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## Borderline Walk - May 26, created by the SashBear Foundation

### Borderline Walk set for Sunday, May 26th in Toronto to make waves on Borderline Personality Disorder

Sashbear Foundation is proud to announce its first walk to raise awareness on Borderline Personality Disorder.

BPD is affecting up to six percent of the population yet hardly anyone is aware of this disorder.

Sashbear Foundation was created in memory of Sasha Menu-Courey, who died by suicide at the age of 20 after suffering from BPD. Sasha's parents, Lynn Courey and Mike Menu, together with close friends, started the foundation to promote early diagnosis and remove the stigma surrounding BPD.

The Toronto based Sashbear Foundation is making waves on mental health through talks across North America at schools and conferences. "About ten percent of people with BPD die by suicide," said Lynn Courey. "This has to stop."

The Borderline Walk is sponsored by Herzing College, located in Toronto Eaton Centre, and supported by CAMH.

"The Borderline Walk is an important step to raise awareness, eliminate stigma and increase much needed funds to support research and treatment of BPD," said Dr. Shelley McMain, Head of the Borderline Personality Clinic at CAMH. "Lynn Courey and Mike Menu and the Sashbear Foundation are leading the way by rallying community support for those with BPD who struggle to find adequate care and resources."

The Borderline Walk takes place on Sunday morning, May 26th at Sunnyside Park, Toronto. Walkers will start between 8-10 am on Sunday, walking along the boardwalk overlooking lake Ontario by Sunnyside Beach.

Register for the Borderline Walk and find out more about BPD at [www.Sashbear.org](http://www.Sashbear.org).

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