



it's cold out there  
cnoy.org

# Caring Community Connection



## It's cold out there.

On February 25, **Canadian Mental Health** is hosting the Coldest Night of the Year, a 2 & 5 km winterrific walk hosted in 170+ cities across Canada in support of our work in Grande Prairie with people experiencing homelessness, hurt, and hunger.

- **GOAL:** With your help, our goal is to raise \$50,000 by February 25, 2023!
- **HOW:** To accomplish our goal, we're looking for team captains who will recruit 8-10 family/friends to their team, with a goal of raising \$1500 per team. Of course, we're also looking for a whole pile of walkers to join each of our teams and help us raise the funds.
- **TOQUE BONUS:** Every walker who raises either \$75 (youth 17 and under) or \$150 (for adults) gets our famous Coldest Night toque as thanks for being amazing fundraisers.

 **contact**

**If you have any questions or need promotional materials please contact us below:**

**Director:** Sherilee Crawley

**Phone:** 780-832-7618

**Email:** [cnoy@gpcmha.ca](mailto:cnoy@gpcmha.ca)

# \* get started

## HOW TO CAPTAIN A TEAM

Once you've registered, your team and name will show up on the Scoreboard and on our location page too! (Note: it takes 5-10 minutes to appear.)

- Visit [cnoy.org](http://cnoy.org) and click the big **REGISTER** button
- Create your new account (or sign in to your account from last year)
- Select the **LOCATION** where you'll be walking and continue
- Click to accept the **WAIVER** and continue
- Under **REGISTRATION TYPE**, click **CREATE A TEAM**
  - Name your team (and write a brief description)
  - Accept or increase your fundraising goal (this can be edited later!)

Once you've registered, your team will show up on our CHARITY PAGE, which is:

[cnoy.org/grandeprairie](http://cnoy.org/grandeprairie)

You can begin recruiting team members and raising funds immediately!

---

## HOW TO JOIN A TEAM:

If you would like to walk with us but don't want to start a team, please join our general team called Canadian Mental Health General:

- Visit [cnoy.org](http://cnoy.org) and click the big **REGISTER** button
- Create your new account (or sign in to your account from last year)
- Select the **LOCATION** where you'll be walking and continue
- Click to accept the **WAIVER** and continue
- Click **JOIN A TEAM** (or register individually if you wish and join a team later)
- Search for your **TEAM** by name or captain name
  - Select that team from the list and proceed to complete registration