

FOOD

The Grocery People (TGP):

601 Patricia St. | 780-852-3200 | Delivery available for minimum \$100 orders.

Nesters:

218 Connaught Dr. | 780-852-3195 | Delivery available for \$5.

Nutters:

622 Patricia St. | 780-852-5844 | Specialty health store with some food sundries.

Food Bank:

600 Geikie St. | 780-931-5327 | Open Thursdays 6-6:30PM, delivery available.

Food Recovery Program:

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

Community Fridge:

305 Bonhomme St. | Always open in the Activity Centre, help yourself.

SHELTER

You must qualify for the Parks Right to Reside policy, find out more on their website or the Parks office.

Visit the Municipality's website for resources and details about finding housing in Jasper.

Many employers provide housing, your accommodation depends on the contract you sign with your employer.

Have legal questions around your living situation? Know that you have rights. Call 310-0000, then 780-427-4088.

Landlord & Tenant Spaces for Rent



EMERGENCY SHELTER OPTIONS

Womens Emergency Shelter(Hinton):

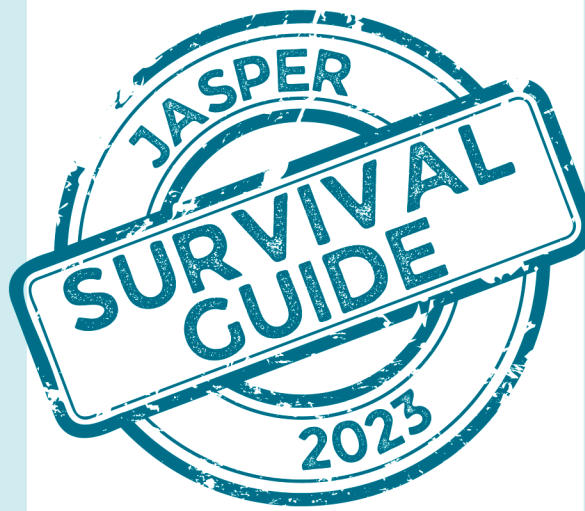
1-800-661-0937

Hostelling International:

1-780-852-3205

Jasper Downtown Hostel:

1-780-852-2000



MONEY MATTERS

Consider setting up a monthly budget and try to buy used. Here are some places to look for used goods:

Buy, Sell & Trade



Thrift Store



If you are an Albertan facing an unexpected emergency, you can apply for emergency financial assistance. Call: 1-866-644-5135.

More useful numbers:

Alberta Income Support: 1-877-644-9992

Debt Relief: 1-888-294-0076

Service Canada Employment Insurance: 1-800-206-7218

HEALTH & WELLBEING

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:

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

HOW'S YOUR MENTAL HEALTH?

Mental Health Continuum Model

HEALTHY	REACTING	INJURED	ILL
Normal mood, sense of humour, consistent, active, confident	Beginning to feel nervous, irritable, procrastination, low energy, trouble sleeping	Anxiety, anger, sadness, restless, negative attitude, missing classes	Panic attacks, rage, depression, suicidal thoughts, addiction
Nurture support systems	Recognize limits, take breaks, seek support	Ask for help, make self-care a priority	Seek professional care, follow recommendations

HOW TO OFFER SUPPORT:

Connect. Ask. Listen. Validate emotions. Practice non-judgement. Use the SUPPORT acronym.



Start the conversation

- Notice someone looks concerned
- Approach with an observation
- Ask



Uncover the concern

- What happened?
- Who is involved?
- What have you done so far?



Probe Possibilities

- What can you do?
- What else might you do?



Outcomes

- What will happen?
- Who will be affected?
- How successful will it be?



Result

- What will you do?
- What's the next step?
- When will you do that?



Touch Base

- Offer support
- Offer to follow up

MENTAL HEALTH SUPPORT:

Mental Health & Addiction

Book an appointment with an in-person therapist in Jasper. Indicate you are in the 'North Zone'. 1-888-594-0211

HELP LINES:

Addiction Helpline: 1-866-332-2322

24/7 Mental Health Helpline: 1-877-303-2642

Crisis Text Line: CONNECT to 741741

Text COVID19HOPE to 393939

Suicide Prevention Line: 1-833-456-4566

Kids Help Phone: 1-800-668-6868

Indigenous Hope Line: 1-855-242-3310

National Trans Lifeline: 1-877-565-8860

This publication was produced by JasperLIFE.

JasperLIFE is one of many programs run by Jasper's Community Outreach Services. JasperLIFE exists to ensure new people to Jasper feel welcome and supported!

M-F, 9 AM - 4:30 PM | 627 Patricia St. | 780-852-2100



EMPLOYMENT



Jasper Employment & Education Centre (JEEC): Employment coaches can help you with resume writing, employment standards & workers' rights and much more. Visit their website or office for current courses and job offers. 631 Patricia St. | 780-852-4418



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

PARTY SMART!

The most readily available drug in Jasper is ALCOHOL. Although alcohol is legal, there are still risks associated with it. Drinking increases an individual's risk for committing and/or being the victim of all crimes including sexual assault.

If you are assaulted, go to the emergency room or medical clinic right away.

A word of caution:

Predatory drugs are in Jasper bars. Keep drinks with you and only accept drinks from friends. Be a good friend and make sure no one goes home alone.

Signs you may have been drugged:

Feeling too drunk too fast; lapse in memory; slurring excessively; stumbling; difficulty focusing eyesight.

GROUP SUPPORT

Alcoholics Anonymous, Narcotics Anonymous Al-Anon groups do exist in Jasper. For the most up-to-date information on these groups contact the intake number: **1-888-594-0211**

CANNABIS IN JASPER

Public spaces: Prohibited.

On trails: Allowed.

Rentals: Ask your landlord.

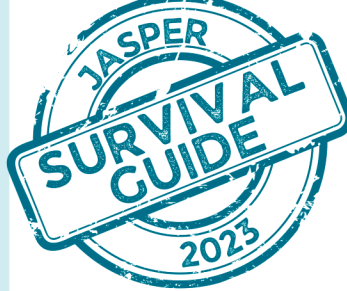
Please note all municipalities & provinces have different rules. What may be legal in one area, may not be in another.

LIVING IN A NATIONAL PARK

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

TRAINING

Want to learn more about supporting others? Take the Community Helpers Program. Contact Ian Goodge at COS to learn more: 780-852-6541



GET CONNECTED

There are lots of opportunities to join events, programs or clubs in Jasper. The Municipality of Jasper has a Community Calendar that lists all sorts of things going on in Jasper. Check it out!

All year long

- Habitat for the Arts
- Jasper ACFA (Association Canadienne-Française de l'Alberta)
- Jasper Kayak Club
- The Association of Jasper Climbers
- Alpine Club of Canada
- Jasper Volleyball League
- JasperLife (Outdoor activities)
- Jasper Fitness and Aquatic Centre
- Jasper Municipal Library
- Jasper Museum
- Settlement Services
- Jasper Rotary Club
- Jasper Employment and Education Centre
- Jasper Artist's Guild

Summer

- Friends of Jasper National Park
- Trails Alliance
- Jasper Park Cycling Association
- Jasper Folk Music Festival
- Jasper Softball League
- Jasper Local Food Society

Winter

- Dart League
- Public Skating
- Curling Club
- Jasper Hockey League
- Jasper Jalopies (drop in hockey)
- Drop in Sports (badminton, basketball, soccer, volleyball, pickleball)
- Community Dinners
- Ladies' Ski Club

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



COMMUNITY OUTREACH SERVICES (COS)

Free, confidential support services. Outreach Workers are available by phone Monday to Friday, 9 AM - 4:30 PM. Call 780-852-2100. To reach Young Adult Outreach Worker Ian Goodge directly, call or text 780-852-6541.

