



# National Mental Health Fundraising Campaign

Join Us, Together We Can #DefeatDepression



April 27, 2026

Seeking Volunteers for Surrey Defeat Depression

To whom it may concern,

We are currently finishing the planning of **our 2nd Annual Surrey Defeat Depression** event in partnership with the Mood Disorders Society of Canada. Our walk/run will happen on May 30th, 2026 at Newton Athletic Park. This event is a joint fundraiser with the majority of proceeds going to **Moving Forward Family Services**, a local non-profit charity organization that provides free short-term and affordable long-term counselling to people in British Columbia and across Canada.

Together, we strive to create a world without sorrow, where no one is denied counselling based on financial constraints. Low-income individuals, couples, and families who cannot afford private therapy are welcome at Moving Forward Family Services. Last year, our team provided over 22,000 counselling sessions. Of these, 15,000 sessions were offered at no cost. For paid sessions, the average fee ranged from \$5 to \$7 per session.

We understand that your secondary students must complete volunteer hours to graduate, and we would like to offer hours to students who might be interested. We will need volunteers on the day of the event at Newton Athletic Park. Tasks will include helping with set up and take down, distributing water to the participants, helping register participants, etc. Last year the help we received from students was fundamental to the success of the event, and we believe it was a formative experience for them as well. We look forward to welcoming students again this year.

For more information or for a volunteer application form, please contact Shakila Karmali, Volunteer Coordinator at [shakila.mffscounselling@outlook.com](mailto:shakila.mffscounselling@outlook.com). If you would like to have a look at our website for more information, it can be found [here](#). We look forward to hearing from you or your students for this volunteer opportunity.

Yours Truly,

Gary Thandi, MSW RSW  
Founder and Executive Director, Moving Forward Family Services

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