



NEWS RELEASE

For immediate release:

Mood Walks® unveils program enhancements for communities to rediscover nature together

Toronto, May 22, 2024 – Mood Walks®, the province-wide initiative promoting green exercise for improved well-being, is revitalizing its program to encourage people from all walks of life to experience the physical, mental, and social health benefits of the outdoors.

Led by Canadian Mental Health Association, Ontario Division (CMHA Ontario), in partnership with Conservation Ontario and Hike Ontario, Mood Walks is relaunching with a new nature-inspired logo, an enhanced website, accessible support resources for facilitators, and an open invitation for new partnerships.

"With these upgrades, we're excited to unveil a new nature-inspired logo that symbolizes inclusivity and a connection between individuals and nature," said Camille Quenneville, Chief Executive Officer at CMHA Ontario. "Additionally, our client-friendly, interactive website streamlines the search for local Mood Walks groups. Access to this information allows individuals at risk of, or experiencing mental health difficulties and isolation, to easily find group nature walks so they can benefit from a sense of belonging and well-being."

The website also offers extensive training resources for host agencies facilitating Mood Walks groups. Host partners have immediate access to tools that help participants feel well-supported on their walks. Themed walk activities encourage socialization and introduce concepts like mindfulness and journaling to enrich the walking experience. Additionally, there are checklists, and forms to introduce, promote and maintain community groups.

"We are pleased about our collaboration with Mood Walks," said Angela Coleman, General Manager at Conservation Ontario. "By partnering with CMHA Ontario, we will introduce more people to Ontario's Conservation Areas, underscoring the positive effects on both physical and mental well-being. Our commitment to expanding this collaboration is geared towards improving accessibility to green spaces across the province and emphasizing the health benefits of nature."

"We are a proud partner of Mood Walks," said Tom Freisen, Hike Ontario Certification Chair. "Hike Ontario is delighted to offer specialized hike training to facilitators to ensure safe and accessible practices for all participants."

By building on these strengths, Mood Walks will continue to expand its network of partners and green spaces across the province to promote inclusivity and accessibility where participants can thrive.

If you're interested in becoming a Mood Walks facilitator or would like to join a group in your community, please visit moodwalks.ca or contact Jennifer Cooke, Mood Walks Program Coordinator, at jcooke@ontario.cmha.ca.



Canadian Mental
Health Association
Ontario

About Canadian Mental Health Association, Ontario

Canadian Mental Health Association (CMHA), Ontario is a not-for-profit, charitable organization. We work to improve the lives of all Ontarians through leadership, collaboration and continual pursuit of excellence in community-based mental health and addictions services. Our vision is a society that embraces and invests in the mental health of all people. We are a trusted advisor to government, contributing to health systems development through policy formulation and recommendations that promote positive mental health. Our 27 local CMHA branches, together with community-based mental health and addictions service providers across the province, serve thousands of Ontarians each year.

-30-

For more information, contact:

Elham Bidgoli
Canadian Mental Health Association, Ontario
T: 416-637-5082
E: ebidgoli@ontario.cmha.ca