



Sudbury Defeat Depression Event



About:

Let's come together as a community to support mental health and wellness. Join us for an inspiring day dedicated to increasing education and supporting mental health initiatives in our community. Whether you're walking in support of a loved one, for your own journey, or to show solidarity, your participation makes a meaningful impact.

Details:

Date: May 24, 2025

Time: 9:30 AM

Location: Bell Park: Grace Hartman Amphitheatre

Participate: Register & FUNdraise Today!

Proceeds of this event support:

Being
Belonging
Becoming



Être
Appartenir
S'épanouir



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

Learn More:



Sudbury.DefeatDepression.ca

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