

For Immediate Release:
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Hope in the Darkness set to begin April 1, 2018

GARDEN RIVER, ON—Indigenous Police Sergeant Kevin Redsky and the Anishinabek Police Service will lead a youth mental health walk across Canada starting on April 1, 2018. The walk will bring police, youth and communities together to take a stand on mental health.

Hope in the Darkness 2018 will start in Cape Spear, St. John's, Newfoundland the easternmost point of Canada on April 1. The eastern route will travel through Newfoundland, Nova Scotia, New Brunswick, Quebec, Ontario and Manitoba.

The western route will begin at the westernmost point of Canada in Masset, Haida Gwaii, British Columbia on May 15, 2018. The western route will travel through British Columbia, Alberta, Saskatchewan and Manitoba. The western and the eastern route will join together in Winnipeg for a final closing ceremony and celebration in August.

“Walking for youth dealing with mental health issues, is our way to show youth we aren't the bad guy, but we care for them and want to be active in supporting the life changes that youth, families and communities need,” says campaign founder Kevin Redsky. Adding, “Hope in the Darkness will promote healthy lifestyles, self-empowerment and strength in continuous change, youth out there will know that the negative images of police don't apply to all of us, and that we are dedicated to protecting and caring for our communities.”

The national walk is being hosted by Strength in Continuous Change, a culture-based resource designed for Indigenous youth, parents, families and communities to be active in the lives of youth struggling with mental health issues and/or living in high-risk situations. Offering youth mental health programming and support existing youth mental health networks, Strength in Continuous Change values culture and language as the vehicle to self-empowerment for youth, their families and communities. A national celebration is planned for the culmination of the walk in Winnipeg in August 2018.

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