

Wounded Warrior Run BC
15 – 1500 Glentana Rd
Victoria, BC V9A 7A1

CORPORATION OF THE TOWNSHIP OF ESQUIMALT	
RECEIVED:	January 20, 2022
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17 January 2022

Township of Esquimalt
1229 Esquimalt Rd
Victoria, BC V9A 3P1

RE: Wounded Warrior Run BC 2022

Dear Mayor Desjardins & Council,

The Wounded Warrior Run BC team is excited to be back to planning our 9th annual event to raise funds for life changing programs offered by Wounded Warriors Canada. As we all know, over the past two years, the need is greater than ever to support our Canadian Armed Forces, Veterans, First Responders and their families struggling with Operational Stress Injuries, such as PTSD.

Wounded Warriors Canada (WWC) has learned and grown a lot since its inception and we are proud to provide a full range of support from clinicians to programs. These programs include preventative and treatment streams to assist members and their families in all stages of their career. These programs include; Before Operational Stress, Trauma Informed Leadership, Trauma Resiliency Training, Couples Overcoming PTSD Everyday (COPE), Spousal Resiliency Program, Surviving Spouse Program and Kids Warrior Camps. In addition, WWC provides 100 service dogs per year as well as Equine Assisted Therapy.

The Wounded Warrior Run BC team is committed to making as much positive impact as possible by raising funds and awareness through our events. **This year the run event is February 27th to March 6th, 2022 starting in Port Hardy and ending in Victoria.** In addition to the main event, we are holding a One-Day Run from Sooke to Sidney due to the incredible support we received in 2020. It was a huge success to be able to connect even more communities on the island. The One-Day Run event on Sunday, February 6th, 2022 will be starting at the Sooke Legion departing at 10:00am, arriving at the Sidney Fire Dept at 4:45pm with stops at the Langford Fire Dept and Saanich Fire Dept.

To assist us in ensuring the main run event on Sunday, March 6th is safe and causes the least amount of disruption to residents, we would like to ask if the event be added to your community calendar to alert of delays as well as provide notification on any other communication sites, such as social media to alert the public.

During our main run event, our team will arrive at the View Royal Fire Dept on Sunday, March 6th, 2022 at 2:15pm. It is important to note that our guest of honour, Public Health Officer, Dr Bonnie Henry is joining our team to run from the View Royal Fire Dept to the finale via Esquimalt. We would

also like to extend the invitation to Mayor Desjardins & Council to attend the Grand Finale on Sunday, March 6th at 4:30pm at the BC Legislature (at the back along Superior St).

On the theme of connecting more communities, we have added a National Virtual Run so that supporters from everywhere can join us! Please check out our website at www.woundedwarriorruncbc.com for more information.

Covid-19 safety is our top priority and we have a detailed Covid-19 safety plan that can be viewed on our website. In addition to our Covid-19 Safety Plan we have a team specific plan of daily rituals to constantly monitor the health and safety of each member.

We are in the midst of a mental health epidemic in our country and, indeed, around the world. Rates of depression, anxiety disorders, PTSD, addictions and suicide are at an all-time high, with predictable negative impacts on families and communities. There has never been a more critical time to be engaged in mental health and we're thankful to be making an impact on those who serve our country and communities. It is because of your help that we will be able to continue our mission.

As you aware, a number of our programs are delivered in Sooke, the founding location for the Trauma Resiliency Program and COPE. We are eager and excited to raise funds awareness for the WWC and our team has set the ambitious goal of raising \$250,000. **Please consider a minimum \$2,000 donation.**

Thank you for your incredible support to Wounded Warriors Canada and for continuing to grow our partnership. Please contact the undersigned for any questions.

Much respect,

Jacqueline Zweng
Director
Wounded Warrior Run BC