



PRESS RELEASE

Port Credit Father's Day 5k Run/Walk Raises Money for Teen Suicide Prevention

3rd annual Find A Way event supports Credit Valley Hospital program for 'at-risk teens'

(Mississauga, Ont., May 9, 2011) - - The 3rd annual Father's Day **Find A Way 5k run/walk** is being held Sunday June 19 to raise money for teen suicide prevention.

The Find A Way run/walk is in Port Credit (Lakeshore E. and Front St.) and starts at 9 a.m. Participants can register on run day starting at 7:30 a.m. or on-line before the run at www.cameronhelps.ca website.

The flat and picturesque route is along the water and winds through several beautiful streets lining the lakefront. For \$25, (\$20 each for family registrants) participants receive a T-shirt and goodie bag, complete with a \$5 entry coupon to the Mississauga Waterfront Festival (www.themwf.com) which is across the street from the finish line.

The run is organized by CameronHelps (www.cameronhelps.ca), a Mississauga-based charity that is raising awareness of teen depression and suicide across the country. The Find A Way 5k run/walk is a major fundraiser for the organization, which has three main objectives: advocacy, youth outreach and clinical support. For more details you can email, info@cameronhelps.ca

David Harris, the founder of CameronHelps and its CEO, is a regular speaker at high school assemblies in Mississauga. He has also pledged to run 19 consecutive Mississauga

marathons in memory of his son, Cameron who was 19 years-old when he committed suicide. Harris, is an avid volunteer coach and supporter of the Credit Valley Hospital group therapy running program for “at risk teens.”

“The Find A Way event is a great time for families to get out and get some exercise together, enjoy the lakefront and the fun of running or walking with others. Along with raising money for youth suicide prevention, the event also helps us raise awareness of teen depression and mental illness. Up to 20% of teens have a depressive disorder and suicide is the second leading cause of death among teenagers,” Harris says.

The Credit Valley Hospital group therapy running program, was founded by social worker Dan McGann, who participates in the Find A Way run along with some of his young clients. As quoted in Runners’ World magazine, he says, "The kids learn they can overcome obstacles, such as running up a steep hill, and that they don't have to face problems alone. Running helps us bypass some of our barriers and defenses."

“Recent scientific research has confirmed what runners have known all along,” says Harris. “Physical exercise, like running, can improve a person’s mental state.”

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