

## THE SASHBEAR FOUNDATION

10 Years of Bringing Families Together through Skills and Hope



To make a donation and to find out more about Sashbear:

[WWW.SASHBEAR.ORG](http://WWW.SASHBEAR.ORG)

[info@sashbear.org](mailto:info@sashbear.org)



## BENCH INSCRIPTION

“The Sashbear Foundation Dedicated to making waves on mental health in honour of those we lost too soon.”

## THE MINDFULNESS “BRIDGE”

Participate:

- Take a couple of deep breaths
- Start your mindful “bridge” walk
- Stay focused on your “bridge”
- Let your distractions pass by and refocus on your “bridge”
- Reflect on the experience

What is your “Bridge”?

- “Bridge” of compassion
- “Bridge” of remembrance
- “Bridge” of the present
- “Bridge” of solidarity
- “Bridge” of \_\_\_\_\_



09:00 am Registration opens

10:00 am Opening Ceremony

- Hosted by John Ralston and Karen Waddell
- Sashbear Founder & President – Lynn Courey
- Shelley McMain, Ph.D.
- Blaise Aguirre MD, and Gillian Galen, PsyD

10:30 am Ribbon Cutting, Walk Begins

Noon Sashbear Walk Concludes

Activities at Budapest Park:

### Ongoing Activities

- **NEW** - Silent Auction
- Messages Table
- Donations Table
- Information Table
- Photo station – post on social media #sashbearwalk tag us @sashbear.org
- Speaker’s Corner - Record a message!

11:30 am Book Signing

- Drs. Blaise Aguirre and Gillian Galen, *DBT for Dummies*

### Musical Performances

- 10:35 Kyle De Luca
- 11:15 Rachel Raditz

At Humber Bay Arch Bridge:

### Mindfulness Bridge

- A guided mindful experience

Along the Walk Route:

### Sashbear Mascot

- Meet our Sashbear Mascot and post your photo #sashbearwalk







### Sashbear Memorial Bench

- Have a rest on the Sashbear Commemorative Bench at Sunnyside Park. Relax, reflect and enjoy. We are united in positive change.

# 10th Annual Sashbear Walk 2022 Map



## LEGEND

-  Registration
-  First Aid/Rest
-  Washrooms
-  Lost and Found
-  **NEW:** Silent Auction
-  Bin
-  Photos & Share Stations
-  Messages/Donations Table
-  Start
-  Finish Line

## PARKING

The Martin Goodman Trail is a multi-purpose and multi-user trail that is completely barrier free and easily accessible to everyone.

Limited free parking, exclusively for Sashbear Walk participants, at the Palais Royale Car Park (until 1pm ONLY). Use westbound Lakeshore to access this parking. To reach the Walk from here, cross Lake Shore Blvd. W. at lights OR go over the pedestrian bridge.

Paid parking lots are at St. Joseph Health Centre & Green P at the northwest corner of Queen St and Callender St. To reach the Walk, go over the Roncesvalles pedestrian bridge.

**NOTE:** Lake Shore Blvd W. (eastbound lanes) will be closed and the 3 Green P parking lots south of Lakeshore Blvd. W. will be closed on May 29.

**Making waves for mental health and suicide prevention**