

2023

# Sashbear Walk

making waves for mental health  
and suicide prevention

**Saturday, June 17**

Quidi Vidi Park (Site #2)

157 The Blvd, St. John's, NL A1A 1K3

**St. John's, NL**

Registration starts at 10:00 am

Program starts at 11:00 am

**FUN FOR ALL • BRING YOUR DOG!**



**Register or donate today**

Find us at [sashbear.org](http://sashbear.org) or on  
Facebook @SashbearOrg



**Sashbear.org**

Volunteer and sponsor opportunities available!  
Email [walkcoordinator@sashbear.org](mailto: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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