

# Ride Don't Hide Canadian Route

Ride Don't Hide is an international tour and movement to battle mental illness stigma

Join the Ride Don't Hide movement to increase awareness of mental illness, combat stigma and raise funds for CMHA youth mental health initiatives.

Contact Denise Dickson, Event Coordinator

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604-688-3234 or 1-800-555-8222 (toll-free in BC), ext. 230

Michael's itinerary	Date
Winnipeg	September 21-22
Regina	September 26
Saskatoon	September 28-29
Edmonton	October 3-4
Calgary	October 6
Vernon	October 13-16
Kelowna	October 18
Victoria	October 28; November 8-10
Nanaimo	October 29-30; November 7
Vancouver	November 12



for more information about Ride Don't Hide, visit [www.ridedonthide.com](http://www.ridedonthide.com)