

CROSSROADS RESOURCE CENTRE

Box 1194 Fairview, Alberta T0H 1L0

Christmas Greetings!

2011 is almost over and we look forward to what 2012 will bring! We were pleased to celebrate 25 years of service by Crossroads Resource Centre in June and wonder where the time went. We look back on many accomplishments: the expansion of the shelter, the development of the play ground area, expansion of the recycle depot, the Community Crisis Line, the Anger Education Program, the Outreach Program, the Parenting and Women Support Groups and the many programs available for Youth. We look back with a sense of accomplishment and gratitude for the continuous support of the community.

November 25th is the UN International Day for the Elimination of Violence against Women in tribute to the grassroots activists around the world who are at the forefront of the efforts to end the pandemic of violence. The UN recognizes the providers of critical services such as Women's Shelters, Legal Aid, Healthcare, and psychosocial support to women and girl survivors of violence. The UN and the Alberta Council of Women's Shelters are both working at engaging men and boys to End Violence against Women. Crossroads Resource Centre provided shelter to 42 women and 30 children for a total of 988 nights during a recent 12 month period to assist women and their children to end abuse and live healthier lives.

We continue to hear cases in the Canadian news about homicides and the abuse of women and children. We must believe in change and fight to achieve our goals as that is the only way change can occur. Our goal for 2012 is to continue striving to make a difference in our small area of the world through preventative education and the provision of critical services for women and their families. Last year we had 6616 adult and 1506 youth visitors to the Centre as well as 3356 support/crisis calls.

I would like to thank you all for your generous support of Crossroads Resource Centre over the past year and for all the years since it has been in operation. May you all have a Blessed Christmas Season and Good Luck with any New Year's Resolutions you might make.

Kathleen Nakagawa
Executive Director

(continued)



End the Silence Stop the violence

Season's Greetings!

Christmas Greetings from the Board of Crossroads Resource Centre. We will soon have a new year to hope that things will get a little better for those experiencing difficulties in life. The Board and Staff at Crossroads Resource Centre are committed to trying to make the difficult times a little easier and we appreciate the support of community members in helping us do so.

A Big THANK YOU to all those who came out to help us celebrate our 25th Anniversary last June. We are grateful for the support of individuals, businesses, agencies and governments over the last 25 years to enable us to provide our services at Crossroads Resource Centre.

The Board has some new, as well as experienced members this year: Chairperson is Aline Magnusson, Vice-Chair is Carol Kaip, Sec/Treas. is Bonnie Anderson, and Directors are: Ann Bilous, Peggy Johnson, Arlie Peredery and Shannon Ball. It is a great team of volunteers to work with. We look forward to continuing working together in 2012 to make our communities better places.

Thank you again for your support over the past 25 years and best wishes for a Merry Christmas with health and happiness in the New Year.

Aline Magnusson
Board Chair

The Outreach and non-residential Programs have not changed over the past year. Our focus is to provide preventative information for Family violence and Bullying through raising awareness and providing information to as many sectors of the community as possible.

The Outreach Program continues to provide support to previous residents of the shelter and their families as well as to individuals who have not resided in the shelter and request assistance. We provide this support through In-home visitations and weekly support groups. Last year 20 families participated in the Outreach Program.

Programs for Youth include the Eureka and Circle of Friends as well as presentations on teacher identified Topics relating to interpersonal skills such as bullying, peer pressure etc. It can sometimes be an asset for schools to have an outsider speak to the youth on bullying topics such as our "Hands are not for Hitting" presentation for kindergarten and lower grades.

We provided the Anger Education Program in September for adults over 18 and received positive feedback from participants. A comment from one participant was that the program should be available to school children as it contains insights into how we are programmed to respond to fearful situations and what we can do to change those thought patterns.

The Women Support Groups are Tuesday and Friday mornings at 10:30 am and Parenting sessions arranged as requested. We hope to provide a Positive Discipline Program Tuesday evenings for the community starting January 10 to the end of January. Please register beforehand at 780-835-5550.

We believe that we can all make a difference towards a better world. May this Christmas Season see us all continue to strive towards that better world. Merry Christmas and Happy New Year!

Kathryn Currie,
Family Violence Prevention Co-coordinator

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Favorite Christmas Recipes

SODA CRACKER CANDY

35 soda crackers 1 c brown sugar
1 c butter 12 oz pkg mild chocolate chips

Chopped nuts

Preheat oven to 350 degrees. Cover cookie sheet with foil. Lay 35 soda crackers flat covering pan. Boil hard 1 cup brown sugar and 1 cup butter for 2 minutes. Pour over crackers and bake at 350 degrees for 5 minutes. Remove and cover with 12 oz package of chocolate chips. As they melt, spread evenly. Sprinkle with chopped nuts. Chill until candy peels off foil. Break into pieces.

DATE NUT BALLS (CHRISTMAS TREAT)

½ c butter 1 ½ c chopped dates
1/3 c chopped maraschino cherries
¾ c sugar 3 c Rice Krispies
1 c chopped nuts

Put butter, dates, cherries and sugar into a medium saucepan. Cook over medium heat, stirring constantly

CROSSROADS OFFERS

To Women:

✓ **Shelter:** that provides safe short term accommodation for women with or without children.

✓ **Emotional Support and Referrals:** given in a periods of personal change.

To all Community Members:

✓ 24 hour **Community Crisis Line**

✓ **Lay Counseling:** information & support offered to individuals dealing with challenges.

✓ **Referrals Service:** to appropriate agencies.

✓ **Preventative:** Women's Support & parenting groups which includes education, awareness, and information.

✓ **Outreach:** providing on-going support for families not in Shelter residence.

✓ **Resource library**

✓ **Advocacy:** supporting women and children interacting with the legal system or other appropriate agencies.

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CrossRoads Resource Center would like to say Thank you to the community members who have donated items or volunteered time throughout the year.

Crossroads Resource Center houses a Women's Shelter and a 24 hour crisis line 1-877-835-2120. We also have a Clothing Depot, Resource Library and Outreach programs. The Resource Center is open Mon.-Fri. 8:30am-5:00pm and is available to the general public.

Watch our website for up coming events: www.bullyingfirst.com

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Thank you to the main funders who support our program

Alberta Mental Health
Alberta Lotteries
TransCanada Pipelines

Office for the Prevention of Family Violence
Devon
Canadian Women's Foundation

Royal LePage – Fairview

CROSSROADS RESOURCE CENTER & Women's shelter

I/We wish to show our support for Crossroads Resource Center by making a donation:

25.00 50.00 100.00 150.00

NAME: _____

ADDRESS: _____

PHONE #: _____ AMT. ENCLOSED: \$ _____

Please make cheques out to: Crossroads Resource Center, Box 1194, Fairview, AB, T0H 1L0

Merry Christmas to All

