Pedestrian Parade

FRIDAY MAY 10TH, 2019 | 11:30 am - 1:30 pm

Join the largest regional walk and talk to support mental health awareness month in Spruce Grove and Stony Plain. The Pedestrian Parade invites residents, students, businesses, and social support organizations to celebrate active travel, community connectedness, and nature as proactive, universal supports for Mental Health.

Let’s meet our neighbours, count our steps, and explore the natural beauty of where we live together in celebration of positive mental health for all.

Pack a picnic lunch and travel to the following locations in your area:

- **Spruce Grove - Brookwood Field**
  (north of the Spruce Grove Agrena)
- **Stony Plain - Heritage Park**

Make your way there by 11:30 am, where the crowd will gather to enjoy their lunch, participate in activities, and take part in the largest mental health pedestrian parade in Alberta!

For more information about the event, please contact Felicia Ochs at 780-690-2835.

Let's walk and talk!
Pedestrian Parade
Mental Health Matters

OUR PROJECT
Let’s meet our neighbours, count our steps and explore the natural beauty of where we live together in celebration of positive mental health.

Pack a picnic lunch and travel to the event locations by 11:30 am, where the crowd will gather to enjoy their lunch, and take part in the largest mental health parade in Alberta!

BACKGROUND
Following the success of the Pedestrian Parade in May 2018, our group would like to recreate the event again to bring community together to walk and talk in a public setting about the importance of positive mental health.

Why Walk for Mental Health?
While the concept seems simple, it is important for our community members to understand that mental health belongs to everyone and some of the best ways to protect our own mental health are reflected in this day:

- Physical Activity
- Connecting with Nature
- Creating deep relationships with our community and friends
- Eating nutritious foods
- Together, when we gather publicly to walk FOR mental health, we reduce the STIGMA related to mental health issues and illness!


#GetLoud with TURN IT UP!
Turn it up is a campaign about making collective noise to break the silence around mental health crisis and suicide. We will be inspiring these crowds to stand up and make noise. Our goal is to make 1 minute of noise, so cheer, stomp, and clap or use noisemakers!

This project is an important step in connecting community, building supportive relationships, and promoting positive mental health.

FOR MORE INFORMATION, CONTACT:
Stony Plain Family & Community Support Services
Coordinated Suicide Prevention Program
#107, 4613-52 Avenue, Stony Plain, AB T7Z1E7
Ph: 780-963-8583  fcss@stonyplain.com  www.stonyplainfcss.com

Spruce Grove Family and Community Support Services
#101-505 Queen Street, Spruce Grove, AB T7X 2V2
Ph: 780-962-7618  fcss@sprucegrove.org  www.sprucegrove.org