



Coming together for mental health.

Join us June 14, 2025

as we walk, run or roll at the Shoppers Drug Mart® Run for Women in support of mental health resources at My Sisters' Place, a program of CMHA Thames Valley Addiction and Mental Health Services in partnership with Shoppers Foundation for Women's Health™.



Sign up to walk/run 5k or run 10k at runforwomen.ca

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