



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 30, 2026

Location: Bowring Park

Time: 12pm: Registration opens

1pm: Event Begins with speeches

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

StJohns@DefeatDepression.ca



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