



NIAGARA

5th Annual

Suicide Awareness Walk

In Recognition of

WORLD SUICIDE PREVENTION DAY

Date: Sun. Sept. 12th, 2010

Time: 10:30 am – 2:00 p.m.

Location: Grantham Lion's Club



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

24 Hour Crisis Line

905-688-3711 905-734-1212
905-563-6674 905-382-0689

Schedule of Events

Registration: 10:30am
Survivor Stories & Remembrance: 11:00am
Walk Start: 11:30am
BBQ & Band: 12:30pm
Closing Remarks: 1:00pm

Start/End Point

Grantham Lion's Club

732 Niagara Street, St. Catharines

*Note: Walk proceeds rain or shine
Distance of walk is 5 km

After the Walk:

Upon return from the walk, participants are invited to enjoy a free BBQ lunch and entertainment

All walk participants are encouraged to pre-register by calling 289-820-7748 or email dcniagara@bellnet.ca.

New Feature 2010, easy to build your own on-line donation page via www.canadahelps.org

Let's make this year our best ever!!!

- Build a team
- Bring a friend
- Raise Awareness

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 2009 DISTRESS CENTRE NIAGARA

- *Volunteers answered 11,222 helpline calls*
- *Logged over 6,300 volunteer hours*
- *Presented Suicide Awareness and Prevention Training to over 150 community members*

For more information on the walk and DCN please visit the website:

www.distresscentreniagara.com

All proceeds directly support the 24 Hour Crisis Line.



United Way