

INTO THE LIGHT 2011 Suicide Remembrance and Awareness walk

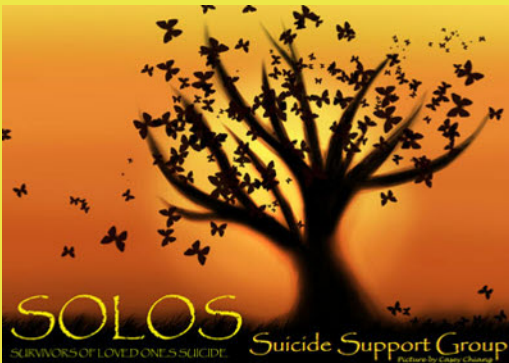
We will congregate at the park and then walk along Palm Boulevard to the fountain at Gateway. Our balloons with messages for loved ones lost to suicide will be released there and we will then walk back.

You are welcome to bring a picnic brunch with to enjoy in the park afterwards.

+/- 1600m

**September 11
8:30am - 10:30am
CJ Saunders park
Palm Boulevard
Umhlanga Rocks,
KwaZulu-Natal**

All Welcome



More information:

survivorsofsuicide.co.za

0832565993 support@survivorsofsuicide.co.za

www.survivorsofsuicide.co.za

**FREE
REGISTRATION PACKS**
* A yellow ribbon
(international symbol of suicide).
* Survivors of suicide materials & resources.
* SADAG
(South African Depression
and Anxiety Group) materials & resources.
* Balloon with a tag for message to
loved one (you can bring your
message with or write it on the day)



crisisteam.co.za



sadag.org.za

This is an opportunity for those bereaved by suicide, to join with the IASP, WHO & SADAG on World Suicide Prevention Day in focusing public attention on understanding suicide & highlighting effective prevention activities. This walk will also focus on recognising survivors of suicide and remembering those loved ones lost to suicide. This is an opportunity to meet and find comfort in those who walk the same path of healing daily and to reminisce together in the lives and memories of the loved ones lost. As this is an annual walk we encourage you to forward this leaflet and extend an invitation to anyone whom you think could benefit from participating. Thank you.

**Take care and be blessed.
For map and more
info please visit our
website**



THINGS TO REMEMBER:

- * Bring along team shirts with a photo of your loved one as well as your team name**
- * For a weather update 24 hours prior to the walk go to www.eastcoast.co.za (the walk will take place regardless)**
- * Dress comfortably and wear walking or running shoes.**
- * Bring along umbrellas and jerseys just in case.**
- * The park is a beautiful picnic spot so bring along a picnic basket if you intend to remain for brunch afterwards.**
- * Bottled water.**