

4th Annual Walk for Courage

Taking steps to a better tomorrow

walkforcourage.com



**Saturday,
July 19, 2025**

Owen Sound, Hanover & virtually

Stepping Forward Together

In 2019, the Courage family's life changed forever when they lost Jeff to suicide. From heartbreak came a powerful movement, Walk for Courage. Now in its fourth year, this event brings our community together to remember and honour those lost to suicide, to support those currently struggling with mental health, to raise awareness, reduce stigma, advocate for accessible mental health care, and to transform grief into action and pain into prevention.

Your Impact

Funds raised through the Walk for Courage directly support vital CMHA Grey Bruce programs:

- Early mental health education for children through the FAN Club.
- Support for teens through Let's Talk.
- Talk Today, mental wellness for athletes.
- Adult and workplace education programs to strengthen mental health support across the community.
- Mental health training initiatives like Mental Health First Aid, SafeTALK, and ASIST.

In-Kind Donations: Give & Gain

Donating an item or service? In-kind donations will be featured in our online auction leading up to, and during, Walk for Courage. This exciting fundraiser draws attention from across Grey Bruce.

In return, we'll promote your business by:

- Featuring your logo and business name in the auction listing
- Tagging and thanking you on CMHA Grey Bruce's social media platforms
- Including your business in event communications and thank-you materials

A tax receipt is available for the fair market value of your in-kind donation.

Together, We Walk for Courage

Every step we take is a powerful reminder
that no one has to face their struggles alone.



Walk for
Courage

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Select the type of donation you are making:

Amount: \$ _____

Item Description: _____

Value: \$ _____

☐ I would like a tax receipt for the donation value

☐ I will provide a high resolution digital logo to CMHA Grey Bruce no later than June 15, 2025
(Businesses only)

Company Name: _____ **Donor Name:** _____

Street Address: _____ **Postal Code:** _____

Town: _____ **Phone #:** _____

Email Address: _____

☐ **Cheque included:** Made payable to **CMHA Grey Bruce** (Memo: Walk For Courage)

☐ **Cash included**

NAME ON CARD

SIGNATURE

Register, donate, and learn more at walkforcourage.com