

CROSSROADS

newsletter



ISSUE NO. 41



SEPTEMBER 2023

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**CCA
MEMBERSHIPS
EXPIRED
AUGUST 31**



**RENEW
TODAY!**

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BOARD INFORMATION



EXECUTIVE

| | | |
|------------------|-------------------|-----------------------------|
| President | Ron O'Shea | president@crossroadsyyc.com |
| Vice President 1 | Christine Dreger | vpl@crossroadsyyc.com |
| Secretary | Bonnie Sham | secretary@crossroadsyyc.com |
| Treasurer | Ricardo Cosentino | treasurer@crossroadsyyc.com |

BOARD OF DIRECTORS

| | | |
|------------------------|--------------------------------|-------------------------------|
| Entertainment | Vacant | events@crossroadsyyc.com |
| Bingo | Tammy Nelson | bingo@crossroadsyyc.com |
| Senior Engagement | Vacant | seniors@crossroadsyyc.com |
| Facilities | Vacant | facilities@crossroadsyyc.com |
| Planning & Development | Ruth Twigden | development@crossroadsyyc.com |
| Airport | Brian Vasseur | |
| Preschool | Vacant | |
| Director at Large | Trevor Befus | |
| Director at Large | David Carroll | |
| Director at Large | Gordon Fenske Gloria Fenske | |

CONTACT



COMMITTEES

| | | |
|------------------------|-------------------|--|
| Garden | Alysha Lederhouse | communitygarden@crossroadsyyc.com |
| Planning & Development | Ruth Twigden | developmentcommittee@crossroadsyyc.com |
| Membership | Wendy Couronne | membership@crossroadsyyc.com |
| Casino | Mary Hajdu | casino@crossroadsyyc.com |

COMMUNITY RESOURCES

| | | |
|--------------------------|---------------------|----------------------------|
| District 4 CRO (Mayland) | Cst. Brad Blied | pol4380@calgarypolice.ca |
| | | 403-428-6443 |
| District 5 CRO (Vista) | Cst. Derek Chaloner | dchaloner@calgarypolice.ca |
| | | 403-428-6500 |
| Crossroads Block Watch | | crossroadsblockwatch.org |
| | | 403-276-6203 |

EXECUTIVE MESSAGE



Hello, Crossroads!

We hope you've had a wonderful summer filled with memorable moments. We'd like to remind you that community memberships for this year expired on August 31st. If you haven't renewed yours already, be sure to take a moment to rejoin and continue being a part of our vibrant community!

Mark your calendars for an important date: our next general meeting is scheduled for **September 7th**. It's a fantastic opportunity to catch up on the latest developments, share your insights, and connect with fellow members.

But that's not all! Get ready for an exciting extravaganza on September 23rd as we combine two of our favorite events – **BrewFest** and **Harvest Fest**. A day of celebration awaits, featuring an array of brews to savor and the bountiful joys of the harvest season. Save the date and come join us for double the fun!

Stay tuned for more details on these upcoming events and other engaging activities. Your active participation is what makes our community thrive. Here's to a September filled with togetherness and unforgettable experiences!

Your Crossroads Board

IN THE COMMUNITY



SEPTEMBER

7
CCA General Meeting

16
Teddy Bear's Picnic

23
NorthYeast BrewFest
Harvest Festival

28 & 29
Block Watch Casino

2SLGBTQ+ RESOURCES

CALGARY OUTLINK

Support, education, outreach, and referrals for the 2SLGBTQIA+ and allied communities
www.calgaryoutlink.ca

YOU MATTER

Non-crisis peer support & resource line
(587) 800-4121 call or text

RAINBOW ELDERS CALGARY

Rainbow Elders Calgary is a volunteer-run, non-profit organization determined to make a significant difference in the lives of 2SLGBTQ+ seniors.
<https://rainbowelderscalgary.ca/>

SKIPPING STONE

Connecting trans and gender diverse youth, adults, and families with comprehensive and low barrier access to the support they need and deserve.
<https://www.skippingstone.ca/>

CALGARY PRIDE

Calgary Pride is a not-for-profit organization that exists to promote equality and celebrate Calgary's diversity.
<https://calgarypride.ca/>

CENTRE FOR SEXUALITY

Centre for Sexuality is a community-based organization delivering programs & services to support healthy sexuality across the lifespan.
<https://www.centreforsexuality.ca/>

END OF THE RAINBOW FOUNDATION

The End of the Rainbow Foundation creates sponsorship circles (groups of five), hosts support groups, and provides education to help LGBTQ+ people settle in their homes and community.
<https://endoftherainbow.ca/>

PFLAG CANADA

Helping Canadians with issues of sexual orientation, gender identity & gender expression.
<https://pflagcanada.ca/alberta/>



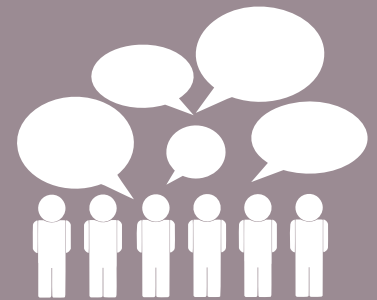
IT'S TIME TO PURCHASE YOUR 2023/2024 CCA MEMBERSHIP

2022/2023 memberships expired August 31.

Memberships can be purchased on our [website](#) or by sending an etransfer to payments@crossroadsyyc.com.

If you renew by etransfer, please email your full name, additional member names, and street address to memberships@crossroadsyyc.com

| | |
|--------------|------|
| FAMILY | \$15 |
| SENIOR (50+) | \$10 |
| NON-RESIDENT | \$15 |



CROSSROADS COMMUNITY ASSOCIATION
proudly presents



SEPTEMBER 23, 2023
11 AM - 5 PM

CROSSROADS COMMUNITY HALL
1803 14 AVENUE NE

TICKETS

\$25 \$30

ONLINE DOOR

INCLUDES 4 FLIGHTS &
UNLIMITED FUN

FEATURING



AND MORE!

TWO EVENTS, ONE DAY!!

3RD ANNUAL

**HARVEST
FESTIVAL**

SEPTEMBER 23, 2023

1 PM - 4 PM

FREE
ADMISSION

BOUNCY CASTLE

BBQ CORN

ANIMALS

GAMES

WAGON RIDES

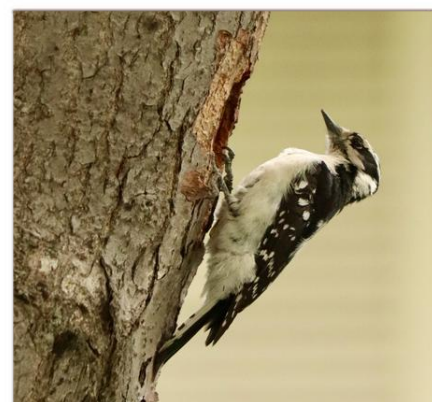
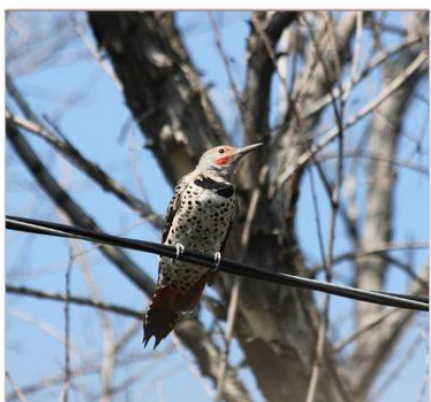
COTTON CANDY

CROSSROADS COMMUNITY ASSOCIATION
1803 14 AVENUE NE
WWW.CROSSROADSYYC.COM

CROSSROADS

gone

wild



Thank you Juanita, Gregory, and Ruth for your submissions!

Have a photo to share? Send it to marketing@crossroadsyyc.com



Registration for 2023/2024 School Year



REGISTRATION IS OPEN!

For more information:
Jenn at 587-582-9087
www.crossroadspreschool.ca

You're invited to a

TEDDY BEAR'S PICNIC

This is a FREE event for children ages 3 years – 6 years. Bring a favorite stuffie and we will enjoy games and a snack while in the company of our bestie!

Where: Crossroads Community Garden
(weather permitting)

When: Saturday, September 16th

Time: 10am – 11:15am

Please reserve a spot by contacting Ms. Jenn at
jhohenstein12@gmail.com



Bobcat SAFETY

About Bobcats

- Bobcats are the smallest of Alberta's wild cats - about twice the size of a domestic cat. They have a bobbed tail that gives them their name, black-tufted ears and dark markings for camouflage.
- Bobcats are highly adaptable and if living in or near human development may lose their fear of people and the noises of the city. These bobcats may also learn to become more active at any time of the day.
- Bobcats feed mostly on rabbits, hares and other small mammals like mice and squirrels.

Bobcats and your pets

- Bobcats are opportunistic hunters. If bobcats are known to be in the area, keep cats indoors and supervise small dogs when they are in the yard, as they may be vulnerable.



How to prevent bobcats (and most other wildlife) from coming to your property

- Put garbage & recycling out only on the morning of collection, not earlier.
- Do not leave pet food outdoors.
- Remove bird feeders and bird baths so bobcats are not drawn into your yard to prey on the birds.
- Trees, shrubs and even grass should be kept trimmed so there is no shelter for bobcats to hide in. Spaces under decks and outbuildings should be closed off for the same reason.
- Add motion detector lighting to walkways & driveways.

REPORT SIGHTINGS TO 3-1-1



**CROSSROADS
36 BPSA**

SCOUTING

Building youth with courage,
confidence and character, who help
make the world a better place!

SIGN UP

<https://sites.google.com/view/crossroads36scouting>
or call (403)803-3633

Programs for boys and girls aged 5-16.

PROGRAM STARTS IN
SEPTEMBER

MEETINGS AT THE
CROSSROADS
COMMUNITY HALL



GOOD FOOD BOX PROGRAM

What is the Good Food Box?

The Good Food Box (GFB) is a program under the Community Kitchen Program of Calgary whereby you can purchase fresh fruits and vegetables at affordable pricing. The Good Food Box program is a hands-up program as opposed to hands-out.



Small Box: \$30
15-20lbs* of fruits and vegetables

Medium Box: \$35
25-30lbs* of fruits and vegetables

Large Box: \$40
35-40lbs* of fruits and vegetables

[CLICK HERE](#)

ORDER DEADLINE: September 19

PICK UP DATE: September 29

BLOCK WATCH



| MAYLAND HEIGHTS | | | | | | |
|---------------------------------------|-------------|-------------|-------------|-------------|-------------|-------------|
| Accumulated Annual Crime Stats | | | | | | |
| | 2018 | 2019 | 2020 | 2021 | 2022 | 2023 |
| | 822 | 935 | 995 | 809 | 725 | 307 |
| Assault (Non-domestic) | 20 | 20 | 13 | 19 | 11 | 6 |
| Break & Enter - Commercial | 16 | 11 | 10 | 9 | 17 | 2 |
| Break & Enter - Dwelling | 6 | 16 | 11 | 4 | 9 | 6 |
| Break & Enter - Other Premises | 22 | 19 | 28 | 13 | 15 | 5 |
| Commercial Robbery | 4 | 5 | 1 | 1 | 4 | 0 |
| Physical Disorder | 32 | 68 | 71 | 57 | 40 | 12 |
| Social Disorder | 553 | 643 | 678 | 595 | 475 | 214 |
| Street Robbery | 1 | 3 | 1 | 1 | 3 | 1 |
| Theft FROM Vehicle | 113 | 99 | 134 | 78 | 76 | 39 |
| Theft OF Vehicle | 48 | 47 | 43 | 26 | 59 | 16 |
| Violence 'Other' (Non-domestic) | 7 | 4 | 5 | 6 | 16 | 6 |

| MAYLAND | | | | | | |
|---------------------------------------|-------------|-------------|-------------|-------------|-------------|-------------|
| Accumulated Annual Crime Stats | | | | | | |
| MAYLAND | 2018 | 2019 | 2020 | 2021 | 2022 | 2023 |
| | 111 | 173 | 162 | 150 | 187 | 91 |
| Assault (Non-domestic) | 4 | 7 | 7 | 5 | 4 | 5 |
| Break & Enter - Commercial | 21 | 26 | 25 | 26 | 32 | 11 |
| Break & Enter - Dwelling | 0 | 0 | 0 | 1 | 0 | 0 |
| Break & Enter - Other Premises | 1 | 2 | 0 | 1 | 6 | 0 |
| Commercial Robbery | 0 | 0 | 0 | 0 | 0 | 0 |
| Physical Disorder | 6 | 22 | 12 | 14 | 19 | 3 |
| Social Disorder | 61 | 80 | 99 | 91 | 82 | 53 |
| Street Robbery | 2 | 1 | 1 | 0 | 3 | 2 |
| Theft FROM Vehicle | 11 | 25 | 11 | 7 | 26 | 13 |
| Theft OF Vehicle | 5 | 8 | 5 | 4 | 14 | 4 |
| Violence 'Other' (Non-domestic) | 0 | 2 | 2 | 1 | 1 | 0 |

| VISTA HEIGHTS | | | | | | |
|---------------------------------------|-------------|-------------|-------------|-------------|-------------|-------------|
| Accumulated Annual Crime Stats | | | | | | |
| | 2018 | 2019 | 2020 | 2021 | 2022 | 2023 |
| | 468 | 475 | 694 | 527 | 434 | 207 |
| Assault (Non-domestic) | 12 | 14 | 26 | 12 | 20 | 9 |
| Break & Enter - Commercial | 4 | 9 | 3 | 1 | 2 | 4 |
| Break & Enter - Dwelling | 6 | 7 | 6 | 3 | 5 | 0 |
| Break & Enter - Other Premises | 5 | 6 | 9 | 5 | 3 | 1 |
| Commercial Robbery | 3 | 0 | 0 | 2 | 1 | 0 |
| Physical Disorder | 12 | 24 | 29 | 27 | 14 | 10 |
| Social Disorder | 350 | 358 | 550 | 420 | 322 | 160 |
| Street Robbery | 1 | 1 | 4 | 2 | 5 | 0 |
| Theft FROM Vehicle | 43 | 30 | 43 | 22 | 35 | 11 |
| Theft OF Vehicle | 30 | 22 | 18 | 23 | 21 | 8 |
| Violence 'Other' (Non-domestic) | 2 | 4 | 6 | 10 | 6 | 4 |



**COME JOIN THE FUN SILVER MIXED TEN PIN
BOWLING LEAGUE**

**At Let`s Bowl 2916-5th Avenue N.E.
WEDNESDAY MORNINGS AT 10:00 AM
STARTING
SEPTEMBER 06, 2023**

**We welcome players of all skill levels, beginners and experienced.
Our bowling league begins Wednesday, September 06, 2023 and ends
Wednesday, April 17, 2024.**

**Our fees are \$16.00 weekly for three games plus \$60.00 yearly prize
money.**

**We also have a pizza lunch at the Christmas break and at the end of
the year with the cost coming out of the \$60.00 fee.**

If you are interested in joining us, please contact:

**Rose Boulier at: 403-451-0661 or rose.b777@shaw.ca or
John Abramchuk at: 403-276-6025 or abe2@shaw.ca**

INTERESTED IN JOINING CALGARY'S COOKING PROGRAM?

Discover the Joy of Cooking Healthy on a Budget!

Cooking healthy meals on a budget is not only possible but can also be a fun and rewarding experience. Join us as we explore budget-friendly recipes, smart shopping tips, and innovative cooking techniques that will transform your culinary skills.

This program is in collaboration with the Community Kitchen of Calgary, aimed at helping you learn how to prepare delicious and nutritious meals without breaking the bank.

September 15 (planning session)

October 12 (planning session)

November 16 (planning session)

December 7 (planning session)

September 21 (cooking session)

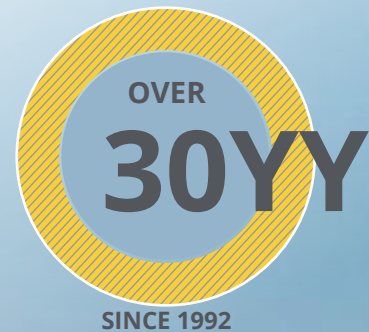
October 19 (cooking session)

November 23 (cooking session)

December 14 (cooking session)

OPEN TO ALL AGES AND INCOME LEVELS





"The AARC program supports a full range of healthy developmental experiences to assist the adolescent in achieving a drug- and alcohol-free lifestyle."

- Dr. D. Vause, AARC Executive Director



Reach out today for a complimentary consultation.

For assistance, call 403-253-5250
or email info@aarc.ab.ca



AARC

**Alberta Adolescent
Recovery Centre**

**303 Forge Road SE,
Calgary, AB
403-253-5250
info@aarc.ab.ca
www.aarc.ab.ca**

"As a parent, I felt judged and at fault for who my son had become. I believed that I was the worst mother and I was so ashamed. After AARC, I

I no longer felt I was to blame for my children and the way in which they chose to live. My desperation was embraced by the care of the AARC Community."

- Parent of Graduate #374 - 2008

The Alberta Adolescent Recovery Centre (AARC) is a highly regarded, research-backed program designed to help youth and young adults aged 12-21 who are struggling with substance abuse despite negative consequences.

AARC is funded in part by the Government of Alberta, Ministry of Health and Addiction which allows us to offer a reduced sliding scale fee for adolescent clients and their families.

No family is denied treatment due to lack of income or savings.

"I was 16 years old but felt like I was broken. I was hopeless, ashamed, and not want to live anymore as it felt pointless. I was at the lowest point in my life. I had no friends left. I had dropped out of junior high. I entered AARC scared, angry and sad. AARC was able to build me up into a strong, honest, loving daughter, sister, friend, and employee who loves life today."

- AARC Graduate #10 - 1992

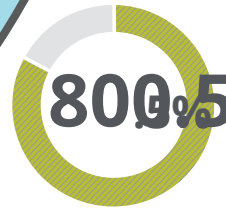
"After years of sadness and chaos, I got my brother back. It's awesome to spend time hanging out together."

- Sibling of AARC Graduate #645 - 2022

"My parents searched everywhere until they found AARC. My family moved from Vancouver to Calgary to save me."

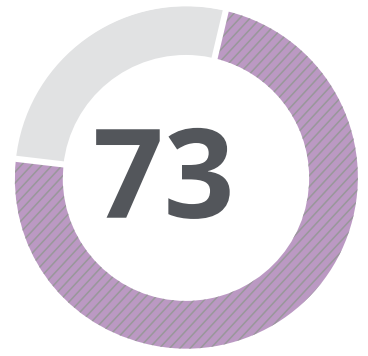
- AARC Graduate #235 - 2003

Dr. Arria et al, 2018



OF YOUTH THAT ENTER AARC
Complete the Program

Dr Patton 2004



OF AARC GRADUATES REPORT
CONTINUOUS SOBRIETY
12 Months Post-treatment

"AARC's outcomes show that recovery is possible even among the most severely addicted adolescents."

Dr Patton, 2004

What makes AARC unique?

Long-Term Treatment
The average treatment duration is 8-12 months

Family Systems Approach
Addiction impacts all of those closest to the addict, so AARC is committed to supporting the entire family through the recovery process

Psychiatric, Psychological, & Social Support
AARC recognizes that addiction is a complex interaction between the Biological, Psychological, Social, and Spiritual, and encompasses all of these approaches in the treatment model

Recovery Homes
AARC is a semi-residential treatment facility

Peer Support
All of AARC's counsellors and support workers are graduates of the program living in active recovery

Post-Treatment Aftercare
All graduates and families have access to continued services indefinitely

AARC is often the last resort for youth, young adults, and their families when other programs have failed. The AARC program asks the entire family to participate and brings each family member to a wider community of care.

At AARC, we understand that addiction is a disease and our compassionate and knowledgeable staff are dedicated to providing the highest level of care to help young people overcome their challenges and achieve lasting recovery.

Our 12-Step Clinical Based Treatment Model with Psychiatric, Psychological and Social Support:

"Adolescents in the AARC program progress through four levels before graduating into Aftercare: Primary Recovery (Levels 1 and 2), Intermediate Recovery (Level 3), and Advanced Recovery (Level 4). Each level focusses on specific issues related to healthy adolescent development and correlates directly with the recovery steps of AA." -

Dr. D. Vause, AARC Executive Director

PRIMARY RECOVERY

Level 1 - AA Steps 1-3:

CLIENTS: *attend mandatory group sessions daily in AARC *continuous supervision *24/7 peer counselling and peer support *work on 12 step material daily *psychiatric support from Dr. Lori Hogg *medication supervision from 4 LPNs * strong focus on nutritional and fitness needs * stay overnight in homes of families further along in treatment

FAMILY MEMBERS: *time to start healing knowing child is well cared for *attend group support sessions on Tuesday and Friday nights and monthly parent work days *optional ladies and men's support groups through a community of parents who understand *after approx. 3 months, begin process of opening a Recovery Home

Level 2 - AA Steps 4-7:

CLIENTS: continue as above plus *slowly return home to reintegrate into the family system with 24/7 program support *encourage newer clients in the program by providing hope

FAMILY MEMBERS: *open recovery home to support new clients *family slowly reconnect and start to repair and rebuild relationships with support 24/7

INTERMEDIATE RECOVERY

Level 3 AA - Steps 8-9:

CLIENTS: continue as above plus *slowly integrate back to school/work with family and program support *minimum of 1 group session daily

FAMILY MEMBERS: *continue to support new clients in Recovery Homes at night *meet with clinical team and support workers to plan return to school/work *continue to repair and rebuild the family unit with program support 24/7

ADVANCED RECOVERY

Level 4 AA - Steps 10-12

CLIENTS: continue as above plus *slowly plan towards graduation upon completion step 12 *post-treatment aftercare introduced

FAMILY MEMBERS: *prepare exit plan for client with clinical support *prepare to celebrate graduation *prepare to live in 'Recovery' and support each other with continued support from the AARC community



@aarcrecovery
www.aarc.ab.ca

AARC is fully accredited by the **Canadian Accreditation Council of Human Services**.

AARC is licensed as a Residential Addiction Treatment Service Provider under the **Mental Health Services Protection Act** in the Province of Alberta.

AARC is a **registered charity under the Income Tax Act** through the Canada Revenue Agency. Our charitable registration number is 13219-9480-RR0001.

CROSSROADS BLOCK WATCH CASINO

VOLUNTEERS NEEDED

AVAILABLE SHIFTS: 11:00AM to
7:30PM OR 7:00PM to 3:30AM

AVAILABLE POSITIONS: BANKER,
CASHIERS CHIP RUNNERS AND
GENERAL MANAGER

COUNT ROOM SHIFT: 11:00PM to 3:30AM
SIX VOLUNTEERS REQUIRED FOR EACH DAY

The Crossroads Block Watch Board is greatly appreciative of anyone volunteering their time for this community's benefit.

Remember your **Crossroads Block Watch Casino** provides funding for the newsletter and other valuable information to you the residents of Mayland Heights and Vista Heights.

SEPTEMBER 28 & 29
PURE CASINO CALGARY
1420 MERIDIAN RD NE

Any community residents that wish to volunteer for any of these shifts my contact the following person for more details: Call John Abramchuk at 403-276-6025 or email abe2@shaw.ca to volunteer.



KID'S TENNIS PROGRAM



TPCA and CTS (Calgary Tennis Society - a non profit creating access to the game of Tennis) have partnered up! We are excited to offer an indoor kid's (age 5-9) tennis program at our hall.

Qualified Coaches, low coach to athlete ratio. Focusing on FUN and FUNdamentals. Great intro to Tennis!



PROGRAM INFORMATION:

Wednesdays, 5:30pm-6:30pm
Sept 13 - Dec 13 2023, 14 sessions
Tuxedo Park Hall 202 29 Ave NE
only \$210 (CTS can help low income families with funding options, contact us)

Register today online:

www.tuxedoparkcommunity.ca
403-277-8689
gm@tuxedoparkcommunity.ca





DID YOU KNOW?

BELFAST SCHOOL is a small, wonderful school right here in your community!

We are a K-6 CBE school serving the surrounding communities, and we often have room for out-of-area students as well. We would love for you to drop in for a tour during the school year and we invite you to check out our school's Instagram [@belfastschoolcbe](#) to see more of our teaching and learning in action.

Belfast School is truly a small family and if you think your child would benefit from our strong sense of community, please reach out to the school to learn more!

You can email us at Belfast@cbe.ab.ca or contact the Principal, Meagan Lundgren, at mllundgren@cbe.ab.ca.



BINGO CREDIT PROGRAM

Volunteers can earn bingo credits to help cover a portion of the fees associated with a variety of activities including recreational sports, preschool, and other programming.

Each volunteer Bingo Barn shift earns a **\$40 credit** (no cash value) which is on file for two years and is transferrable. Lunch or dinner is also provided!

WE NEED YOUR HELP!

UPCOMING BINGO DATES

WED., SEPTEMBER 13

4:30 PM (EVENING)

FRIDAY, SEPTEMBER 22

4:30 PM (EVENING)

FRIDAY, SEPTEMBER 22

9:00 PM (LATE)

For more info or to **volunteer:**
bingo@crossroadsyyc.com

JOIN THE CLIMATE RESILIENT COMMUNITIES WORKING GROUP

We are starting a working group to learn about how climate change is impacting you and your community

Benefits

- Share your experience
- Inform climate action in your community
- City of Calgary reference
- Payment for participation
- Food at all in-person sessions
- Transportation and childcare as requested

Contact: Ruth DeSantis at ruth.desantis@calgary.ca OR text or call - 403-370-4786



Changes to Green Cart Collection This Fall: What You Need to Know.

Starting in November, green cart collection will be once every other week, resuming weekly in the spring. Here's what you need to know:

- **Fill Your Green Cart First:** Leaves, branches, grass, and plants can go directly inside the green cart. If it's full, use paper yard waste bags for extra waste.
- **Extra Yard Waste Bags:** Place them at least 0.5 meters (2 feet) away from your cart. Roll the tops closed to prevent spills, and make sure you can lift the bag with one hand.
- **No Plastic Bags:** They are not allowed in your green cart.

Do You Have Too Much Yard Waste?

You can drop off yard waste free of charge at any landfill from September 22, 2023, to November 4, 2023.



Check your schedule at calgary.ca/collection and sign up for reminders. Visit calgary.ca/waste/drop-off/yard-waste for more information and make your yard clean-up a breeze!



Alberta Health Services EMS would like to remind parents and students of some safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and 3 demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines;
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop;
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

LET'S BE

social



[Crossroads Community Page](#)



[Crossroads Community Group](#)



[Crossroads Community Safety Group](#)



[Crossroads Twitter](#)



[Crossroads Instagram](#)



[Crossroads Website](#)