



WALK SO KIDS CAN TALK

IN SUPPORT OF



PARTICIPANT GUIDE

Let's Walk So Kids Can Talk!

It's almost time for the 2026 BMO Walk So Kids Can Talk.

Whether you're joining for the first time or you've been with us since the beginning, we are so grateful you're here. You are part of the largest youth mental health fundraiser of its kind in Canada — a truly national movement that is unlocking hope for millions of young people across Canada.

On **Sunday, May 3**, you will join more than 14,000 people gathering in 16 communities right across Canada! Every step helps create a future where no call or text ever goes unanswered when a young person reaches out to Kids Help Phone.

In this participant guide, you will find resources, information and reminders to help make this year's Walk a fun and memorable experience for you and your supporters.

From all of us at Kids Help Phone, thank you so much for being part of this life-changing event. Together, we're showing young people that help means everything!

With gratitude,



Nana Serwah Apraku

Events Director

Kids Help Phone

The 2026 BMO Walk So Kids Can Talk raises critical funds for Kids Help Phone, Canada's only national, 24/7, free, confidential and multilingual e-mental health service for young people!

"I just wanted to thank you so much for actually listening to me and making me feel heard."

— Young person who reached out to KHP in 2025 by text



2026 BMO Walk so Kids Can Talk
Participant Guide

#BMOWalkSoKidsCanTalk

KHP
KIDS
HELP
PHONE
EST. 1989

GET READY FOR EVENT DAY!

EVENT DAY ITINERARY AND PARKING

Find the itinerary for your Walk location by visiting walksokidscantalk.ca/Event-Details/Locations or by scanning the QR code.

Each location page provides details about parking, accessibility and other information specific to your community!



WHAT TO WEAR AND BRING

For the best possible event experience, we recommend bringing:



- Comfortable shoes
- Weather-appropriate clothing (check the forecast before you go!)
- Layers for cooler weather
- Refillable water bottle

Note that strollers are welcome at all sites but rules about dogs are location-specific!

Check your [location page](#) to confirm.

TUNE IN TO OUR SPOTIFY PLAYLIST

Looking for the perfect tunes for your walk? Check out the BMO Walk So Kids Can Talk playlist on Spotify!

Featuring uplifting songs primarily by Canadian artists, we've created this special playlist to keep the energy and good vibes going every step of the way.

Scan the QR code to access the playlist now!



POST, SHARE, CONNECT



No matter where you're walking, join the conversation online and connect with thousands of Walk participants across Canada!

Share photos, progress and inspiration by tagging us at [@KidsHelpPhone](#) and using the hashtag [#BMOWalksSoKidsCanTalk](#).

ON-SITE FEATURES AND EXPERIENCES

Get a sneak peek at the exciting on-site features and experiences you can expect on event day!

GET YOUR KHP FLAG

All participants will receive a small hand-held flag upon arrival. Hold onto it! During the opening ceremony, a youth ambassador will lead a special flag-waving moment from the stage to symbolize unity and the power of collective action just before the Walk begins.

PICK UP YOUR LANYARD AND COLLECTIBLE PIN

You will also receive a KHP-branded lanyard with a special collectible pin attached! With a new pin introduced each year, you can build a collection that reflects your commitment to this national movement for youth mental health.

VISIT THE FEEL OUT LOUD GATE

At all Walk sites, participants can pass through the Feel Out Loud Gate. The Gate is made up of flags featuring words, themes and ideas commonly expressed by young people who reach out to KHP for help, reinforcing the critical impact of your support.

ADD TO THE “ADVICE TO MY YOUNGER SELF” WALL

Check out the KHP tent to leave a note on the Advice to My Younger Self Wall! This special experience invites participants to write messages to their past selves and post them on a shared board, creating a moment of reflection and inspiration as we gather to Walk so Kids Can Talk.

**REMINDER:
FUNDRAISING IS
OPEN UNTIL MAY 31!**

Every dollar raised by this incredible community helps ensure no call or text goes unanswered. That's why we're keeping fundraising open until May 31!

The more you raise, the more rewards you'll receive! Check out our [Fundraising Rewards](#) page to learn more.

Looking for fundraising tips? Look no further! Check out our [Fundraising Tips and Tools](#) page for resources, tips and tools to help you reach your goals.

For more information about the 2026 BMO Walk So Kids Can Talk, visit walksokidscantalk.ca.

Questions?

Contact our team at getinvolved@kidshelpphone.ca.

THANK YOU TO OUR NATIONAL SPONSORS!

We could not be more grateful to our National Sponsors for making the 2026 BMO Walk So Kids Can Talk possible!

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