

Clara's Big Ride rolls into Calgary

Calgary Counselling Centre hosts community event May 31

Calgary, AB – May 28, 2014 – Six time Olympic medalist Clara Hughes will ride into Calgary for a visit May 30 -31 as a part of Clara's Big Ride for the Bell Let's Talk campaign to end the stigma around mental health.

As a local leader in mental health, Calgary Counselling Centre was chosen as Calgary's Community Champion for Clara's Big Ride. As the Calgary Community Champion, the Centre will be hosting a community event filled with interactive activities for all ages on Saturday, May 31 at Calgary French & International School from 9 a.m. to 1 p.m.

"Calgary Counselling Centre is thrilled to have been chosen as Calgary's Community Champion for Clara's Big Ride," said, Dr. Robbie Babins-Wagner, CEO, Calgary Counselling Centre. "Not only is the community event a great way to bring together Calgarians, but it's an important opportunity to further our efforts to increase awareness, reduce stigma and support mental health in our community."

WHO: Clara Hughes, Olympic Medalist and Mental Health Advocate
Hon. Dave Rodney, Associate Minister-Wellness, MLA Calgary-Lougheed
Dr. Robbie Babins-Wagner, CEO, Calgary Counselling Centre
Mme. Margaret Dorrance, Head of School, Calgary French & International School

Also in attendance:

Ms. Alana DeLong, MLA Calgary-Bow

WHAT: Calgary Counselling Centre invites you and your family to attend an interactive, informative, fun and FREE community event with Clara Hughes as the keynote speaker

WHERE: Calgary French & International School
700 - 77th Street SW

WHEN: Saturday May 31, 2014

9 a.m. - 1 p.m. Community event (info sessions on mental health topics, yoga, drumming, art activities, mini-mental health fair)

10-11 a.m. Keynote presentation from Clara Hughes

Joining Clara during her keynote will be Canadian Paralympic cycling medalist Jay Milley

WHY: Clara Hughes is biking across Canada en route for over 110 days and is stopping in 95 different communities including Calgary to help raise awareness and reduce stigma around mental health.

"Our Community Champions are an incredible group of Canadians dedicated to helping achieve a stigma-free Canada," said Clara Hughes, Olympic medalist. "I want to thank them for their passion and commitment to growing the mental health conversation. Clara's Big Ride for Bell Let's Talk would not be possible without them."

Calgary Counselling Centre is the leading research, training and knowledge-based counselling organization in Canada. Since 1962, the Centre has been committed to providing best practices in counselling, training and research to improve the well-being of Calgarians through highly effective counselling based on solid research and practice. Our services are available to anyone regardless of financial status; the Centre is a recognized leader in the treatment of domestic abuse, depression, eating disorders, separation/divorce, trauma and self-esteem. Through its ongoing research and education programs, Calgary Counselling Centre strives to meet the changing needs of our community.

For more information or to arrange an interview, please contact:

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