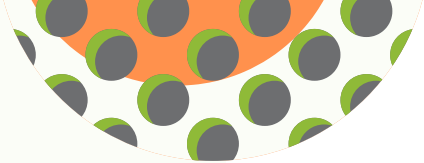


Helping Hands Society of Cochrane and Area operates programs designed to fill the gaps in local community service. We do this by linking the people who help with the people who need help.

While our clients are often single parents, people living with chronic illness or disabilities, and isolated seniors; our programs are barrier free and available to anyone struggling without a natural support system.

Through volunteerism, Helping Hands enables residents of Cochrane and Western Rocky View to serve and connect with their neighbors, building a vibrant and resilient community.



# How can I help?

**DONATE**

**VOLUNTEER**

**JOIN OUR ONLINE COMMUNITY**

FIND US AT:



**HELPINGHANDSCOCHRANE.CA**



**@HELPINGHANDSSOCIETYCOCHRANE**



**@HELPINGHANDSSOCIETYCOCHRANE**



**PO Box 1045 Cochrane AB T4C 1B1**



**587-580-9448**



**programs@helpinghandscochrane.ca**



**Charitable # 816893564 RR0001**



**Helping Hands**  
*-serving the vulnerable*

**Linking people who help  
with people who need help.**

# 1:1 CONNECTIONS

**Volunteer Driver:** Providing rides to medical and essential appointments

**Caring Neighbours:** Visitation, handyman help, errands, etc.

**Snow Helper:** Snow shoveling driveways and walkways

**Summer Do Crew:** Yard maintenance

**Movers with Heart:** Help with moves within Cochrane

**Meals on Wheels:** Meal pick up and delivery

**4 STAFF – 300 VOLUNTEERS  
10 PROGRAMS  
SERVING THE VULNERABLE**

# FOOD SECURITY

**Free Food Shed:** 24 hour, barrier free, anonymous access to food, based in the principle of mutual aid

**Food Rescue:** Daily food recovery from local grocers, diverting good food from landfill to table

**Meal Teams:** Groups come together to prepare crisis meals for anyone in need

**Food Drives:** Community food drives collecting donations to fill the Cochrane Activettes Food Bank

