



Carman Wellness Connections  
*Supporting Emotional Health*

# CHALK THE WALK

## WORLD SUICIDE PREVENTION DAY

September 10 2026

### Chalk The Walk

In Honour of World Suicide Prevention Day  
Thursday, September 10, 2026

Join our community in spreading hope—one sidewalk at a time.

Decorate your driveway, sidewalk, or walkway with messages and artwork that inspire hope, kindness, resilience, and connection.

#### **CHALK~WALK~TALK**

On September 10, take a walk around Carman with family, friends, neighbors, or coworkers.

**CHALK** up your walkways to inspire others.

**WALK** with a friend or group to check out the creations.

**TALK** about mental wellness, checking in with one another.

**Free chalk is available at CWC. For more information, contact CWC.**

*Every message matters. Every conversation matters. Every person matters.*

