



ST. CLAIR CATHOLIC  
DISTRICT SCHOOL BOARD

*Lighting the Way ~ Rejoicing in Our Journey*

## **MEDIA RELEASE: FOR IMMEDIATE RELEASE**

*Friday, March 14, 2014*

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### ***CLARA'S BIG RIDE IN SUPPORT OF MENTAL HEALTH TO VISIT UCC, CHATHAM AND ST. PATRICK'S, SARNIA***

Six-time Canadian Olympian Clara Hughes will bring her coast to coast to coast bike ride in support of mental health to both Ursuline College, Chatham and St. Patrick's Catholic High School, Sarnia. The purpose of the 12,000 kilometer ride for *Bell Let's Talk*, which is supported by leading mental health organizations, is to remove the stigma for persons who suffer from mental health issues and foster an open and healthy dialogue about this important subject.

Clara will use the opportunity to share her own story of her struggles with depression, during her athletic career.

"I'm incredibly excited about bringing more Canadians into the *Bell Let's Talk* conversation," says Clara. "I'm looking forward to meeting people across Canada, hearing about their challenges and successes, sharing our stories and embracing new ideas and opportunities in mental health."

"We are extremely pleased for this opportunity to have Clara speak to our students," says Dan Parr, Director of Education for the St. Clair Catholic District School Board. "Along with the Lambton Kent District School Board, we have partnered with several community agencies to make mental health a focus of our work with students. We know that Clara's important message will be both inspiring and encouraging."

The principals of the Catholic high schools have also invited student representatives all public secondary schools to attend the events, as guests of the UCC and St. Patrick's school communities.

Clara's 110 day ride will include stops in 95 communities in every province and territory; and will conclude in Ottawa on Canada Day, July 1<sup>st</sup>.

#### **Clara's Big Ride Visits to UCC and St. Patrick's:**

- **Ursuline College Chatham Catholic Secondary School, 85 Grand Avenue, W., Chatham – Monday, March 17 at 8:30 a.m.**
- **St. Patrick's Catholic High School, 281 East Street N., Sarnia – Wednesday, March 19 at 8:30 a.m.**