

FOOD

The Grocery People (TGP):

601 Patricia St. | 780-852-3200

Nesters:

218 Connaught Dr. | 780-852-3195

Nutters:

622 Patricia St. | 780-852-5844

Health Food Store

Food Bank:

303 Bonhomme St. ,Activity Centre

Parking Lot | 780-931-5327

Open Thursdays 5:30-6:30PM

Community Fridge

305 Bonhomme St. | Grab some free food that would otherwise end up in the landfill. Donations welcome.

10:00 am to 10:00 pm in the Activity

Centre, help yourself.

Soup for You

Soup available for everyone, Mon. - Fri., 10AM-7:30PM, take out optional.

SHELTER

For housing resources in Jasper, check the Municipality's website.



Landlord and Tenant Info

If you have legal questions about your living situation, call 310-0000, then 780-427-4088.



Spaces for Rent

The best way to find housing in Jasper is through community Facebook pages.



Interim Housing

Stay up-to-date with the interim housing updates in Jasper post-wildfire.



Tenant Insurance

Tenant insurance is important to protect your belongings and cover unexpected costs.

Emergency Shelter

Women's Emergency Shelter (Hinton):

1-800-661-0937

TRANSPORTATION

Jasper Transit

Local public transit



The Alpine Traveller

Trips to Hinton on the 1st and 3rd Thursdays of the month.

780-931-9800 to book, cost \$20.

Taxis are also available in town.



A one-stop resource sheet for getting to know what's available as an adult in town

FINANCIAL ASSISTANCE

Community Outreach Services

627 Patricia St. | 780-852-2100

Canadian Red Cross

To book an appointment, please call [1-800-863-6582](tel:1-800-863-6582) or email ABfires2024@redcross.ca. Support for those impacted by wildfire is also available.

AB Emergency Financial Assistance

If you are an Albertan facing an unexpected emergency, you can apply for emergency financial assistance.



AB Income Support

Supports for people to pay for basic expenses like food, clothing and shelter.



Financial Counselling

Money Mentors offers free financial advice and resources to help you manage your money.



Service Canada

Employment Insurance (EI)

Learn about EI benefits, how to apply, and what support is available if you're out of work.



Jasper Outreach Office

You can visit for help with EI, SIN numbers, pensions, and other government services.



USED GOODS

Jasper Buy & Sell Facebook Page

Check out this page to see what other Jasperites are selling.



Library of Things

You can borrow all kinds of items for free. Cooking appliances, cleaning supplies, household tools and more!



Helping Hands Donation Centre

Get used clothing and household items for free. Check out their page for location and operating hours.



GET CONNECTED

There are lots of opportunities to join events, programs or clubs in Jasper.

Check out the **Community Calendar** to know what's going on in Jasper, and be sure to check Facebook!



Social Opportunities

- Habitat for the Arts
- Jasper ACFA (Association Canadienne-Française de l'Alberta)
- Jasper Kayak Club
- Alpine Club of Canada
- JasperLife
- Jasper Municipal Library
- Jasper Museum
- Friends of Jasper National Park
- Newcomer Network
- Jasper Artist's Guild
- OUT Jasper
- Jasper Park Cycling Association
- Jasper Softball League
- Jasper Local Food Society
- Dart League
- Curling Club
- Jasper Hockey League
- Drop-in Sports (badminton, basketball, soccer, volleyball, pickleball)
- Community Dinners
- Ladies' Ski Club
- Men's Shed

Numerous venues offer concerts, Karaoke, open mic nights, and bingo throughout the year.

LIVING IN A NATIONAL PARK

Visitor Centre

Learn more about playing safe in our National Park through Parks Canada: 500 Connaught Dr. | 780-852-6176.

Jasper Ambassador Program

Complete the course to become an official Ambassador for Jasper National Park. Enroll here:



What's Open in the Park?

Stay up to date with current trail conditions and closures.



Wildfire Safety

Learn about the 2024 Wildfire Complex and how to stay safe in the landscape.



Emergency Planning

Expect the unexpected and plan ahead!



HEALTH

In order to access free health care in Alberta you need to apply for an Alberta Health Care Card. Scan here for more info:



Healthlink

Call 8-1-1 to speak to a nurse about anything 24 hours a day.

Doctor

Cottage Medical Clinic: Monday-Friday 8:30am-4:30pm. Call 780-852-4885.

Emergency

Seton - Jasper Healthcare Centre
Call 911 or go to the emergency room at 518 Robson Street

Public Health

Pre and post natal care, vaccinations, nutrition and treatment of sexually transmitted infections.
Book an appointment: 780-852-6627 or visit the Seton - Jasper Healthcare Centre at 518 Robson St.

Sexual Assault Support:

Scan here for more info:



GROUP SUPPORT

Men's Shed

A place for men to share time, projects and friendship. A place for men to share time, projects and friendship.



AA (Alcoholics Anonymous)

Scan here for more info:



ALBERTA-WIDE RESOURCE REFERRALS:

211 Alberta: 2-1-1 or text INFO to 2-1-1

TRAINING

Want to learn more about supporting others? Check out our local training opportunities.



HOW'S YOUR MENTAL HEALTH?

Our mental health changes all the time. Check in with yourself often.

HEALTHY	REACTING	INJURED	ILL
<ul style="list-style-type: none"> • My mood changes are normal for me • I sleep as much as usual • I have enough energy • My body feels well • I'm going to school or work as usual • I enjoy being with others as much as usual 	<ul style="list-style-type: none"> • I feel more nervous, sad or irritable than usual • I sometimes have trouble sleeping • I'm tired • I have muscle tension or headaches • I'm putting off tasks • I'm less social than usual 	<ul style="list-style-type: none"> • I feel angry, sad or hopeless • I often have trouble sleeping • My energy level is very low • My body feels achy or sore • I'm missing school or work • I avoid being with others 	<ul style="list-style-type: none"> • I feel very anxious • I'm easily very angry • I can't fall or stay asleep • I have no energy • I feel sick • I can't complete tasks • I'm missing school or work • I avoid being with others
<p>What to do</p> <ul style="list-style-type: none"> • Take care of yourself • Check in with yourself 	<p>What to do</p> <ul style="list-style-type: none"> • Take breaks • Talk to a friend 	<p>What to do</p> <ul style="list-style-type: none"> • Ask for help • Put yourself first 	<p>What to do</p> <ul style="list-style-type: none"> • Ask for professional help • Follow recommendations

MENTAL HEALTH SUPPORT

If in crisis, help is always available by calling 911 or go to the hospital.

Recovery Alberta

Book an appointment with an in-person therapist in Jasper. 1-888-594-0211
Walk-in hours Monday to Friday
10:00AM - 2:00PM

Addiction Helpline: 1-866-332-2322

24/7 Mental Health Helpline:

1-877-303-2642

24/7 Suicide Prevention Line: 9-8-8

Kids Help Phone: 1-800-668-6868

Indigenous Hope Line: 1-855-242-3310

Brite Line (2SLGBTQIA+) Support:

1-844-702-7483

Friendly Calls program:

From the Canadian Red Cross matches adults with trained volunteers for regular check-ins and emotional support, enhancing social connections and overall well-being.



HOW TO OFFER SUPPORT:

Connect. Ask. Listen. Validate emotions. Practice non-judgement, and refer to resources.

EMPLOYMENT

Jasper Employment & Education Centre (JEEC):

631 Patricia St. | 780-852-4418
Get help find a job and resume building.



Employment Standards

Feel like you aren't being treated fairly at work? Know your rights. Call Employment Standards at 310-0000, then 780-427-3731.



CHECK OUT MUNICIPAL REC & CULTURE FACILITIES

The Municipality of Jasper has a Library and Cultural Centre, a Fitness and Aquatic Centre and more. Check our website for more details.



STILL WANT TO KNOW MORE?

For more resources and information, check out the full Community Guide or our website



This document was produced by Community Development. Within this department you can find our office at 627 Patricia Street that offers free, confidential and non-judgmental support:

- **Settlement Services** - Immigration and newcomer supports.
- **Recovery Outreach Services** - Wildfire related supports.
- **Community Outreach Services** - General supports and referrals.

Visit our office or call 780-852-2100, 10:00AM - 3:00PM Monday to Friday

