

JASPER SURVIVAL GUIDE²⁰²¹

WELCOME

You've arrived. Now what?
Food and shelter. That's what!

FOOD: Buying food is expensive. Cooking at home is a great way to make the most of your budget. Jasper has two grocery stores: TGP and Nesters, as well as Nutters.

*During the winter, head to the Activity Centre on Sundays at 5:30pm for the Community Dinner (dinner by donation!). To volunteer for the Community Dinner, contact COS: 780-852-2100. *(Cancelled in 2021)*

SHELTER: It can be difficult to find a place to live in Jasper. Some of the local businesses supply staff accommodation, but they are not required to. When on the job hunt, make sure to ask. Rental accommodation (including staff accommodation) is regulated by the provincial Residential Tenancies Act. This act protects your rights as a tenant, as well as the rights of the landlord. It's best to have tenancy agreements in writing and that both the landlord and the tenant complete a written inspection report within 7 days of moving in and out. Call 1-877-427-4088 for more information.

LOOKING FOR A HOME: On Facebook, visit the Jasper Alberta CANADA, Apartments and Rooms For Rent or the Jasper, AB Buy, Sell and Trade and post there. Make a notice and post it on the boards around town. Tell everyone you can. Word of mouth works best in Jasper. In a pinch, the hostels can provide shelter for a few days. Call Hostelling International: 780-852-3205 or Downtown Hostel: 780-852-2000.

FINDING A JOB

Most employment in Jasper is
seasonal and in tourism or services

DUST OFF YOUR APPLICATION: Give your resume and cover letter a facelift with the help of the Jasper Employment and Education Centre. JEEC offers continuing education programs that can give you a competitive advantage when seeking employment.

JOB POSTINGS: Check the local newspaper, The Fitzhugh. The Employment and Education Centre also maintains a job board with current job postings.

TARGET YOUR APPLICATION: Read over the job postings carefully. Look at the required skills and the desired skills and then create a resume and cover letter specific to that job.

APPLY IN PERSON: Make sure to apply the way the job posting indicates (email, fax, in person). If possible, dress professionally and deliver your application to a manager in person.

ROCK THE INTERVIEW: Read up on the company. Know what you're applying for. Review some common interview questions. Dress to impress. Arrive early. Bring a copy of your application. And, remember to smile!

LOCAL SUPPORT: Jasper Employment & Education Centre
631 Patricia Street | 780-852-4418
Facebook: Jasper Employment & Education Centre

MONEY MATTERS

Plan ahead to stretch those dollars
so you have enough to do it all!

BUY USED: The United Church Thrift Shop is open by appointment. Find them on Facebook to schedule a time. There is also an annual bike auction in the spring and a ski swap at the end of October where you can find used winter clothing and outdoor gear, like skis, boots, snowboards and the like. You can also find great deals on the Jasper AB Buy, Sell and Trade Facebook page.

FOLLOW JASPERLIFE: Like JasperLIFE on Facebook to find out about deals on adventures and activities!

BUDGET: Set up a simple budget and stick to it. For help setting up your budget, contact Community Outreach Services: 780-852-2100.

THINGS TO CONSIDER WHEN SETTING UP A BUDGET: Identify your total monthly income. List out all of your expenses. Write down some things you want to do (short and long term goals) that will require savings. Set your savings aside FIRST each month. Give yourself spending money (cash) at the beginning of each week and stick to the limits you set. Allow yourself a reasonable amount of spending money each week so that you are able to follow the budget and are not tempted to cheat. If the budget doesn't work for you, change it until it does, rather than cheating every month. The longer you stick to your budget, the more motivated you will be to continue with it.

LIVING IN A NATIONAL PARK

Connect with the Information Centre to learn about
Jasper's trail network, area closures & wildlife activity.



500 Connaught Drive



780-852-6176

BEFORE YOU EXPLORE:

- Check in at the information centre.
- Tell a friend where you're going & when you'll be home.



This publication was
produced by JasperLIFE

GET CONNECTED

Jasper is a busy community.
Find out about programs, events and resources

FACEBOOK PAGES & GROUPS:

- JasperLIFE
- Municipality of Jasper
- Jasper National Park
- Jasper AB Buy, Sell and Trade
- Jasper's Community Calendar
- Jasper Royal Canadian Legion Branch 31
- Jasper Municipal Library
- Jasper Community Habitat for the Arts
- ACFA Jasper (L'Association Canadienne Française)
- The Fitzhugh
- The Jasper Local

JasperLIFE is one of many programs run by
Jasper's Community Outreach Services
627 Patricia St. | 780-852-2100

COVID CORNER

- Community Outreach Services is operating remotely, call 780-852-2100 for assistance.
- The United Church Thrift Store is open by appointment. Find them on Facebook.
- The Food Bank is doing home deliveries & self pick-ups on Thursdays. For a delivery, phone 780-931-7081 and leave a message with your name & contact information.
- Masks are required on downtown sidewalks and in all indoor public spaces (stores, etc.).

*As public health regulations change, so do services and supports. For the most up-to-date information, follow organizations on social media.

JasperLIFE exists to ensure that the constant flow of newcomers to town feel welcome and connected to the community.

JASPER SURVIVAL GUIDE²⁰²¹

RESOURCE LIST

CRISIS

Emergency: Police, Ambulance, Fire	911
Distress Line: 24 hours	1-877-303-2642
Kids Help Line	1-800-668-6868
Seton General Hospital	1-780-852-3344
R.C.M.P.	1-780-852-4421

ADDICTIONS

Alberta Health Services	1-780-852-6706
Alcoholics Anonymous	1-780-852-8824

COUNSELLING

AHS Mental Health Services	1-844-817-5009
----------------------------	----------------

HEALTH & WELLNESS

Community Outreach Services	1-780-852-2100
Cottage Medical Clinic	1-780-852-4885
Seton General Hospital	1-780-852-3344
Health Link (health questions)	1-866-408-5465
Alberta Health Care	310-0000, then 780-427-1432

SUPPORT SERVICES

Community Outreach Services	1-780-852-2100
Child & Youth Services	310-0000, then 780-865-8321
Options HIV West Yellowhead	1-877-291-8811
Public Health Nurse	1-780-852-6627
Alberta Income Support	1-877-644-9992
Alberta Emergency Financial Assistance	1-866-644-5135
Jasper Victim Services	1-780-852-2275
24hr Debt Stress Line	1-800-463-3328
AB Works Crisis Line	1-866-644-5135

FOOD & CLOTHING

Jasper Food Bank	jasperfoodbank@gmail.com
United Church Thrift Shop: on Geikie & Hazel	
Mon & Wed 7-9pm Thurs 1-3pm	

SHELTER & EMPLOYMENT

Womens Emergency Shelter	1-800-661-0937
Hostelling International	1-780-852-3205
Jasper Downtown Hostel	1-780-852-2000
Career & Employment Services	1-780-852-4418
Employment Standards	310-0000, then 780-427-3731
Landlord & Tenant	310-0000, then 780-427-4088

LEGAL

Legal Aid	1-866-845-3425
Bylaw Office	1-780-852-5514
Parks Canada Warden Service	1-780-852-6155

TREAT YO'SELF WITH RESPECT: PARTY SMART!

The most readily available drug in Jasper is ALCOHOL. Although alcohol is legal, there are still risks associated with it. Alcohol is often thought of as a stimulant because it lowers inhibitions; this means you may take chances you would not otherwise take. Alcohol actually acts as a depressant on your central nervous system meaning it slows down brain functioning. So after an initial feeling of boosted confidence, you may end up feeling down and potentially quite depressed. Drinking increases an individual's risk for committing and/or being the victim of all crimes including sexual assault.

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.

If this happens to you, go to the emergency room or medical clinic right away. Support is available through Community Outreach Services: 780-852-2100.

CANNABIS IN JASPER

Please note all municipalities & provinces have different rules. What may be legal in one area, may not be in another. It is your responsibility to ensure you know what is legal wherever you are.

Public spaces: smoking or vaping cannabis is prohibited in public spaces and buildings within the town site.

On trails: it is permitted.

Rentals: rules are different for each apartment. Smoking may be allowed in your unit or balcony, or there may be a designated area where people can smoke or vape cannabis. Ask your landlord to find out.

If you own your home: it is your decision whether or not to allow smoking or vaping cannabis on your property, including your outdoor space (i.e. porch or backyard).

HOW'S YOUR HEALTH

Resources for taking care of you

PUBLIC HEALTH NURSE: A registered nurse at the community health department is able to provide you with the following free and confidential services:

- Testing for all STIs (sexually transmitted infections)
- Pregnancy testing and pregnancy options
- Sexual health counselling
- Information and follow up on STIs and birth control
- Free condoms and contraceptive samples
- GARDASIL vaccine

Book an appointment:

Call 780-852-6627 or visit the hospital at 518 Robson St.

NEED TO SEE A DOC? Make an appointment, bring your healthcare card and show up early.

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

IN AN EMERGENCY: Call 911 or go to the emergency room.



COMMUNITY OUTREACH SERVICES PROVIDES FREE CONFIDENTIAL, NON-JUDGEMENTAL SUPPORT SERVICES.

Outreach Workers are available by phone Monday to Friday 9am-4:30pm. Call 780-852-2100.

To reach Young Adult Outreach Worker Ian Goodge directly, call or text 780-852-6541.