

# WALK TO REMEMBER

— WALK, ROLL OR GATHER —

## SOCIAL MEDIA CONTENT BANK

Walk to Remember is our most well-loved fundraiser, taking place on Saturday, September 19, 2026, likely running from approximately 9:00 a.m. to 1:00 p.m. at Lakeside Park in Mississauga.

Below you'll find suggested social media content you can use to help promote Walk to Remember to your community. Feel free to adapt or customize the suggested posts to suit your needs. Some graphics and captions include places to add your fundraising page link and personalize the content, so please make sure those sections are updated before posting.

Check out our social media images from our [Campaign Kit](#). We encourage you to share your personal stories, and reasons for participating in Walk to Remember (if you feel comfortable). If you have any questions about Walk to Remember, please contact Fundraising Manager, Kelly Price (she/her), at [fundraising@bereavedfamilies.ca](mailto:fundraising@bereavedfamilies.ca). Thank you for your support!

**Use hashtags:** #WTR2026 #WalkToRemember

**Tag us:** @centreforgriefandhealing

Together, we nurture hope, and build community.

I'm proud to be part of this year's Walk to Remember, honouring those we've lost and helping ensure free grief support continues for our community in Halton/Peel.


I'd love for you to join me: start a team, make a donation, or simply move with us on this meaningful day.

Learn more: <https://www.bereavedfamilies.ca/walktoremember2026>


#WTR2026 #WalkToRemember @centreforgriefandhealing

Your Impact Matters 

Supporting Walk to Remember means making a real difference in the lives of those grieving.

 \$35 = funds one individual peer support session with a trained volunteer

 \$468 = trains a compassionate volunteer

 Every \$20+ donation = a charitable tax receipt

I'm walking because I believe no one should have to grieve alone.

Will you help me make a difference?

Join my team or donate here: [add your donation link here]

#WTR2026 #WalkToRemember @centreforgriefandhealing

Save the Date! 

I'm so excited for this year's Walk to Remember!

  Saturday, September 19, 2026

 Lakeside Park, Mississauga

Join me for a beautiful day of connection, remembrance, and hope. 

I can't wait to see you there!

Learn more: <https://www.bereavedfamilies.ca/walktoremember2026>

#WTR2026 #WalkToRemember @centreforgriefandhealing

It's about the difference we make

I'm participating because I believe in the power of community and healing.

Walk to Remember isn't about how far we go — it's about the impact we have together.

Become a fundraiser, join my team, or donate today to help sustain free grief programs in our community.


Learn more: [add your Walk to Remember page link here]

#WTR2026 #WalkToRemember @centreforgriefandhealing

## Honouring Loved Ones, Supporting Healing

Walk to Remember is a chance to honour our loved ones and come together with others who truly understand.

I'll be at Lakeside Park in Mississauga on Saturday, September 19 — and I'd love for you to be there too.

Together, we are stronger. 

Learn more: <https://www.bereavedfamilies.ca/walktoremember2026>

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## A Day of Love and Memory

This September, I'll be [walking/running/rolling] in memory of [Insert loved one's name/relationship if you want to personalize].

Walk to Remember creates ripples of hope and healing in our community — and I'm proud to be part of it.

Who will you be remembering this year? 

[insert your fundraising page link]

#WTR2026 #WalkToRemember @centreforgriefandhealing

I'm participating in Walk to Remember this year in memory of [name].

This event helps keep grief support programs free and accessible in our community through the Centre for Grief and Healing.

If you'd like to support my fundraising, you can donate here: [insert your fundraising page link]

Every bit of support makes a difference.

#WTR2026 #WalkToRemember @centreforgriefandhealing

This year I'm walking in Walk to Remember in memory of [name].  
Grief changes us, but remembering the people we love keeps their stories alive.

This event helps the Centre for Grief and Healing continue providing free grief support programs for our community.

- ♥ Walking in memory of someone special
- ♥ Supporting free grief support programs
- ♥ Honouring the love that never fades

If you'd like to support my fundraising, you can donate here:  
[insert your fundraising page link]

#WTR2026 #WalkToRemember @centreforgriefandhealing

I'm putting together a team for this year's Walk to Remember, and I'd love for you to join.

This event brings people together to honour loved ones while helping keep grief support programs free in our community.

- ♥ Walk in memory of someone you love
- ♥ Support grief programs that help families
- ♥ Be part of a caring community

Join my team or learn more here:  
[insert your fundraising page link]

#WTR2026 #WalkToRemember @centreforgriefandhealing

I'm so thankful for the support I've received for Walk to Remember.

So far we've raised \$\_\_\_ toward our goal of \$\_\_\_, helping ensure grief support programs remain accessible for everyone.



- ♥ Thankful for every donation
- ♥ Supporting those navigating grief
- ♥ Working together to reach our goal

Donate here if you'd like to help:  
[insert your fundraising page link]

#WTR2026 #WalkToRemember @centreforgriefandhealing

Just 1 month until Walk to Remember!

Soon we'll gather as a community to remember loved ones and raise funds for free grief support programs.




 September 19, 2026  
 Lakeside Park, Mississauga

Join us or donate here:  
[insert your fundraising page link]

#WTR2026 #WalkToRemember @centreforgriefandhealing

Thank you to everyone who supported Walk to Remember this year.

Because of your kindness, grief support programs can remain free and accessible for people in our community.

-  Thank you to everyone who walked
-  Thank you to every donor
-  Thank you to every volunteer

Your support truly makes a difference.

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