

2023

Sashbear Walk

making waves for mental health and suicide prevention

Sunday, May 28

Sir Casimir Gzowski Park

1751 Lakeshore Blvd. W. (& Windermere Ave.)

Toronto, ON

Registration: 9:00 am

Program: 10:00 am

5K Walk: 10:30 am

PRIZES • LIVE MUSIC • SILENT AUCTION



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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