



WALK SO KIDS CAN TALK

IN SUPPORT OF



VIRTUAL 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.

As a virtual participant, you will join more than 14,000 people in communities right across Canada on **Sunday, May 3!** 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

Virtual Participant Guide

#BMOWalkSoKidsCanTalk

KHP
KIDS
HELP
PHONE
EST. 1989

GET READY FOR EVENT DAY!

SET A GOAL AND TRACK YOUR PROGRESS

This weekend, get inspired and connect with more than 14,000 Walk participants by setting a goal and tracking your progress through your Participant Dashboard!

Set up and track your goal in three easy steps:

- 1** Log in to your Participant Dashboard. Look for “Add a Fitness Goal” on your personal fundraising page.
- 2** Choose your activity goal. Will you walk 3km, 5km or even more? It’s up to you!
- 3** Track your progress by connecting through the Strava app or entering your activity manually.

You’ve got this!

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.



REMINDER: FUNDRAISING IS OPEN UNTIL MAY 31!

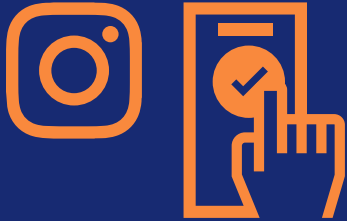
Every dollar raised by this incredible community helps ensure no call or text goes unanswered. That’s why we’re keeping fundraising open until May 31!

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.

GET SOCIAL!

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**.

CHECK OUT THE VIRTUAL PHOTO BOOTH

When you walk virtually, you could walk from anywhere! Step into our AI-powered virtual photo booth to immerse yourself in an exciting, unique setting during your walk.

A special thanks to Bell for providing this fun new addition to this year's Walk!



Wearing your limited-edition KHP shoelaces?

Share photos on social with the hashtag **#BMOWalkSoKidsCanTalk**

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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