



Help create **Peace of Mind** for the over 130,000 individuals in Ontario who are living with Schizophrenia, and participate in a fun, yoga-filled event. Join us on February 25

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for the 7

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Annual Peace of Minds Yogathon for Schizophrenia.

Supporters of the SSO -- yoga enthusiasts and novices alike -- will come together to raise funds and awareness to make a real difference in the lives of those affected by schizophrenia.

The Yogathon for Schizophrenia benefits the Schizophrenia Society of Ontario's *Peace of Minds* youth engagement initiative, which helps youth and youth workers identify the signs and symptoms of psychosis; understand the importance of getting help early; and encourages them to fight the stigma associated with schizophrenia by speaking out against myths related to the illness.

Here's how you can get involved:

1. Get involved in one of **two** signature events:

[To Register Click Here](#) .

Toronto - [Steam Whistle Brewery](#)
255 Brenmer Blvd, Toronto ON M5V 3M9

Oakville - [Appleby College](#)
540 Lakeshore Road West, Oakville ON L6K 3P1

2. To donate or sponsor an individual or team participating in the Yogathon [click here](#) .
3. Attend a class at a participating yoga studio. [Click here to see list of participating studios](#)

4. Sponsor the event. Click [here](#) to see the different ways you can support.
5. Host a Yogathon in your community. Contact the SSO to find out how.
6. Do yoga in your own home, and make an online donation to the [SSO](#)
7. To see the event schedules, click below:
 - [Toronto](#)
 - [Oakville](#)