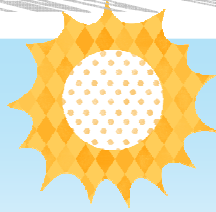


# Mental Health Week 2015 - May 4 to May 11



## “Get Loud” about Mental Health!

Come out and support your community in a  
**WALK** to raise awareness of Mental Health

**Where:** 44 Francis St. South, Kitchener

**When:** May 5th, 2015

**Time:** 10:00am - 12:00pm



We will start from KDCHC and walk through the beautiful Victoria park. This year's focus will be on our **men** and **boys** who have been affected by mental health related issues. We will encourage, support, and engage people to talk, learn, and reflect on mental health and mental illness. The walk will take place rain or shine!

**Any donations of non-perishable food items, hygiene products, and clothing will be accepted. All donations will be going to the Men's Charles Street Hostel**

Kitchener Downtown



COMMUNITY HEALTH CENTRE

For more information about the WALK call

Gebre (519) 745-4404 ext. 208 or Penny ext. 244