

**Building strong relationships with neighbours benefits children:**

**Safety & Supervision** – A close-knit neighbourhood offers extra eyes to watch over kids, enhancing safety.  
**Social Skills Development** – Kids interact with different age groups, improving communication and empathy.  
**More Play Opportunities** – Living near friends encourages outdoor play, reducing screen time and promoting physical activity.  
**Positive Role Models & Support System** – Neighbours provide guidance and support, helping in emergencies when parents are unavailable.

**Neighbouring has many benefits for youth:**

**Sense of Belonging** – Strong neighbourhood connections reduce feelings of isolation and increase self-esteem.  
**Mentorship & Guidance** – Trusted adults can offer advice on school, career paths, and life choices.  
**Opportunities for Engagement** – events, sports, and volunteering build leadership skills.  
**Safer Environment** – A well-connected neighbourhood discourages negative influences and risky behaviour.  
**Emotional Support** – Knowing others care can reduce stress, anxiety, and improve mental well-being.

**Neighbouring benefits families by:**

**Shared Responsibilities** – help with childcare, school pickups, or looking after pets.  
**Stronger Support Network** – In times of need, neighbours can provide emotional or practical help.  
**Improved Well-being** – Socializing reduces stress and fosters belonging.  
**Community Events & Celebrations** – Gathering for events like holidays and barbecues strengthens relationships.  
**Safer & More Stable Environment** – Strong neighbourhood ties reduce crime and foster mutual respect.  
**Overall, neighbouring builds a resilient, caring community where everyone benefits.**

**Simple ways you can foster community:**

**Say Hello** – Greet neighbours and introduce your family.  
**Play Outside** – Encourage outdoor activities like biking, sports, or sidewalk chalk and invite kids to play, share toys, and build friendships. Youth could organize fun play for younger kids.  
**Join/start a community project** - a community garden, spring cleanup, block garage sale, or book exchange.  
**Host Gatherings** – Organize block parties, potlucks, or game nights to bring neighbours together.  
**Be Helpful** – Babysit, lend tools, or assist with small projects.

**MORE RESOURCES**

For more great ideas, visit:

<https://activateyourneighbourhood.ca/>

<https://www.lifeschoolhouse.com/>



Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line  
1-866-332-2322

Mental Health Help Line  
1-877-303-2642

