

Forest of Hope to be Planted in Winnipeg

Event on World Suicide Prevention Day, September 10th

On September 10th from 10:00am - 1:00pm, the Winnipeg Suicide Prevention Network (WSPN) will mark World Suicide Prevention Day by planting a “Forest of Hope” in Whittier Park, along the banks of the Red and Seine Rivers. The Forest is intended to provide a space of reflection, hope, and healing for those affected by suicide while raising awareness about suicide prevention.

The third Forest of Hope in Canada is a collaboration between WSPN, the Canadian Association for Suicide Prevention (CASP) and the City of Winnipeg. It will feature two benches engraved with the word “hope”, translated into the most common languages spoken in Winnipeg, and two signs marking the spot will speak to the importance of the Forest and guide visitors to suicide prevention resources. The City of Winnipeg has provided land for this project as well as the trees. During the launch event, the city’s Parks and Open Spaces department will provide a tree planting demonstration to guide novice planters.

CASP’s Executive Director, Sean Krausert, says, “We are so proud to collaborate to make Forests of Hope take root all over the country. It has been an honour working with the Winnipeg Suicide Prevention Network to bring hope and raise awareness with respect to suicide prevention.”

Aly Raposo, the Coordinator for the Human Rights Committee of Council for the City of Winnipeg, and a person with lived experience of mental health struggles, is scheduled to speak at the event. Aly shared, “Initiatives like the Forest of Hope help people in truly understanding that they’re never alone in their pain. The power of hope is incredible and contagious. To dedicate a space for individuals to grow and heal is remarkable and will support many generations to come.”

The members of WSPN, which is a network of health services and community-based organizations committed to working collaboratively to enhance suicide prevention and life promotion efforts through public awareness and education, professional development, and knowledge exchange, invite everyone to join us (836 Rue St. Joseph). The event will feature distinguished speakers, followed by tree planting and lunch.

In Manitoba, there continues to be a significant need for suicide support.

World Suicide Prevention Day occurs each year on September 10 to raise awareness around the globe that suicide can be prevented. Support is available for anyone with thoughts of suicide or have been affected by suicide-loss by calling or texting 9-8-8, Canada’s Suicide Crisis Helpline.