

Walk for Life

From Darkness to Light

Join us as we walk from darkness into light to remember loved ones we've lost to suicide and to raise awareness for suicide prevention.

This event is for anyone in the community who would like to support suicide prevention, or anyone that has lost a loved one to suicide.

For information on local mental health resources, visit cochranecares.ca.



World Suicide Prevention Day



Wed, Sep 10, 2025

6:30 – 7:30 a.m.

Riverfront Park

Kick off will take place at 6:45 a.m. and we will walk a 2 km loop. Coffee and light refreshments will be available. Counsellors will be on site during and after the walk for support.

QUESTIONS?

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