



YOU'RE INVITED TO JOIN THE MOVEMENT!



Make Mental Health Matter with a Team Challenge for Defeat Depression

Looking for a meaningful way to build team spirit, boost morale, and support mental health? Why not host a fun workplace challenge or team day in support of the Defeat Depression Campaign! Whether it's a group walk, wellness lunch-and-learn, step challenge, bake sale, or staff trivia showdown — you and your colleagues can turn a simple team-building activity into something powerful.

Details:

Participate Canada-wide: Register & FUNdraise Today until May 31st!

Proceeds of this event support:



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

Learn More:



National.DefeatDepression.ca
info@DefeatDepression.ca



@DefeatDepression.ca



@DefeatDepression.ca

How it works:

1. Pick a fun challenge – walking, dancing, cooking, you name it!
2. Register your team online at defeatdepression.ca
3. Spread the word and fundraise what you can.
4. Celebrate your efforts with your team and community!

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