



# St. John's 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 a scenic walk, motivational speeches, and a chance to connect with others who are passionate about mental health.

## Details:

Date: May 31, 2025

Location: Stay Tuned!

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:



[StJohns.DefeatDepression.ca](https://StJohns.DefeatDepression.ca)  
[StJohns@DefeatDepression.ca](mailto:StJohns@DefeatDepression.ca)

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