



# 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 at our new location includes uplifting speeches, outdoor activities, vendors, and a chance to connect with others who care about mental health.

## Details:

Date: May 30, 2026

Location: Kingston Memorial Centre, 303 York St.

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](https://Kingston.DefeatDepression.ca)



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