



September 10, 2022

PASSPORT OF HOPE

Join us for an afternoon of WSPD activities

Cornwall Public Library (Room 1 & 2) (Cornwall, ON)
Confederation Park- Gazebo (Hawkesbury, ON)
1 - 3 pm

Activities include:

- Well-being activity – Word of Welcome
- Guest speaker- Testimonial
- Community booths and prizes
- Living Works Community Impact Award

Through action, you can make a difference to someone in their darkest moments – as a member of society, as a child, as a parent, as a friend, as a colleague or as a neighbour. We all play a role in supporting those experiencing a suicidal crisis or those bereaved by suicide.

Well-Being Activity:

Protective factors – which we gain as we grow – act as defenses against the stresses of living and allow us to live full and enjoyable lives. They are key elements to ensuring that our passports are valid, that we have all our necessary vaccinations, our itinerary is in order, and we are well-prepared to have a healthy, safe, and meaningful trip through life.

“The promotion of healthy living is but one way that suicide can be prevented.” [Centre for suicide prevention](#)

Resources –Community booths

Visit each community partner booth to receive a keyword that will serve as your stamp to complete your passport. Each completed passport is a chance to win a wellness basket valued @ \$75.00. drawn at 3:00pm

Testimonial & Impact Award

The insights and stories of people with a lived experience of suicide can be extremely powerful in helping others understand suicide better and encourage people to reach in to support someone, and for individuals to reach out for help themselves.



REACHOUTNOW.CA
SUICIDE PREVENTION COALITION OF CHAMPLAIN EAST



Canadian Mental
Health Association
Champlain East
Mental health for all