

2023

Sashbear Walk

making waves for mental health and suicide prevention

Saturday, June 17

Elks Club Lodge 245 / Quidi Vidi Park

19 Carpasian Rd, St. John's, NL A1B 4J9

St. John's, NL

Registration starts at 10:00 am

Program starts at 11:00 am

FUN FOR ALL • BRING YOUR DOG!

SAVE \$5 PER TICKET: USE COUPON CODE **23SBWNL5OFF**



Register or donate today

Find us at sashbear.org or on Facebook @SashbearOrg



Sashbear.org

Volunteer and sponsor opportunities available!
Email walkcoordinator@sashbear.org

Canadian Registered Charity #8233 90042 RR0001



UNITED FOR CHANGE

Did you know?

- 1 in 5 people will experience a mental health problem and half don't receive the treatment they need.
- Suicide is the second leading cause of death in 14-24 year old Canadians
- By age 40, about 50% of the population will have or have had a mental health disorder.

We all know someone whose life has been impacted by a mental health issue.

Let's unite to support our loved ones with mental health disorders and stop the stigma!

Join us at the Sashbear Walk to bring hope and awareness and to raise funds for The Sashbear Foundation—mental health and suicide prevention programs for families which are provided at no cost.

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