

## Event *Details*

### When:

April 27, 2019

### Where:

Shelburne Fiddle Park

### What:

5k run/walk  
*and a*

100 metre dash  
for kids under 12

- Vendors market
- Sports Demonstrations

## The Addison Memorial *Run for a Reason*

### WEBSITE:

<https://addisonmemorialrun.wixsite.com/info>

### EMAIL:

[addisonmemorialrun@gmail.com](mailto:addisonmemorialrun@gmail.com)

## Mental Health *Resources*

Kids Help Phone

1-800-668-6868

[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

Crisis Line

416-670-4689

[www.ospn.ca](http://www.ospn.ca)

Ontario Distress Centre

[www.dcontario.org](http://www.dcontario.org)

CMHA

[www.cmha.ca](http://www.cmha.ca)

Life Line

[www.thelifelinecanada.ca](http://www.thelifelinecanada.ca)

Ontario Mental Health Help Line

1-866-531-2600



Saturday  
**April 27th**  
2019

In support of  
*mental health*  
*awareness*

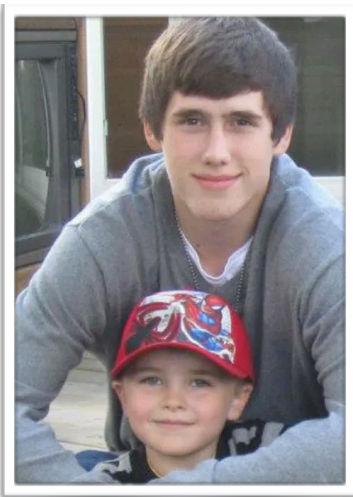


# The Reason

October 23rd, 2017 was the worst day of my life. The morning started as any regular morning, but then everything changed. I remember it like it was yesterday. I received a phone call. My stepson, Addison, had committed suicide. Addison was not just a stepson to me, he was my child; Logan's big brother.

I now had to tell my 10 year old son that his big brother took his own life. How does one do that? How would I explain that Addison was dealing with daily struggles? That he was so frustrated, continuously reaching out for help yet didn't get the care he needed, left feeling that suicide was the only way to cure his suffering and pain.

With the advice from a child counsellor, I sat Logan down, and told him the truth. The look on his face still brings me to tears when I think about it and even now as I write this.



As I told him, many things went through my mind. I wanted to take away the pain he was now feeling. I wanted him to feel better. I didn't want this to change him.

Was there something we could do to help us through this? Some way that Logan could channel his hurt and make him feel as though he was helping Addison? Perhaps Logan and I could enter a 5K run that supports mental health awareness.

Then I went one step further. What if Logan could use his passion for sports, and since he is so active and involved in numerous sports in the Shelburne community, put together a 5K run event in Addison's name? All money raised would then go to the Canadian Mental Health Association (CMHA), whose goal is to end the stigma of mental health and raise awareness.

So here we are. The Addison Memorial Run for a Reason. If we can help one person and make a difference in their life, we are doing something good in memory of Addison.



## Join Us!

Visit the website to learn more  
and register for the run at

<https://addisonmemorialrun.wixsite.com/info>

## Fundraising

If you would like to raise funds to support Canadian Mental Health Association, please contact us to obtain a fundraising form, or collect the funds and you can make one large donation to CMHA.

## Sponsorship

We're looking for Sponsors!  
Interested in sponsoring this event?

Send an email  
to: [addisonmemorialrun@gmail.com](mailto:addisonmemorialrun@gmail.com)

## Vendors

If you're a local business that supports and promotes Health and Wellness and would like to set up a booth or do a demonstration at our vendors market on the day of the event WE WANT YOU!

Event is at Fiddle Park in Shelburne On  
Saturday April 27, 2019 from 8:00am to  
12:30pm.

Please email us to get additional  
information  
[addisonmemorialrun@gmail.com](mailto:addisonmemorialrun@gmail.com)