



Waterloo Region  
Suicide Prevention Council  
www.wrspc.ca



SEPTEMBER 7, 2016

## Waterloo Region honours World Suicide Prevention Day with events and free concert

WATERLOO – World Suicide Prevention Day, which takes place Sept. 10, is an opportunity for all citizens to join with the International Association for Suicide Prevention (IASP) and the World Health Organization (WHO) to promote understanding of suicide.

Across Canada, people will gather in communities to show their support for suicide prevention, to remember and celebrate the lives of those who have died, comfort those who grieve and strengthen our connection with each other. During World Suicide Prevention Day, we remember that by reaching out and being connected we can save lives.

The Waterloo Region Suicide Prevention Council and Wilfrid Laurier University are hosting a number of activities Saturday, Sept. 10 at Laurier’s Waterloo campus in partnership with Mysterious Barricades, an inaugural cross-Canada concert for hope and awareness, and the Canadian Association for Suicide Prevention (CASP).

“Waterloo Region has always been very supportive of this event, and we are so pleased to bring such a variety of events including the opportunity to attend this special concert,” said Tana Nash, executive director of the Waterloo Region Suicide Prevention Council.

The Mysterious Barricades initiative has given Laurier’s Faculty of Music the opportunity to partner with the Waterloo Region Suicide Prevention Council and Laurier’s Office of Student Affairs for the first time as part of a meaningful day around the issue of mental health and suicide prevention awareness.

“Music’s universal language brings healing and understanding beyond words, and gives us occasion to join forces with incredible local groups like the Goodhearted Women Singers and the Sing Fires of Justice Community Choir, as well as singer-songwriter Vienna D’Amato Hall in what promises to be a powerful and moving performance,” said Kimberly Barber, live-concert organizer and member of Laurier’s Faculty of Music.

Community members are invited to participate in all, or select portions, of this special event.

### September 10 schedule:

10 a.m. to 4 p.m.	<b>Live Streaming: Mysterious Barricades Free Concert.</b> From sunrise in St. John’s NL to sunset in Victoria BC, an 18-hour concert of hope and awareness will grace a sequence of stages across Canada including Wilfrid Laurier University. Free of charge. Maureen Forrester Recital Hall at
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	Wilfrid Laurier University's Waterloo campus.
noon to 4 p.m.	<b>Information Fair:</b> Featuring 25 local community and university resources, Maureen Forrester Recital Hall lobby, Wilfrid Laurier University.
1 p.m. to 2:30 p.m.	<b>Live Performance: Mysterious Barricades Free Concert.</b> Featuring Waterloo's finest professionally trained musicians and performers, this concert will raise awareness of the mysterious barricades between mental illness and health, between the darkness of depression and the light of hope, between life and death. See <a href="http://www.mysteriousbarricades.org">www.mysteriousbarricades.org</a> for a list of performers. Maureen Forrester Recital Hall, Wilfrid Laurier University.
2:30 p.m. to 4 p.m.	<b>Charity Barbeque:</b> Outdoor Quad, Wilfrid Laurier University.
4 p.m. to 4:30 p.m.	<b>Speaker Series:</b> The Waterloo Region Suicide Prevention Council: Connect, Communicate, Care. Maureen Forrester Recital Hall, Wilfrid Laurier University.
4:30 p.m.	<b>Annual Butterfly Release:</b> Serving as a symbol of hope for those affected by suicide. Musical accompaniment by flutist, Eric Kavcic. Outdoor Quad, Wilfrid Laurier University.

For further event information about the event, and the Waterloo Region Suicide Prevention Council, visit <http://wrspc.ca>.

Downloadable toolkit and resources available at <http://suicideprevention.ca/wspd>.

For more information on the Mysterious Barricades concert, featured performers, and cross-Canada locations, visit [www.mysteriousbarricades.org](http://www.mysteriousbarricades.org).

Social Media: #MysteriousBarricades #WSPD

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