



Kingston Defeat Depression Event



About:

Let's come together as a community to support mental health and wellness. Whether you're walking in honor of a loved one, for your own journey, or to stand in solidarity, every step makes a difference. This family-friendly event includes scenic views, uplifting speeches, outdoor activities, food, and a chance to connect with others who care about mental health.

Details:

Date: May 31, 2025

Location: Lake Ontario Park

Time: 9:30 AM

Participate: Register & FUNdraise Today!

Proceeds of this event support:



Mood Disorders Society of Canada
Société pour les troubles de l'humeur du Canada

Learn More:



Kingston.DefeatDepression.ca

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