

PRESENTED BY



WALK FOR KIDS'

MENTAL HEALTH!

**IN-PERSON
AND VIRTUAL
OPTIONS**

REGISTER | WALK | DONATE
lutherwoodstepsforkids.ca



JOIN US **SUNDAY, MAY 5 2024**

Lutherwood Children's Mental Health Centre
285 Benjamin Road, Waterloo

- **Register** as an individual or create a team at lutherwoodstepsforkids.ca.
- **Walk** with us in-person on May 5th and continue to walk throughout Children's Mental Health Week (May 5-11).
- **Fundraise** to make a big impact on kids' wellbeing right here in Waterloo Region!



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DID YOU KNOW?

Between the ages of 6 and 18, kids face the highest risk of developing long-term mental health challenges that can significantly impact their lives.



of mental health concerns have their onset during childhood.



of youth point to stigma as the primary reason not to seek help.



of students report not knowing where to turn to discuss their mental health.

EARLY INTERVENTION IS KEY

Lutherwood's mental health programs can mean the difference between facing life-long challenges or laying a strong foundation for their future.

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