



February 1, 2022

For Immediate Release

Re: Coldest Night of the Year Fundraising Event on February 26th

On February 26th, folks in Duncan will join thousands of others in 170+ cities across Canada in The Coldest Night of the Year (CNOY) - a family friendly, winter walk in support of people experiencing hunger, hurt, and homelessness.

Two walks will be available to choose from – a 2km or a 5km walk. The event begins at 4pm at the Cowichan Community Center and ends there at approximately 7pm. Having the event outdoors makes it easy to make small adjustments to COVID restrictions and, if necessary, we are ready to adapt to a 100% virtual event.

The event is organized in partnership with the Blue Sea Foundation (another charity). **Funds raised in Duncan will help CMHA Cowichan Valley Branch create a safe space and programs for homeless youth.**

We are seeking team captains, walkers, volunteers and sponsors. We welcome corporate and business teams, faith groups, community groups, sports teams, family & friend groups, and any others willing to walk to raise money. We encourage teams to challenge others in the community to participate and fundraise.

CNOY is something special - it's fun, meaningful, and a little challenging. CMHA Cowichan Valley Branch is also something special, and our work and service in the community are essential. Our CNOY goal is to raise \$30,000 with the support of 30+ teams and 200+ walkers. If you would like more information, please visit: www.cnoy.org/duncan.

This is the first CNOY event for the Cowichan Valley. Other events on Vancouver Island include Victoria Pandora, Victoria Westshore, Sooke, Duncan, Nanaimo, Parksville/Qualicum, Comox Valley, Campbell River and Port Alberni. For folks on Vancouver Island that may wonder how they can help support those presently suffering, they can simply visit www.cnoy.org to find an event in their community.

We walk because we care. We walk because there are people experiencing hurt, hunger, and homelessness right here in our neighbourhoods. We walk because it's cold out there.

Contact:

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