
Helping Hands

JANUARY 2025

Our vision is a community empowered to connect and support one another.



February is a HUGE month for Helping Hands, and there is a plethora of ways you can get involved! This special edition newsletter is dedicated to two major events happening in Cochrane, in February, that each have a colossal impact on Helping Hands.



The legendary Kimmett Cup has been raising money for local charities for 16 years, providing over \$2 million to date. Founded in memory of Lindsay Kimmett, this 3 on 3 pond hockey tournament has become a Cochrane tradition, and Helping Hands is fortunate to be returning as a beneficiary this year.

This year, Helping Hands has entered two hockey teams, the Helping Hands Hustlers and the Helping Hands Heroes! The schedule has not been released yet, but keep an eye on <https://www.kimmettcup.com/> if you'd like to cheer on the Hustlers and the Heroes on February 7th and 8th!

Ways to get involved:

- Drop off a silent auction item at Two Pharmacy
 - [Donate to the hockey teams](#)
 - [Volunteer at Kimmett Cup](#)
 - [Attend the after party on February 8th](#)
 - Cheer on the teams on February 7th and 8th!
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Coming up shortly after Kimmett Cup, is the Coldest Night of the Year!

As we dip into severe winter temperatures this weekend, and we launch our 'Harsh Weather Haven' warming centre, the importance of community connection is never clearer. **Coldest Night of the Year** is Helping Hands' annual fundraiser, and a significant source of our operating revenue.



Helping Hands is on Year 5 of the CNOY walk, participating in the national event to support the hurt, the hungry and the homeless.

On February 22, join us for this winterrific family friendly 5km walk; fundraisers will earn this year's special CNOY toque, enjoy food and warm drinks from local sponsors like Guy's Cafe, and come together as a community.

Ways to get involved:

- [Register a team](#)
- [Join us as a walker](#)
- [Donate to the Helping Hands team](#)
- [Sponsorship ideas? Email Laura](#)

Thank you to Cochrane and our Helping Hands community for supporting Kimmett Cup and the Coldest Night of the Year; events like these encourage us all to gather for good.

Helping Hands Society of Cochrane and Area
Charitable Number 816893564RR0001

www.helpinghandscochrane.ca
587-580-9448

Mailing address
PO Box 1045
Cochrane, AB, T4C 1B1

Admin and Volunteer Headquarters
244C River Ave
Cochrane, AB

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