

Helping Hands Society of Cochrane and Area strengthens community and reduces vulnerability by connecting volunteers to people needing support through innovative programs and collaborative responses.

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 neighbours, building a vibrant and resilient community.



# How can I help?

DONATE

VOLUNTEER

JOIN OUR ONLINE COMMUNITY

## OUR WEBSITE

[WWW.HELPINGHANDSCOCHRANE.CA](http://WWW.HELPINGHANDSCOCHRANE.CA)

## OUR SOCIAL MEDIA



@HELPINGHANDSSOCIETYCOCHRANE

## OUR LOCATION

244C RIVER AVE, COCHRANE, AB

## OUR PHONE #

587-580-9448

Charitable # 816893564 RR0001



Helping Hands  
*serving the vulnerable*

Connecting volunteers to  
people needing support

4 STAFF - 250 VOLUNTEERS

## CLIENT FOCUSED *volunteer opportunity*

- **Volunteer Drivers** provide rides to medical and essential appointments
- **Caring Neighbours** assist in times of illness or injury, reduce isolation, complete household handyman tasks or run local errands
- **Outdoor Seasonal Support** offers snow shoveling, spring clean-ups or light gardening and yard maintenance
- **Movers with Heart** helps with small moves within Cochrane



## COMMUNITY FOCUSED *volunteer opportunity*

- **Harsh Weather Haven** offers friendly reprieve from extreme outdoor weather conditions
- **Community Food Drives** collect donations from the community to fill the Free Food Sheds, Cochrane Food Bank & Iyahrhe Nakoda Food Bank

## FOOD SECURITY *volunteer opportunity*

- **Free Food Sheds** a community food exchange pantry that promotes food security while reducing food waste
- **Food Rescue** offers daily food recovery from local grocers, redirecting good food from the landfill to our community for free
- **Meal Teams** come together to prepare homemade meals for anyone in crisis

