



What is Pedal Forward!

Pedal Forward! is Renfrew County's Mental Health Coalition, created on the wheels of the Bell Let's Talk initiative, "Clara's Big Ride" of 2014. Canadian Olympian, Clara Hughes cycled 12,000 km around Canada, stopping in communities along the way, sharing her message to reduce stigmas and raise awareness for mental health.

Pedal Forward! welcomes agencies, organizations, communities, businesses, municipalities and individuals who are interested in supporting mental health education and awareness while promoting County-wide mental health services.

Pedal Forward! is a tool to support, assist and encourage Renfrew County agencies, organizations, communities, businesses, municipalities and individuals to:

- Maintain a forum in which to work collectively and collaboratively on all topics and events related to mental health
- Increase efficiency and effectiveness by reducing overlaps and isolated planning
- Promote a visual logo recognizing those who support mental health and well-being
- Support County-wide activities and events, as well as agencies, organizations, communities, businesses, municipalities and individuals that meet the mandate of Pedal Forward!

Pedal Forward! proudly recognizes those who meet the mandate to:

- Support Clara's message to raise awareness and reduce the stigmas around mental health
- Increase education tools and promote local services available to the public, supporting those in need
- Offer events and activities that promote mental health and well being in Renfrew County

For more information and to join Pedal Forward! or, to have your event, agency, organization, community, business, or municipality proudly recognized by Pedal Forward! Email us at: pedalforward@phoenixctr.com or go to our webpage at www.physicalactivitynetwork.ca/pedal-forward

Let's Pedal Forward! to reduce stigmas and raise awareness for Mental Health in Renfrew County.