

## 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](mailto: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:

## Family Resource Network (FRN)

Supports for expecting parents, parents, and caregivers with dependents ages 0 – 18 years old.



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

# 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

