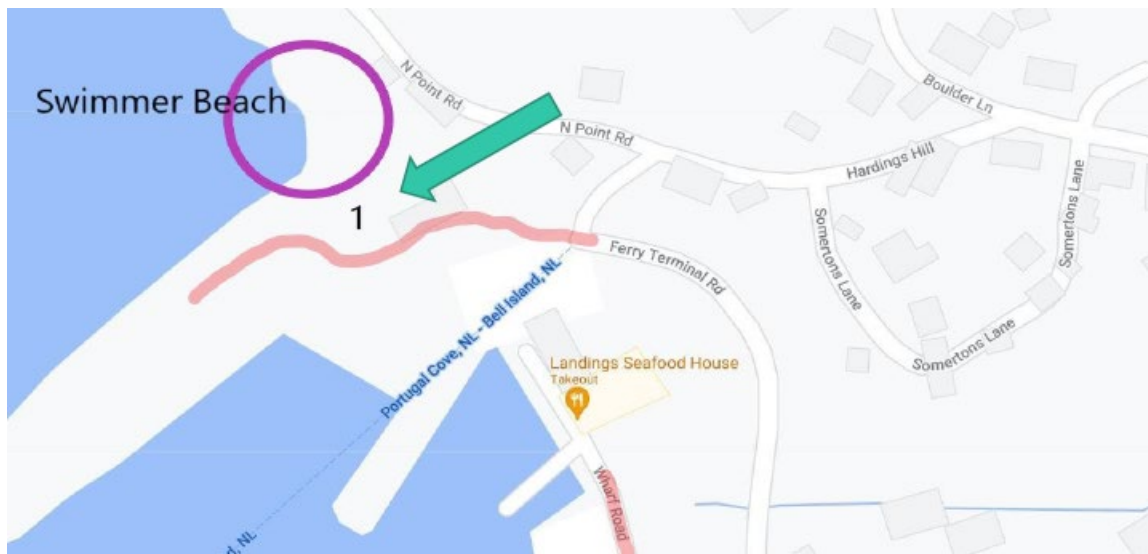


The Canadian Mental Health Association of NL and The Tickle Swim Committee invite you to join us on Saturday August 26th, 2023, for the 11th Annual Tickle Swim for Mental Health. See below for details on the event, any questions please contact Leia at lfeltham@cmhanl.ca.

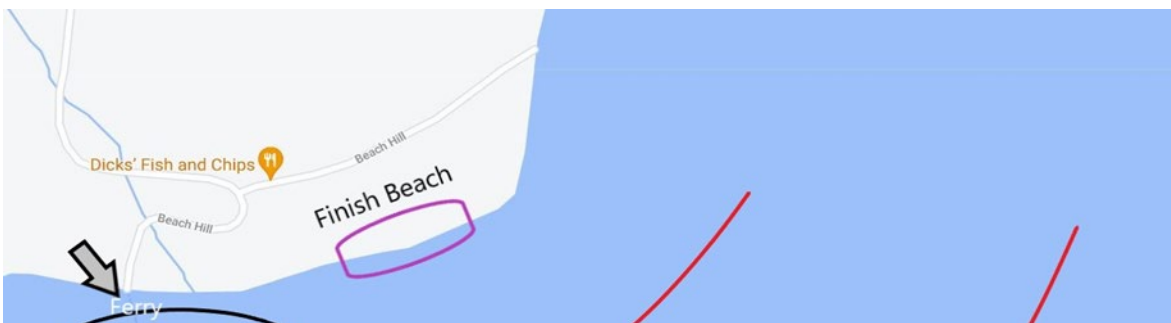
- There will be opening remarks, and attendees are welcome to gather at **6:30am** at Swimmer Beach (pictured below).
- Washroom facilities are available at the Portugal Cove–St. Philips ferry terminal.
- The swimmers will begin their crossing **promptly at 7am** from the beach indicated below:



- All attendees are encouraged to carpool or be dropped off as space is limited. Parking is available at the Memorial United Church lot on Portugal Cove Road, please see below for location.



- The ferry to Bell Island will depart at **7:20am** for those wishing to cross. For the full schedule [click here](#) and [here](#) for the ferry rates.
- The weather can be cooler by the water so please dress accordingly. A portable chair is suggested for those who would like comfortable seating on the beach while waiting for swimmers to arrive on Bell Island.
- Swimmers will arrive at the below beach on Bell Island. The average crossing time is 2–2.5 hours, with a maximum time in the water of 4 hours.



- Dicks' Fish and Chips will open at 9am for those who would like to take part in a post-swim meal or use their washroom facilities.

Thank you to all supporters and we look forward to seeing you there!