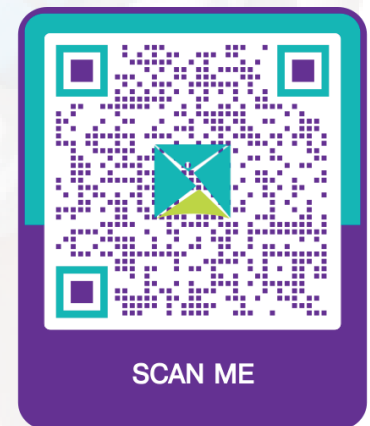
Taking steps to a better tomorrow

JULY 19TH, 2025

Location: Owen Sound, Hanover, & Virtually

Registration opens at 9:00 am

Walk starts at 9:30 am



Sign Up Or Donate At:
walkforcourage.com

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.

In 2019, the Courage family's world was forever changed when they lost their oldest son, Jeff, to suicide. This heartbreaking event highlighted the critical need for more comprehensive mental health services and broader awareness. Driven by a resolve to prevent similar tragedies and to honour Jeff's memory, the Courage family, in partnership with CMHA Grey Bruce, established the Walk for Courage in 2022.



Your support helps fund essential mental health programs
through **CMHA Grey Bruce**