

FOR IMMEDIATE RELEASE

September 15, 2021

CORNERSTONE'S WALK A MILE IS BACK AND VIRTUAL FOR ANOTHER YEAR

Where will you be Walking A Mile this September?

NORTHUMBERLAND COUNTY - Cornerstone Family Violence Prevention Centre (Cornerstone), is excited to announce Walk A Mile is back and staying virtual in 2021. The virtual Walk A Mile, presented by Lakeridge Chrysler, will be held on Saturday, September 25th and can be done by anyone, anywhere, at any time, in any footwear.

"As we continue to navigate COVID-19 we have decided to keep the walk virtual for another year," says Cornerstone Manager of Community Engagement, Janelle Eisler. "Whether you get your neighbours to watch you walk around your block, or take a solo trek on a trail in Northumberland Forest – all efforts, although separate, will have a big impact collectively on the lives of local women and children." Eisler adds.

The beauty of the virtual event is that walks can take place anywhere through neighbourhoods, along the boardwalk, on a trail, through places of work, or on a treadmill at home. Regardless of the location, participants are encouraged to take a photo and post it on social media tagging Cornerstone and using the hashtag *#mywalkmyway*.

"Family violence is a community issue, which requires community solutions," says Cornerstone Executive Director, Nancy Johnston. "The pandemic may be keeping us from having our traditional walk again this year, but it will not stand in our way of realizing a future free from violence. We can still work collectively to raise funds and awareness for Cornerstone as it is imperative that we continue to raise awareness and funds for our cause," adds Johnston.

A registration fee of \$20 for adults and \$10 for those under 18 applies, however walkers are encouraged to collect additional pledges to support Cornerstone. Upon registration participants will be provided with Walk A Mile kits that include signature red heels if desired (and while sizes and quantities last), posters to promote their individual walk, and materials to encourage pledges and participation.

Last year Cornerstone provided service to over 1800 women, children and youth through shelter, counselling, housing, and prevention programming. Walk A Mile plays a critical role in funding the various programs and services Cornerstone offers that turn fear into hope, and help local families rebuild their lives after experiencing abuse. The community is encouraged to come out and be a part of the solution.

To get involved through participation, sponsorship, or donations to the 14th Annual Walk A Mile visit cornerstonenorthumberland.ca/walkamile, or call 905-372-1545 to speak with Janelle.

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