



# 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 23, 2026

Location: Bell Park: Grace Hartman Amphitheatre

Time: 9:30 AM

Participate: Register & FUNdraise Today!

## Proceeds of this event support:

**To Be Announced!**



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

## Learn More:



[Sudbury.DefeatDepression.ca](http://Sudbury.DefeatDepression.ca)

[Sudbury@DefeatDepression.ca](mailto:Sudbury@DefeatDepression.ca)



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