



Out of the Shadows

A walk to remember those lost to suicide

You can make a difference by participating in Lifeline's Out of the Shadows - national suicide prevention walks held to coincide with World Suicide Prevention Day.

Join us as we walk to raise awareness, remember those lost to suicide and unite in a commitment to prevent further deaths by suicide.

See below for details of events in your local area.

Centre: FAR NORTH QUEENSLAND - CAIRNS

Event Date & Time: MONDAY 10TH SEPTEMBER 2018 - 5.15PM

Meeting Point: OPPOSITE SEA BREEZE CAFE - CAIRNS HOSPITAL
WALK STARTS AT 5.30PM

Additional Information

COMMEMORATE A LOVED ONE WITH A HEART AS YOU WALK FROM THE CAIRNS HOSPITAL TO THE NTH WESTERN LAWN OF THE LAGOON. THE WALK IS FOLLOWED BY A PROGRAM WHICH INCLUDES THE INDIGENOUS SMOKING/CLEANSING CEREMONY, LIVE MUSIC, KEYNOTE SPEAKER, LIVED EXPERIENCE TESTIMONIAL AND THE 'TREE OF HOPE' CEREMONY ENDS THE PROGRAM FOLLOWED BY FREE SAUSAGE SIZZLE TO ENCOURAGE COMMUNITY CONNECTION.

To get involved or to make a donation,
visit outoftheshadows.org.au