

Distress Centre Niagara's 4th Annual

Suicide Awareness Walk SUNDAY SEPTEMBER 13, 2009



In Recognition of
**WORLD SUICIDE
PREVENTION DAY**



Time: 10:00 am – 2:00 p.m.
Location: Grantham Lion's Club

SUICIDE PREVENTION CONCERNS EVERYONE...

- *Suicide is one of the leading causes of death for adults from age 25-49.*
- *Suicide is the second leading cause of death for young adults age 15-24.*
- *Each year in Canada, approximately 4,000 people die by suicide – that means 11 Canadians **every day**.*

IN 2008 DISTRESS CENTRE NIAGARA...

- *Volunteers answered 10,730 helpline calls*
- *Logged over 8,000 volunteer hours*
- *Presented Suicide Awareness and Prevention Training to 77 community members*

Schedule of Events

Registration: 10:00am
Remembrance: 11:00am
Warm Up: 11:15am
Walk Start: 11:30am
BBQ & Band: 12:45pm
Closing Remarks: 1:45pm



After the Walk:

Upon return from the Walk, participants are invited to:
Enjoy a free BBQ lunch and Entertainment by Solstice

Distress Centre Niagara is a 24 hour free confidential telephone service that uses trained volunteers to listen to callers concerns, assist with problem solving, provide information referrals and to intervene in life threatening situations.

24 Hour Crisis Line: 905-688-3711/905-734-1212 or 905-563-6674 or 905-382-0689

Visit <http://www.distresscentreniagara.com> to download registration forms.

For more information contact: (905) 688-5124 or dcniagara@bellnet.ca

