



Walk With Us This Fall!

Four Accessible Walks on Simcoe County Trails



Virtual Orientation: Sept. 29, 2025

Online via Zoom, 12 to 1 p.m.



Walk One: Oct. 2, 2025

Oro Medonte Rail Trail, 4 to 5 p.m.



Walk Two: Oct. 9, 2025

Wye Marsh, 4 to 5 p.m.



Walk Three: Oct. 16, 2025

Trans-Canada Trail Cookstown,
4 to 5 p.m.



Walk Four: Oct. 23, 2025

Tiffin Centre, 4 to 5 p.m.

CTN's Child and Family Wellness Program invites kids, youth and families to join a four-part Mood Walks series.

In partnership with the Canadian Mental Health Association, we are promoting wellness through nature-based walking.

Join the virtual orientation and learn about CTN's Equipment Loan Program, highlighting accessible gear for outdoor adventures.

You can also check out an article about Mood Walks in *Explore Magazine!*



Register at
<http://bit.ly/45DVKgu>
or scan the QR Code.

If you have any questions, please email Sarah Wilson at swilson@ctnsy.ca
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