



## ABOUT CANADIAN WALK FOR VETERANS

**Suicide awareness and prevention for PTSD sufferers the theme for**

**Second Annual “Canadian Walk for Veterans”- October 19th in ten cities coast-to-coast**

*Courtenay, Vancouver, Edmonton, Calgary, Barrie, Ottawa, Kingston, Philipsburg, Moncton and Charlottetown*

The Second Annual Canadian Walk For Veterans, a non-partisan event on October 19 at Lafarge Lake in Coquitlam BC. Created in 2018 and held in seven cities across the country, it is an initiative created by Canada's veterans for Canada's veterans. This year, the 5k walk is being expanded to recognize the contributions, challenges and sacrifices made by all veterans and first responders and their families: military, police, fire fighters, emergency health service providers etc.

The theme of this year's walk is suicide prevention, recognizing that many of our veterans and first responders who are always there to help us sometimes need help themselves. Their time in service protecting our freedom and way of life exposes them to traumatic events and many suffer from debilitating PTSD that can lead to thoughts of suicide. The Canadian Walk for Veterans is an opportunity for Canadians to walk shoulder-to-shoulder, hear their stories and show them that we care. Every person who attends the CWFV will receive a challenge coin that lets them, their families and friends know that help is available and where to find it. The coin is imprinted with 1-800 suicide prevention hotline numbers and the following message of hope: "One day your story of perseverance will be someone else's survival guide".

CKNW's Jon McComb, will be our MC again this year and Mark Donnelly (Mr Oh Canada) will sing Oh Canada and Danny Boy.

Eighty percent of this year's CWFV net proceeds will be donated to four organizations which are working hard to provide veterans and first responders with support, rehabilitation services and the tools they need to cope. The remaining twenty percent will be retained to cover administrative costs such as website maintenance etc. Most importantly these organizations provide hope and bring a sense of purpose back into their lives.

- Rally Point Retreat - Sable River, Nova Scotia – [www.rallypointretreat.org](http://www.rallypointretreat.org)
- Sheepdog Lodge - Canmore, Alberta – [www.sheepdoglodge.com](http://www.sheepdoglodge.com)
- Camp My Way – Seton Portage, British Columbia – [www.campmyway.com](http://www.campmyway.com)
- Honour House Society – New Westminster, British Columbia - [www.honourhouse.ca](http://www.honourhouse.ca)

Registration details for the “Canadian Walk for Veterans” are at [www.canadianwalkforveterans.com](http://www.canadianwalkforveterans.com)

Courtenay  
Vancouver  
Edmonton  
Calgary  
Barrie  
Kingston  
Ottawa  
Philipsburg  
Moncton  
Charlottetown

# **GREATER VANCOUVER**

**Saturday October 19, 2019**

10:00 am . 1:00 pm

Registration at 9:30 am

## **Lafarge Lake Coquitlam**

Coquitlam Town Center Park  
Off Trevor Wingrove Way at the Amphitheatre

**Registration Fee \$25**

**Second Annual  
Deuxième Année**

**CANADIAN WALK  
FOR VETERANS™**

**MARCHE CANADIENNE  
POUR LES VÉTÉRANS™**

To register please visit: [www.canadianwalkforveterans.com](http://www.canadianwalkforveterans.com)

