



# Thompson Defeat Depression Event



## About:

Defeat Depression encourages participation challenges or single-day events. While activities can be completed throughout the month of May, the campaign culminates in a national day of action, Defeat Depression Day, held on the last Saturday in May. Whether you choose to walk, run, cycle, or set a unique fitness goal, you make a meaningful impact on mental health in your community and beyond.

## Details:

Date: May 29th, 2026    Location: Thompson Regional Community Centre TRCC  
Time: 12:00 p.m. - 2:00 p.m.    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:



Thompson.DefeatDepression.ca  
info@DefeatDepression.ca

 @Thompson.DefeatDepression  
 @DefeatDepression.ca

## 2026 Sponsors

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