



Local resident Virginia Gingras (left) and her trainer, Cathy Gallagher, are getting ready for Gingras' attempt at running the entire length of the Bruce Trail in September, which will cover close to 900 km in less than two weeks.

Photo by Neil McKenzie-Sutter

## Event aims to raise cash for mental health

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"Instead of us telling them what's best for them about their positive mental health or how to deal with stress, I want it to come from the students. I want the students to have an active voice in what they need in their schools for what they need to deal with stressors."

Additionally, Gingras' father has dealt with reoccurring rounds of depression for ten years, and she's had her own battle with depression, so the cause of raising awareness for mental health is a personal one for Gingras.

"I had an eating disorder starting in high school and it went right through university into my first year of teaching," Gingras said. "Getting out of depression was really hard. It's my biggest fear that I'll go back into a depression. It's not something I'd wish on anybody."

Gingras's September run will take her through Halton Hills and several of her former students from the Georgetown District High School cross-country team will join her along the Limehouse and Silvercreek Conservation Area sections of the Bruce Trail.



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