| PROVINCE / TERRITORY | TEAM NAME | DONATION LINK | FACEBOOK EVENT PAGE | WALK LEADER/S | DATE/TIME/LOCATION |
|-------------------------|--|---|---|--|---|
| Yukon | Postpartum Support Yukon's Team, Whitehorse | https://floraswalk. ca/en/t/postpartumsupporty ukonsteam | | Shanny Kaiser shanny@raisinglittles.ca | May 3rd, 3pm |
| Alberta | Team Red Deer | https://floraswalk_ ca/en/t/reddeerandareamat ernalmentalhealth | https://fb.me/e/136keCo7y | Brandi Bradshaw brandi. bradshaw@albertahealhtse rvices.ca | May 3rd, 12-1pm, Red Deer City Hall |
| Alberta | Team Lloydminster | https://floraswalk. ca/en/t/ashley-watermans- team | https://facebook. com/events/s/floydminster- matemal-mental- h/161655388865030/ | Ashley Waterman ashley. waterman@saskhealthauth ority.ca | May 3rd, 9:30-11:30am, Home Hardware Building Centre Lloydminster- Timber Cafe, Walk at Messum Park |
| Manitoba | Team St. Claude & surrounding towns | https://floraswalk. ca/en/t/melanie- hendersons-team | https://www.facebook. com/groups/573514795661 2727/? hoisted_section_header_ty pe=recently_seen&multi_pe rmalinks=57351608266114 40 | Melanie Buisson melaniebuisson@hotmail. com | April 30th, 10am-12pm, Fair Grounds |
| Manitoba | Team Minnedosa - Wellness Clinic | https://floraswalk. ca/en/t/thewellnessclinicbra ndon | ТВА | Melonia Dyce mdyce@wellnessclinicbran don.ca | May 6th, 9:30-11:30am, Boat launch by Minnedosa Beach |
| Manitoba | Team Brandon - The Girlfriend Gang | https://floraswalk. ca/en/t/bumptomama | TBA | Amy Cumming amy_cumming@hotmail or amy@roziereblaikiecounsel ling.com | May 3rd, 11am-2pm, The Discovery Centre |
| Manitoba | Team Winnipeg | https://floraswalk.ca/en/t/team- winnipeg | ТВА | Desntiny Munoz destinymunoztherapy@gm ail.com, Aislinn Hasty aislinn@theuntiedlatch.com | Apr 30th, 9:30am, Scout Coffee & Tea, 1199 Rothesay |
| New Brunswick | Team Dorchester | https://floraswalk. ca/en/t/team-dorchester | https://fb.me/e/3tjYspesy | Kristina Dekroon info@kristinadekroonND. com | May 6th, 10 am, Haut-du- Ruisseau Nature Park |
| New Brunswick | Team Freddy Beach, Fredericton | https://floraswalk. ca/en/t/freddybeach | https://fb.me/e/aLNgYqVsz | Gail O'Brien, gokane96@gmail.com | April 30th, 2-4pm, O'Dell Park |
| Nova Scotia | Team Halifax | https://floraswalk. ca/en/t/teamhalifax | https://fb.me/e/2qV7iQI8Z | Jenn Jollymore, jennifer. jollymore12@gmail.com | May 3rd, 11:30am-1pm, Point Pleasant Park |
| Newfoundland & Labrador | Team St. John's/Mt. Pearl | https://floraswalk. ca/en/t/stjohns | Floras Walk - Team St. John's/Mt. Pearl | Jamie Green jamie- green97@hotmail.com / jjg788@mun.ca | April 30th, 2pm, Quidi Vidi Lake |
| Newfoundland & Labrador | Team Carbonear | https://floraswalk. ca/en/t/carbonearobstetrical nursesteam | ТВА | Tonya Somerton, tonya. somerton@easternhealth. ca | Date TBA, Sheila Nagiera Theater Boardwalk |

| PEI | Team Mermaid (Bonshaw) | https://floraswalk. ca/en/t/angela-gunns-team | https://m.facebook.com/story.php? story.fbid=pfbid0daePKZXoGMH zPJoFNzBC97CYQ51GzaB51IM xdd3t15szdgSt3PyJu417MdRdLg ggt8.id=100090943860414&sfnsn | Angela Gunn, agunn0324@gmail.com | May 6th, 10am-12pm, Strathgartney Provincial Park, Bonshaw |
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| Saskatchewan | Team Saskatoon | https://floraswalk. ca/en/t/kayla-bells-team | SASKATOON- Flora's Walk for Perinatal Mental Health Facebook | Michelle Klatt & Kayla Bell mothermayiyxe@outlook. | May 3rd, 10:30am-1:30pm, Rotary Park |
| BC | Pacific Post Partum Support Society Team (Burnaby) | https://floraswalk. ca/en/t/pppss-team | https://facebook. com/events/s/floras-walk- fundraiser/962713828059687/ | Kate McKay kate@postpartum.org | May 6th, 9:30am-12pm, Deer Lake Park (south lawn), Burnaby |
| BC | Team Penticton | https://floraswalk. ca/en/t/isabeau-venables- team | https://www.facebook. com/groups/533089045595 848/ | Isabeau Venables isabeau. v@gmail.com | April 30th, 9:30am, Marina Way Park |
| BC | Raelene Hurry's Langley Team | https://floraswalk. ca/en/t/raelene-hurrys-team | https://www.eventbrite. ca/e/598228877677 | ing.com | April 30th, 10:30am-12: 30pm, Derby Reach Regional Park |
| BC | Natal Therapy Team - Nanaimo | https://floraswalk. ca/en/t/natalie-webbers- team | ТВА | Natalie Webber nataliemlachance@gmail.com | May 6th |
| BC | Team Victoria | https://floraswalk. ca/en/t/team-victoria | ТВА | Jenna Berry, jenna@fireweedcounselling .ca | May 3rd, 10 am, Macaulay Point Park |
| Quebec | Team MotherWit - Montreal/Dorval | https://floraswalk. ca/en/t/teammotherwitt | ТВА | Lesley Everest, info@motherwit.ca | May 4th, 11 am, Angrignon Park |
| Ontario | Team Toronto | https://floraswalk. ca/en/t/toronto-team | https://fb.me/e/12vkh1Muv | Roberta Scott, Nadine Fraser roberta@fabulousat50.com fraserna@yahoo.ca | May 3rd, 11:30am-1pm, Queen's Park |
| Ontario | Team Ottawa | https://floraswalk. ca/en/t/ottawateam | https://fb.me/e/42xZ6i6yo | Patricia Tomasi, Jaime Charlebois canpmhc@gmail.com | May 3rd, 8:30-10:30am, Valour Building/Parliament Hill |
| Ontario | Team Marathon | https://floraswalk. ca/en/t/team- marathonhttps://floraswalk. ca/en/t/sudburyteam | https://fb.me/e/vxQzOebH | Kelli Adams kjpadams@gmail.com | June 10th, 1pm, The Marathon Loop |
| Ontario | Forest City Flora's Walk- London, ON | https://floraswalk. ca/en/t/michelle- maisonvilles-team | https://www.facebook. com/profile.php? id=100090750910318&mib extid=ZbWKwL | Michelle Maisonville michelle. maisonville@gmail.com | April 29th, 10-11:30am, Gibbons Park |
| Ontario | Team Nurturing Health Northumberland | https://floraswalk. ca/en/t/nurturinghealthnorth umberlandsteam | https://fb.me/e/67bNCG16j | Kristi Prince kristi.prince. nd@gmail.com, Erin Donnelly erinshairstyling@gmail.com | April 30th, 11am-1pm, Baltimore Recreation Center |
| Ontario | Team Hamilton | https://floraswalk. ca/en/t/teamhamilton | https://www.facebook. com/events/885581012559 332 | Eleni Opperwall, eopperwall@gmail.com | May 3rd, 9:30am-11am, Hamilton City Hall |

| Ontario | Team Newmarket | https://floraswalk. ca/en/t/team-newmarkett | https://fb.me/e/I2Af7FMz | Kelley Hassanpour parentingfromwithin@outlo ok.com | May 3rd, 10am, Fairy Lake |
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| Ontario | Team Sudbury | https://floraswalk. ca/en/t/sudburyteam | https://www.facebook. com/events/739490331054174? acontext=%7B% 22event_action_history%22%3A [%7B%22extra_data%22%3A% 22%22%20%20%22mechanism% | Danielle Watson drwatson@themotherdoctor .com | May 6th, 1:30 -3pm, Meet at Bell Park near John Street |
| Ontario | Team Barrie | https://floraswalk. ca/en/t/team-barrie | https://fb.me/e/ZxjCXaM7 | Jessica Jenkins, jessica@gracenorthpsychot herapy.com, Rebecca McManee, rebeccamcmanee@gmail. com | May 3rd, 11:30am-1pm, Meridian Place |
| Ontario | Team Orillia | https://floraswalk. ca/en/t/floraswalkorillia | ТВА | Rebecca Bolden rebecca@theholdingspace. ca | ТВА |
| Ontario | Team Nipissing, North Bay | https://floraswalk. ca/en/t/nipissingdistrict | ТВА | Christina DeRoche christina. deroche@canadorecollege. ca | May 3rd, 5:30-6:30 pm, Canadore College's Village |
| Ontario | Perinatal Mental Health Walk - Barrhaven and outlying areas | https://floraswalk. ca/en/t/maternitymatters | ТВА | Karen Trines, karentrines@gmail.com | April 30th |
| Ontario | Team St Catharines | https://floraswalk. ca/en/t/samantha-stancliks- team | https://fb.me/e/4hIREVjAs? mibextid=Z0UBBX | Samantha Stanclik Samstrifler@icloud.com, Meredith Durksen mer_lichty@msn.com | May 6th, 10:30am-1pm, Lakeside Park, Port Dalhousie |
| Ontario | Team Whitby/Oshawa (Yoga Event) | https://floraswalk. ca/en/t/whitbyoshawa | https://fb.me/e/Qb1EzqXR | Sarah McAteer drsmcateer@gmail.com & Heather Rivers riversrmt@gmail.com | May 6th, 1:30pm, Veda Yoga & Wellness |
| Ontario | Team Peterborough | https://floraswalk. ca/en/t/staceykempsteam | ТВА | Stacey Kemp stacey. kemprmt@gmail.com | May 7th, 12-1pm, Morton Family Trail |
| Ontario | Team Carleton Place & Neighbouring Towns | https://floraswalk. ca/en/t/carletonplacealmont ebeckwithlanarkcounty | TBA | Susan Martensen, susan@martensen.ca | May 4th, 11am-3pm, Meet at The Market Square, Carleton Place, Walking along Ottawa Valley Recreational Trail, |
| Ontario | Team Coldwater (Bowling) | https://floraswalk. ca/en/t/team-coldwater | https://fb.me/e/3j97zcZje | Jenn Watson, shwj0083@gmail.com | May 7th, 1-5pm, Coldwater Bowling Centre |