

# REGIONAL CALENDAR OF EVENTS

## HAMILTON

### *September 10, 2020*

- The Suicide Prevention Community Council of Hamilton and St. Joseph's Healthcare Hamilton will be hosting a 25 person socially distanced butterfly release for 25 patients, peer support, staff, and community representatives.
- We are asking our community to send messages of HOPE for World Suicide Prevention Day (#WSPD2020) to be in our photo mosaic with messages of hope for #WSPD2020. Send us your message of HOPE in a photo format, and we'll make it part of the mosaic of our community. Please submit by *August 28, 2020*

To learn more and submit your photo, please visit:

<https://www.stjoes.ca/health-services/world-suicide-prevention-day>

- On September 10, the SPCCH is also launching the BeSafe App for youth in Hamilton. BeSafe is a mobile app that aims to help young adults make a decision about seeking help in a crisis. Learn more at <https://besafeapp.ca/>

### *September 18, 2020*

CMHA Hamilton will be hosting a FREE webinar on Supporting You and Your Child's Mental Health. For registration and Zoom login information, please visit <https://www.eventbrite.ca/e/back-to-school-support-you-and-your-childs-mental-health-tickets-116783333093>

### *September 27, 2020*

Come join us this year for the 8th Annual CF Limeridge Running for Rachael VIRTUAL Walk/Run in support of suicide prevention anytime and anywhere on Sunday, September 27th. Join us at 9 am for our walk/run launch video. No cost to register! Register your team at:

<https://raceroster.com/events/2020/30055/2020-cf-lime-ridge-running-for-rachael>

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## BRANTFORD/BRANT COUNTY/SIX NATIONS

*Suicide Prevention Brant will be hosting a number of events the week of September 7th 2020, all details will be available on our social media pages (listed above).*

### *September 8, 2020*

- Messages of Hope rock painting day, paint and hide a rock with a message of hope in Brantford/Brant.

### *September 9, 2020*

- Messages of Hope chalking day, we invite everyone to write messages of hope with chalk on sidewalks throughout Brantford/Brant.

### *September 10, 2020*

- **Meet Me at the Pole** \*virtual\* flag raising events to be livestreamed on social media.
  - 11:00am the County of Brant's virtual flag raising Meet Me at the Pole event
  - 1:30pm the City of Brantford's virtual flag raising Meet Me at the Pole event
- **Move in Yellow Event** - We are inviting everyone to walk, role, or ride for World Suicide Prevention Day and share with us how many "steps" you took to support suicide prevention and spread hope across our communities. This event will be done independently to support safety and social distancing!
- **Wear Yellow Day!** Yellow is the colour for Suicide Prevention, join us in wearing yellow and promoting awareness about this day.
- **New Social Media Launch!** You can now find us on social media under a new name, visit Suicide Prevention Brant on Facebook and Instagram today!

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## HALTON

*September 10, 2020*

The Halton Suicide Prevention Coalition is launching their new webcast *CONNECT With HSPC on [www.haltonspc.ca](http://www.haltonspc.ca)*. This webcast will bring different perspectives to the topic of suicide prevention and how we can work together to create a suicide-safer community.

## NIAGARA

*September 10, 2020*

*Walk with Distress Centre* – Distress Centre Niagara is hosting the 15th Annual Suicide Awareness Walk on September 10th at 7p.m. - the first virtual Walk!

Register at <https://tinyurl.com/RegisterSAW2020>

Fundraising? Create your individual or team page at

<https://tinyurl.com/FundraiseSAW2020>

Follow the Niagara Suicide Prevention Coalition's Facebook page for updates!

## HALDIMAND-NORFOLK

*September 10, 2020*

*Chalk Your Messages of Hope* - the *Suicide Prevention Network of Haldimand-Norfolk* invites everyone to write messages of hope with chalk on sidewalks throughout Haldimand-Norfolk.