#stopthestigma

#CV34



awareness, and open up an understanding conversation around mental health for all of us; because depression affects everyone. We each cope differently, but let's cope together. Let's honor those we've lost to suicide or addiction and help build a stronger, closer, and more aware community for each other and future generations. By walking and talking together, our powerful movement transcends love for community in a simple way. This is a moment for everyone to be a part of. We will impact lives, transform hearts, and shine an everlasting light of hope throughout the community and beyond! We can't wait to see you there!



#oestrong