



Surrey Defeat Depression Event



About:

Be part of a community that cares about mental health. Whether you are walking to support a loved one, your own journey, or to show solidarity, every step counts. This event is family-friendly, offering beautiful scenery, inspiring talks, and an opportunity to connect with others who share a passion for mental well-being.

Details:

Date: May 30, 2026

Location: Newton Athletic Park

Time: 9:30 AM: Registration Opens
10:00 AM: Walk Begins

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:



Surrey.DefeatDepression.ca
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