

COOK AREA NEIGHBORS NETWORK (CANN)



We believe neighbors should take care of neighbors. Our network connects people in the Cook area who want to share resources, support each other, and build a stronger community together.

This isn't charity - it's community care. We all have something to offer and we all need support sometimes. Whether you're sharing a meal, offering a ride, or asking for help with groceries, we're here to connect you with neighbors who care.



Everyone Gives & Receives

We all have gifts to share and needs to be met. Today's helper might be tomorrow's person who needs support.



Community-Led

Our neighbors know what our community needs. We make decisions together and support each other's leadership.



We Are Stronger Together

By working together, we are more resilient and our community is stronger for all.



No Strings Attached

Help is offered freely without judgement. We share because we care, not because we expect something back.

Ready to Connect?

Join us for community gatherings, to share resources, or just get to know the amazing people in our area. There's a place for everyone in our network.

 **Email: CookAreaNeighborsNetwork@gmail.com**

 **Facebook Group: "Cook Area Neighbors Network (CANN)"**

 **Gatherings: TBD - email us or check the FB group**