

COUGARS GIVE BACK

In an effort to help support teams in finding a program to give-back to, here are some ideas. If you know of another program who would benefit from some additional support, please feel free to reach out to them.

(Click on the logo to reach their website).



Reminder to send photos / videos to: photos@southwesthockey.ca



COUGARS GIVE BACK

'Cougars Give Back' are random acts of kindness and actions of 'paying it forward'.

These are not only powerful gestures to help support our community, but actions that build community spirit and confidence among players with hopes they will continue to give back as the years go forward.



Connect with Elders

Introduce your team to a Program Manager of a local retirement facility. Together, you can come up with ways to interact with the residents. Be creative – set up an ongoing visit program, through which you share team photos and stories.



Volunteering as a Team

Serve food at a mission, pack boxes at a food bank, or other activities in your community.

These events rely on enthusiastic and dependable volunteers that can work together as a team.



YOU HAVE TWO HANDS. ONE TO HELP YOURSELF, THE SECOND TO HELP OTHERS.