

# EDMONTON

Fall 2017/Winter 2018




## Priceless Fun

Your guide to **FREE** and low cost recreation opportunities in Edmonton

Edmonton

# TABLE OF CONTENTS

 LEISURE ACCESS PROGRAM . . . 3	 EQUIPMENT OPTIONS . . . . . 14
 311 SERVICES . . . . . 4	 WINTER ACTIVITIES . . . . . 15
 FREE ADMISSION DAY . . . . . 5	 ICE SKATING . . . . . 16—17
 CITY OF EDMONTON ATTRACTIONS . . . . . 6	 TOBOGGANING AREAS . . . . . 17
 INDOOR SWIMMING POOLS . 6	 SNOWSHOEING . . . . . 18
 FALL AND WINTER DROP-IN PROGRAMS . . . . . 7	 CROSS-COUNTRY SKI TRAILS . . . . . 19
 GETTING BACK TO NATURE . . . 8	 WINTER SAFETY TIPS . . . . . 15
 MAJOR PARKS . . . . . 8	 COMMUNITY LEAGUES . . . . . 19
 WALK EDMONTON . . . . . 9	 PUBLIC LIBRARIES . . . . . 20
 DOGS IN THE CITY . . . . . 10	 REUSE CENTRE . . . . . 21
 ART & CULTURE DISCOUNTS . . . . . 11–12	 OTHER FREE RESOURCES . . . . 22
 FESTIVALS AND SPECIAL EVENTS . . . . . 12–13	 INDIVIDUAL AND FAMILY WELL-BEING (I&FW) . . . . . 23
 SPORT & RECREATION DISCOUNTS . . . . . 14	 VOLUNTEER OPPORTUNITIES . . . . . 24

*The City of Edmonton acknowledges the traditional land on which our great city resides, is Treaty 6 Territory. We would like to thank the diverse Indigenous Peoples whose ancestors footsteps have marked this territory for centuries such as: Cree, Dene, Saulteaux, Nakota Sioux and Blackfoot peoples. We also acknowledge this as Metis' homeland and the home of the largest concentration of Inuit south of the 60th parallel. It is a welcoming place for all peoples who come from around the world to share Edmonton as a home.*

## COMPUTER HELP AVAILABLE

Don't have a computer and want to check out the websites that are in the Priceless Fun guide? You can use a computer for **FREE** at any Edmonton Public Library.

If you want someone to help you use the internet, they can help at the library. See page 20 in this guide.



## LEISURE ACCESS PROGRAM

# LEISURE ACCESS PROGRAM (LAP)

Edmonton

### WHAT IS THE LEISURE ACCESS PROGRAM?

The program allows eligible low-income Edmontonians to access participating City of Edmonton recreation facilities and attractions (swimming pools, fitness centres, Edmonton Valley Zoo etc.) through an annual pass or a subsidized monthly pass.

### ANNUAL PROGRAM

The LAP Annual Program is valid for one year from issue date and provides free unlimited access to participating facilities and discounts on registered programs (daycamps, art classes, swimming lessons etc).

### YOU MAY QUALIFY FOR THE LAP ANNUAL PROGRAM IF:

- You are currently on AISH
- You have an income below the low income threshold
- You are a recently landed immigrant or refugee
- You are not a full-time student at University of Alberta, NAIT or MacEwan University, unless you have children

### MONTHLY PASS

The LAP Monthly Pass provides discounted opportunities to participating facilities, including drop-in and instructor-led programs. Individual passes are \$20/month and family passes are \$70/month.

You may qualify for the LAP Monthly Pass if:

- You have an income near the low income threshold

**Note:** If you have an income below Edmonton Transit Service's (ETS') Ride program's low income threshold, you may also qualify for the Ride Transit pass. Ride Transit is ETS' low income program that offers monthly passes to eligible Edmontonians for \$35/month. You do not need to submit a separate application to apply for Ride Transit. Learn more at [edmonton.ca/ridetransit](http://edmonton.ca/ridetransit).

PROUDLY  
WORKING WITH



### WHERE CAN I GET AN APPLICATION FORM?

- At any City of Edmonton Recreation Centre
- At [www.edmonton.ca/lap](http://www.edmonton.ca/lap)
- By calling 311
- Edmonton Tower 2nd Floor  
10111-104 Avenue NW  
Edmonton, Alberta T5J 0J4



## 311 SERVICES

City of Edmonton program registration and service information — call 3-1-1

Callers using TTY call 780-944-5555 to be connected with a 311 agent.

**311 agents are available 24 hours a day, every day of the year to help citizens with City of Edmonton municipal information, programs and services.**

**Call 311 for:**

- ❄ Bus schedules and information
- ❄ Program registration and bookings
- ❄ Facility and program information
- ❄ Commendations and comments
- ❄ Residential and business inspections and permits
- ❄ Bylaw complaints
- ❄ Information on City programs and services

**Help yourself with 311 online anytime! Visit the City of Edmonton website [edmonton.ca](http://edmonton.ca) or [edmonton.ca/311](http://edmonton.ca/311) where you can:**

- ❄ Find information on all City programs and services
- ❄ Search for bus schedules or plan a bus trip
- ❄ Register for a City program
- ❄ Renew a pet license
- ❄ And so much more!

**Download the 311 App! 311 has made reporting concerns to the city more convenient through the use of your mobile device. Take a photo and allow your GPS to mark the location of your request. Some of the requests available on the 311 App are:**

- ❄ Road and Sidewalk Maintenance
- ❄ Litter
- ❄ Graffiti/Vandalism
- ❄ Parks concerns
- ❄ Parking Enforcement
- ❄ And more!

The 311 App is available on Google Play and through the Apple Store. Search for "Edmonton 311".

### Special telephone assistance

Non-English speaking callers may request the help of an interpreter. The 311 agent will connect with an external interpretive service to assist with the call.

### New to Edmonton?

Edmonton has a Citizen and New Arrival Information Centre located in City Hall. This centre helps new arrivals to Edmonton get settled. An interpretive service is available in 150 languages to help those who do not speak English. A Newcomers Guide is available in 9 languages. This guide can be found at the Citizen and New Arrival Information Centre or online at [edmonton.ca/newcomers](http://edmonton.ca/newcomers).

### Your Neighbourhood

You can view a list of links to facilities and services in your neighbourhood or near your home. Check out [edmonton.ca/neighbourhoods](http://edmonton.ca/neighbourhoods) and select your neighbourhood from the drop down menu.

### Find Your Fun

Interested in finding out about fun things to see and do in Edmonton? Check out [findyourfun.ca](http://findyourfun.ca) to view links to fun things to see and do with history, fitness, nature, etc.



## No School? No problem.

Plan your next adventure  
with the **ETS Day Pass!**

**ETS Day Pass only \$9.50**

UNLIMITED Transit use all day and night.  
**One adult** and up to **four children**,  
12 years and under.

takeETS.com

**ETS**



## FREE ADMISSION DAY

Sunday, September 24, 2017 from 10 am to 6 pm, Edmontonians are invited to enjoy **FREE** admission at select City of Edmonton owned and operated attractions and leisure, sport and fitness facilities and partner facilities.

Please visit [edmonton.ca/freeadmissionday](http://edmonton.ca/freeadmissionday) after September 1, or call 311 for more information.

Facilities and Attractions offering **FREE** admission this year are:

### Leisure, Sports & Fitness Facilities

- ❄ Clareview Community Recreation Centre
- ❄ St. FX Sports Centre
- ❄ Mill Woods Recreation Centre
- ❄ Commonwealth Community Recreation Centre
- ❄ Terwillegar Community Recreation Centre

All City of Edmonton arenas will also be participating with **FREE** regular public skate times.

### Attractions and Cultural Facilities

- ❄ Edmonton Valley Zoo
- ❄ John Walter Museum (1-4 pm but always free!)
- ❄ Prince of Wales Armouries & City of Edmonton Archives
- ❄ John Janzen Nature Centre
- ❄ Muttart Conservatory
- ❄ Fort Edmonton Park





## CITY OF EDMONTON ATTRACTIONS

With a Leisure Access Card (see page 3), admission to any City of Edmonton attraction is **FREE**. Or wait until Sunday September 24, 2017 for Free Admission Day at City of Edmonton owned and operated attractions.

John Janzen Nature Centre invites visitors of all ages to have fun while learning more about Edmonton's natural spaces. Families (up to 7 people living in the same household) can visit the John Janzen Nature Centre for only \$15.

Access from Fox Drive, just east of Whitemud Drive. They share a parking lot with Fort Edmonton Park.

Find out more at [edmonton.ca/johnjanzen](http://edmonton.ca/johnjanzen).

John Walter Museum is a great place to experience a piece of Edmonton's past. Open on Sundays from March 5 to November 26, 1-4pm for **FREE**, fun, drop-in historical programs. Explore all three of John Walter's homes and find out about the family members who inhabited them. Located on the north side of the Kinsmen Sport Centre parking lot and accessed at the bottom of Walterdale Hill and Queen Elizabeth Road.

Find out more about **FREE** events and activities at [edmonton.ca/johnwalter](http://edmonton.ca/johnwalter).



## INDOOR SWIMMING POOLS

**Find your Fit at Recreation and Leisure Centres.** With a Leisure Access Card, admission is **FREE** (see page 3). Call 311 for swim times or visit

[edmonton.ca/activities\\_parks\\_recreation/recreation-leisure-centres-pools.aspx](http://edmonton.ca/activities_parks_recreation/recreation-leisure-centres-pools.aspx)

### A.C.T. Aquatic & Recreation Centre

2909 – 113 Avenue

### Bonnie Doon Leisure Centre

8648 – 81 Street

POOL CLOSED for rehabilitation until 2018

### Clareview Community Recreation Centre

3804 – 139 Avenue

### Commonwealth Community Recreation Centre

11000 Stadium Road

POOL CLOSED July 3 - September 28, 2017

### Confederation Leisure Centre

11204 – 43 Avenue

### Eastglen Leisure Centre

11410 – 68 Street

### Grand Trunk Fitness & Leisure Centre

13025 – 112 Street

### Hardisty Fitness & Leisure Centre

10535 – 65 Street

### Jasper Place Fitness & Leisure Centre

9200 – 163 Avenue

POOL CLOSED for rehabilitation until 2018

### Kinsmen Sports Centre

9100 Walterdale Hill

### Londonderry Fitness & Leisure Centre

14528 – 66 Street

### The Meadows Community Recreation Centre

2704 – 17 street

POOL CLOSED Sept 5 to October 3, 2017

### Mill Woods Recreation Centre

7207 – 28 Avenue

### O'Leary Fitness & Leisure Centre

8804 – 132 Avenue

### Peter Hemingway Fitness & Leisure Centre

13808 – 111 Avenue

### Scona Pool

10450 – 72 Avenue

### Terwillegar Community Recreation Centre

2051 Leger Road



# FALL AND WINTER DROP-IN PROGRAMS

## Green Shack Programs

Experience fun in your own neighbourhood by dropping in on one of the City of Edmonton's exciting **FREE** Green Shack programs.

Children aged 6 to 12 are welcome to join the games, sports, crafts, music, drama and special events. Children under 6 are welcome but must be supervised by a parent or guardian at all times.

Programs are led by City of Edmonton staff who:

- ❄️ Ensure children play safely
- ❄️ Will be wearing a blue shirt and name tag
- ❄️ Have completed a security clearance check, First Aid training and been certified as a specialist in FUN!

The Fall and Winter Green Shack Program runs from September - February at select locations, on weekdays from 3:30pm – 6:00pm and weekends from 1:00pm – 5:00pm. For programs in your area, please call 311 or visit [edmonton.ca/dropincommunityprograms](http://edmonton.ca/dropincommunityprograms)

Note: Parents are responsible for their children at all times and must be available in the event of an emergency. Children can come and go as they please from our Green Shack Programs.

## Neighbourhood Learn to Skate Programs

Fun is the focus of these free, drop-in skating programs

Children and families of all ages can try out various basic skating skills at their own pace through on-ice games and activities. Trained leaders will be on hand to adapt the program to the age and skill level of the participants. For programs in your area, please call 311 or visit [edmonton.ca/dropincommunityprograms](http://edmonton.ca/dropincommunityprograms)

Please note:

- ❄️ Participants must have their own skates
- ❄️ A CSA approved **helmet is required**
- ❄️ Participants under the age of 5 must be accompanied by an adult
- ❄️ The program will be cancelled at -25 degrees Celsius with the wind-chill





## GETTING BACK TO NATURE

Why not spend some time in the great outdoors this fall and winter? Here are some ideas about getting back to nature:

City Park Rangers may be available to do a **FREE** educational presentation for your kids group! Call Community Relations at 780-495-0327 (or call 311) to request a presentation.

From September to November, there are many places in the City of Edmonton to view amazing fall foliage, and all for **FREE!** Check out these great spots or find your own favourite spot:

- ❄️ 97 Street from 137-144 Avenue
- ❄️ Beaumaris Lake
- ❄️ Government House Park
- ❄️ Hawrelak Park
- ❄️ Keillor Pathway
- ❄️ Whitemud Creek
- ❄️ Legislature Grounds
- ❄️ Mill Creek Ravine
- ❄️ River Valley
- ❄️ Rundle Park
- ❄️ University of Alberta campus

Are you interested in learning about our local natural area parks? Check out the **FREE** Urban BioKit, a colourful workbook full of activities to explore the wonders of nature in Edmonton.

[edmonton.ca/city\\_government/documents/PDF/Edmonton\\_BioKitLOW.pdf](http://edmonton.ca/city_government/documents/PDF/Edmonton_BioKitLOW.pdf)



## MAJOR PARKS

There is more green space in Edmonton than in any other city in Canada. Edmonton has a total of over 875 park areas, open to the public between 5:00 am and 11:00 pm daily. River Valley park buildings are open 9 am – dusk in the winter.

The opportunity to be outside and enjoy the fresh air does not need to stop just because it is cold. Enjoy one of your local parks by packing a thermos of hot chocolate, layering your warm clothing and enjoying the fall colours; in the winter listen to the snow crunch under your boots and bring a winter picnic!

Listed below are just a few of the **FREE** major parks within our “green” city.

**Borden Park**  
112 Avenue & 73 Street

**Callingwood Park**  
69 Avenue & 178 Street

**Capilano Park**  
109A Avenue & 50 Street

**Castle Downs Park**  
153 Avenue &  
Castle Downs Road

**Coronation Park**  
11425 – 142 Street

**Dawson/Kinnaird Park**  
10336 – 89 Street

**Emily Murphy Park**  
Groat Road &  
Saskatchewan Drive

**Gallagher Park**  
9411 – 97 Avenue

**Gold Bar Park**  
109A Avenue & 50 Street

**Goldstick Park**  
4210 – 101 Avenue

**Government House Park**  
Groat Road &  
River Valley Road

**Hermitage Park**  
127 Avenue & 21 Street

**Jackie Parker  
Recreation Area**  
4540 – 50 Street

**Kinsmen Park**  
9100 Walterdale Hill

**Laurier/Buena Vista Park**  
134 Street &  
Buena Vista Road

**Louise McKinney Park**  
9529 Grierson Hill

**Mill Creek Ravine**  
82 Avenue & 95A Street

**Mill Woods Park**  
2730 – 66 Street

**Queen Elizabeth Park**  
10380 Queen Elizabeth  
Park Road (construction)

**Rainbow Valley Park**  
13204 – 45 Avenue

**Rundle Park**  
2909 – 113 Avenue

**Terwillegar Park**  
10 Rabbit Hill Road

**Victoria Park**  
12130 River Valley Road

**Whitemud Park**  
Fox Drive &  
Whitemud Drive

**William Hawrelak Park**  
9330 Groat Road





## WALK EDMONTON

Winter can be a challenging time to stick to your physical activity routine. So how do you remain active when the weather outside seems to be a barrier? Embrace winter! Try activities listed in this guide and maybe try one of these:

- ❄️ Snowshoeing
- ❄️ Walking the downtown pedway system or local mall
- ❄️ Bundling up and walking outside with friends.

One of the easiest ways to get active is to walk!

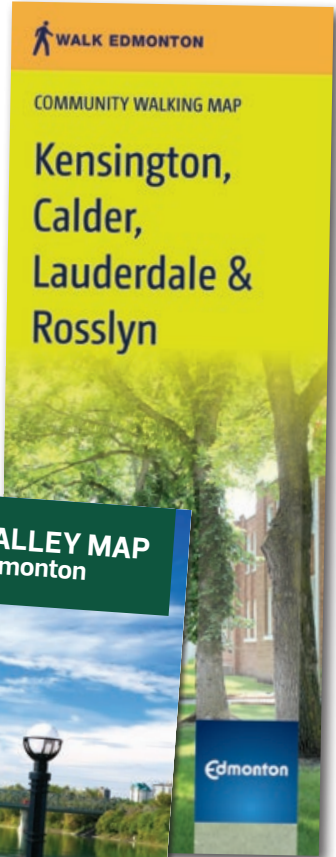
Walking is **FREE**, fun and good for you and your family.

Walking can also help build community. While out walking, you meet your neighbours, get some exercise, visit local shops and enjoy public spaces. You also become the “eyes on the street” that enhance safety and reduce crime.

Check out the website [edmonton.ca/walkedmonton](http://edmonton.ca/walkedmonton) for information on walking, local destinations, walking clubs, walking routes and maps.

Over 40 neighbourhoods have created a series of 34 Community Walking Maps which show measured walking routes, walking paths, bike trails, schools, stores, and other places in your neighbourhood. You can find **FREE** copies of these maps at [edmonton.ca/walkmap](http://edmonton.ca/walkmap), your local library or City Hall.

The City of Edmonton also has over 150 kilometres of trails in the river valley. Did you know many of these trails are also cleared during the winter when the snow accumulation is greater than 2.5 cm? When it's icy, try walking with poles and slip-on snow cleats for your boots.





## DOGS IN THE CITY

### What Are The Dog Gone Rules?

Unsure about the rules for walking dogs in the City of Edmonton? The City's Animal Licensing and Control Bylaw and Parkland Bylaw help protect the safety of you, your neighbours and your pet.

#### In the City of Edmonton, you must:

- 🐾 License your dog.
- 🐾 Clean up your pet's defecation.
- 🐾 Keep your pet on a leash no longer than 2 metres in length.
- 🐾 Walk on city boulevards or parkland trails more than 0.5 metres wide and keep your dog on-leash

#### Keep dogs 10 meters away from:

- 🐾 School grounds
- 🐾 Sports fields
- 🐾 Golf courses
- 🐾 Playgrounds
- 🐾 Picnic sites
- 🐾 Park buildings and facilities

\*Dogs are to be walked on trails only, and are not allowed in Community Parks

### Off-leash Sites

Edmonton has over 40 sites where your dog can run and play without a leash. These off-leash areas can be found throughout the City in neighbourhood parks, district parks and in the river valley. All sites have boundaries but most areas are not enclosed by fencing. Be sure to familiarize yourself with the boundaries by checking the on-site maps as well as online at [edmonton.ca/offleash](http://edmonton.ca/offleash). Remember to keep your dog on-leash when coming and going from off-leash sites.

### Dogs Off-Leash Ambassador Program

The Dogs Off-Leash Ambassador program provides the opportunity for regular off-leash users to join a group of responsible dog owners in providing support to our off-leash areas. Our Ambassadors are welcoming hosts at the sites and provide important information about off-leash etiquette and City development, while enjoying the parks with their dogs!

If you are interested in becoming an Ambassador, apply online today at [edmonton.ca/offleashambassador](http://edmonton.ca/offleashambassador)





## ART & CULTURE DISCOUNTS

**Find it expensive to go to arts events? Start here to find ways to save money on art interests.**

**Alberta Craft Council Gallery — FREE admission.**

10186-106 Street  
780-488-6611  
www.albertacraft.ab.ca

**Alberta Legislature — FREE tours and an interpretive centre.**

10800-97 Avenue  
780-427-7362 assembly.ab.ca/visitor

**Art Gallery of Alberta** — In celebration of Canada's 150<sup>th</sup> birthday, admission is **FREE** for youth under 18 and Alberta students in 2017. Free admission for all on Tuesday and Wednesday evenings from 5-8 pm

2 Sir Winston Churchill Square  
780-422-6223 youraga.ca

**Citadel Theatre** — September–May. The first Sunday evening of each show is Servus Pay-What-You-Can night. Tickets go on sale that day at 3 p.m. at the box office.

9828-101A Avenue  
780-425-1820  
citadeltheatre.com/servus-pay-what-you-can

**City of Edmonton Archives** — Year-round, Mon–Fri. **FREE** access to the city's archives.

Prince of Wales Armouries Heritage Centre  
10440-108 Avenue  
780-496-8711  
edmonton.ca/city\_government/edmonton\_archives/city-of-edmonton-archives.aspx

**City Hall** — There are plenty of things to see and do in City Hall. Whether it is taking a tour of the building, participating in an event, or attending a City Council meeting, City Hall has a variety of activities for people of all ages.

1 Sir Winston Churchill Square  
311  
edmonton.ca/attractions\_events/city\_hall/things-to-see-do.aspx

**John Walter Museum** — **FREE** admission on Sundays from 1 – 4 pm from September to November

9180 Walterdale Hill – North side of  
Kinsmen Sport Centre parking lot  
311 edmonton.ca/johnwalter

**Latitude 53 Contemporary Visual Culture Centre** — open to the general public Tuesday to Friday 11am to 7pm, and Saturdays 11–5 pm. **FREE** admission (donations accepted).

10242-106 Street  
780-423-5353 www.latitude53.org

**Metro Cinema** — Reel Family Cinema offers family friendly classic and contemporary movies most Saturday afternoons from September – February. Come early and enjoy themed colouring activities before films. **FREE** admission for children 12 and under! For dates and times, visit: metrocinema.org/fest\_view/330/8712 109 St

780-425-9212 www.metrocinema.org/

**Neon Sign Museum** — **FREE** outdoor display shows historic neon business signs. Best experienced after dark.

104 Street, between 103 and 104 Avenues  
edmonton.ca/neonsignmuseum

**Observatory** — **FREE** admission to view the sun, moon, stars and planets.

Located southeast of Telus World of Science in Coronation Park (142 Street and 111 Avenue). Call to confirm hours, weather dependent.

780-452-9100 (ext. 2249)  
telusworldofscienceedmonton.ca/exhibits-events/rasc-observatory

**Paleontology Museum** — Book **FREE** tours for 5 - 30 people from Mon - Friday - 8am to 4pm (closed all holidays).

1-26 Earth Sciences Building,  
University of Alberta North Campus  
780-492-3265  
eas.museums.ualberta.ca/en/  
PaleontologyMuseum

**Shadow Theatre** from November to June, tickets are two for the price of one on Tuesdays. First Saturday 2 pm viewing of each show run is pay what you can.

10329 – 83 Avenue  
780-434-5564 shadowtheatre.org

Continued on next page



## ART & CULTURE DISCOUNTS CONTINUED

**University of Alberta Observatory** — **FREE** admission. Check website for hours. 5-240 Centennial Centre for Interdisciplinary Science, University of Alberta North Campus 780-492-5286 [uofa.ualberta.ca/physics/outreach/](http://uofa.ualberta.ca/physics/outreach/) department-of-physics-astronomical-observatory

**Walterdale Playhouse** — October–July. The Tuesday night before Opening Night of every show is a special, **FREE** preview performance open only to students and invited guests of the director. The first Thursday of every run is 2-for-1 Thursday! (at the door only) 10322–83 Avenue 780-439-3058 [walterdaletheatre.com](http://walterdaletheatre.com)



## FESTIVALS AND SPECIAL EVENTS

To find out what is happening at any time of the year in Canada's Festival City, check out:

- ❄ **FREE** newspapers or the Sun and Journal online
- ❄ [exploreedmonton.com/festivals-and-events/winter](http://exploreedmonton.com/festivals-and-events/winter)
- ❄ [festivalseekers.com/edmontonfestivals](http://festivalseekers.com/edmontonfestivals)
- ❄ [familyfuncanada.com/edmonton/](http://familyfuncanada.com/edmonton/): Family Fun Edmonton is a complete resource of events and activities for your family to enjoy in Edmonton and surrounding areas!

**September 15 – 17: Kaleido Family Arts Festival** is held on historic Alberta Avenue (118 Ave between 90-94 Street). For two and a half days every September, Alberta Avenue comes alive as an environment of creative exploration and performances on rooftops, sides of buildings, back alleys, parks, old spaces and new spaces. Not only is it a wonder to behold, it is **FREE!** You have to see it to believe it! [kaleidofest.ca/](http://kaleidofest.ca/)

**September 15 - 17: Edmonton** is proud to host the Festival International des Sports Extreme (FISE) World Series (Hint: it's pronounced "feece.") Our city will come alive to cheer on the BMX Freestyle, MTB Slopestyle, BMX Flat and Skateboard competitions. The world's top athletes will be competing in front of thousands of fans at Hawrelak Park (9330 Groat Rd) and amateur competitions will be going on as well. Best part: it's totally **FREE** to attend! [fise.fr/en/fise-world-series-2017/fise-world-edmonton-2017](http://fise.fr/en/fise-world-series-2017/fise-world-edmonton-2017)

**September 16: Community League Day** Wherever you are in Edmonton, something awesome will be happening right in your own community. Fall festivals, BBQs, carnivals, harvests and more will all be taking place in communities throughout Edmonton. Many events are **FREE** so bring your friends and family and get to know your neighbours! Call 780-437-2913 or [efcl.org](http://efcl.org) and click on Community League Day.

**September 29 – Oct. 1st: Alberta Culture Days** Experience how culture makes a great society. Local organizations will be hosting **FREE** and low cost events. [culture.alberta.ca/culturedays](http://culture.alberta.ca/culturedays)

**October 26: HALLOWEEN HOWL BONFIRE** Get out your best costume and come join us at the John Janzen Nature Centre from 6:30 – 8 pm for our **FREE** Halloween Howl Bonfire! Go on a spooky nature walk, tell some ghost stories, and play some ghostly games! Make sure you don't forget a chair and a reusable mug for some tasty Hot Chocolate! All activities will be appropriate for a family audience of ages 2 and older.



## FESTIVALS AND SPECIAL EVENTS CONTINUED

### **November 11: Remembrance Day**

Many ceremonies around the city including events at the the Legislative Grounds, the Butterdome and the Beverly Cenotaph. [edmonton.ca/attractions\\_events/city\\_hall/remembrance-day-service.aspx](http://edmonton.ca/attractions_events/city_hall/remembrance-day-service.aspx)

### **Mid November: Downtown Business Association Holiday Light Up**

Admission is **FREE**. Due to construction on Sir Winston Churchill Square, the date of this event was not available at the time of printing. Please call 780-424-4085 or visit [edmontondowntown.com](http://edmontondowntown.com) for details about the event.

**November 24: All is Bright** On 124 Street between 102 and 108 Avenue we will light up the night with a variety of **FREE** winter activities. [124street.ca/all-is-bright/](http://124street.ca/all-is-bright/)

**Mid November: Santa Parade of Lights** is a **FREE** outdoor parade. Due to construction on Sir Winston Churchill Square, the date of this event was not available at the time of printing. For more information, visit [edmontonsantaparade.com/#santaparade-section](http://edmontonsantaparade.com/#santaparade-section)

**December 1 – 23: Celebrate the Season** The Alberta Legislature hosts a choir performance and the Celebrate the Season light up. Most noon hours and evenings listen to **FREE** choir performances in the rotunda. [assembly.ab.ca/visitor/annualevents.html](http://assembly.ab.ca/visitor/annualevents.html)

**Dec. 2 until Jan. 7 (from 5 to 11 pm): Christmas at Bob's** A **FREE** Festive Light Show located at 7421-108 St NW (the corner of 108 St. and 75 Ave). Come out, walk about, and enjoy the show from the front row!! Welcoming you is a 20 foot tall snowman and a tunnel to walk through. The show includes over 140 000 lights with static, animated and interactive displays. Make sure to tune in to 88.1 kHz on your FM dial for the soundtrack to the lighting display! [christmasatbobs.ca](http://christmasatbobs.ca)

**December 8 – January 1: Candy Cane Lane** (148 Street between 92 and 100 Avenues). Take a **FREE** drive or walk and see colourful lights. Visitors are asked to bring a donation for Edmonton's Food Bank. [candycanelane.ca](http://candycanelane.ca)

**December 31: New Year's Eve Downtown** A **FREE** event featuring indoor and outdoor activities and entertainment for all ages. Edmonton Transit service offers **FREE** bus service from 6:00 pm on December 31 to 3:30 am on January 1. Call 311 or [edmonton.ca/attractions\\_events/schedule-festivals-events.aspx](http://edmonton.ca/attractions_events/schedule-festivals-events.aspx)

**January 13 & 14: Deep Freeze: A Byzantine Winter Festival** This **FREE** festival celebrates diverse cultures and the magic and beauty of winter. On 118 Avenue, between 90 and 94 Street. [deepfreeze.org](http://deepfreeze.org)

**January 25 – February 4: Ice on Whyte Festival** Come out and have some winter fun on the Giant Ice slide, visit the interactive Kids Zone and enjoy the International Ice Carving Competition, outdoor games, live music, food, fashion, hot beverages, skating and much more. [iceonwhyte.ca](http://iceonwhyte.ca)

**February 2 & 3: Flying Canoe Volant** This **FREE** interactive cultural event tells the legend of La Chasse Galerie (The Flying Canoe) as you walk through Mill Creek Ravine (83 Avenue and 95 Street). [flyingcanoevolant.ca](http://flyingcanoevolant.ca)

**February 9 – 19: Silver Skate Festival** Hawrelak Park is home to a **FREE** outdoor winter festival with snow sculptures, jam-can curling, magical folk trails, live entertainment, a fire sculpture and skating with **FREE** skates. Call 780-488-1960 or [silverskatefestival.org](http://silverskatefestival.org)

**February 19: Family Day Festivities** Many **FREE** events celebrate Family Day throughout Edmonton. Go to one of the websites listed at the top of this section for information.

**February 19: Family Day at the Legislature** is Alberta's **FREE** capital Family Day event at the Alberta Legislature. Indoor and outdoor activities to keep the whole family entertained. [assembly.ab.ca/visitor/annualevents.html](http://assembly.ab.ca/visitor/annualevents.html)



## SPORT & RECREATION DISCOUNTS

**Want to get active, but not sure that you can afford it? Start here!**

**Boys and Girls Clubs Big Brothers Big Sisters of Edmonton and Area** offer **FREE** recreational, social, and educational programs for children and youth. Their nine clubs are located throughout the city. 780-424-8181 [bgcbigs.ca](http://bgcbigs.ca)

**Snow Valley** has discounted lift tickets for \$10 on Monday to Thursday from 6:30 – 9 pm. On Food Bank Fridays, a food bank donation will get you a \$10 lift ticket from 3 – 9 pm. 780-434-3991 [snowvalley.ca/index.php](http://snowvalley.ca/index.php)

**The Edmonton Sport Council** can help you find sport programs and clubs, register for a team, learn about local sports events and special programs and promotions. 780-497-7678 [edmonton sport.com](http://edmonton sport.com)

**Canadian Tire JumpStart** helps kids ages 4 – 18, whose families cannot afford organized sport and recreation activities for them. The program may help pay the costs of registration fees, transportation and equipment. 780-429-9622 (Bill Rees YMCA) [canadiantire.ca/jumpstart](http://canadiantire.ca/jumpstart)

**City of Edmonton's Leisure Access Program:** see page 3.

**Rabbit Hill** has discounted tickets on Tuesdays from 6 – 9 pm for lift passes, rentals or meals for \$6 each. 780-955-2440 or e-mail: [info@rabbithill.com](mailto:info@rabbithill.com) [rabbithill.com/specials/weeknight-specials](http://rabbithill.com/specials/weeknight-specials)

**KidSport Edmonton** provides financial assistance for sport registration fees to kids 0 to 18 years of age, from low income families so they can play in organized sports. Each eligible child can receive up to \$250 per calendar year (January to December). 780-492-0105 or email: [edmonton@kidsportab.ca](mailto:edmonton@kidsportab.ca) [kidsportcanada.ca/alberta/edmonton](http://kidsportcanada.ca/alberta/edmonton)

**The YMCA's Opportunity Fund** offers financial assistance to access YMCA memberships, fitness centres, swim lessons, child care, summer camps, day camps, youth supports, immigrant supports, employment supports, and all other Y programs. Low-income Edmontonians are pre approved (bring your benefit card or Leisure Access Card to the front desk of any YMCA). If you do not receive income benefits, you can complete a confidential application process at any YMCA Centre. Student rates available for full time students. 780-452-9622 [northernalberta.ymca.ca](http://northernalberta.ymca.ca)



## EQUIPMENT OPTIONS

**Want to take part in sport and recreation, but the cost of equipment keeps you at home?**

Consider renting, exchanging or purchasing used equipment. (This is not a full list, nor do we endorse any of these retailers. These suggestions are given as a starting point only.)

Second hand stores and pawn shops may also have used sporting equipment. You can also check online for equipment swaps and used sales (e.g. Kijiji).

**Sport Central Association** gives used sports equipment **FREE** to children in need, including hockey pads, skates, bicycles, soccer, softball, rollerblades, racquets, snow sliders and many other types of gear. Children need to be referred to Sport Central for sports equipment by a social service agency, school or community leader (see website for list of referring agencies). If you have an Alberta Works Health Benefits Card, AISH card or City of Edmonton Leisure Access pass, you may make an appointment by phone without a referral letter. 780-477-1166 [sportcentral.org](http://sportcentral.org)

**Edmonton Bike Commuters Society's "The Spoke"** is a **FREE** program for youth aged 12-17. Over the course of a 6- to 8-week program, participants learn how to repair and maintain a bike, from start to finish. Each participant leaves The Spoke with their very own bicycle! For more information about the program, or to volunteer or donate, please e-mail [spoke@edmontonbikes.ca](mailto:spoke@edmontonbikes.ca). [edmontonbikes.ca/services/youth-adapted-services/the-spoke/](http://edmontonbikes.ca/services/youth-adapted-services/the-spoke/)

**All Sports and Cycle** (13016 – 82 Street Ph: 780-760-2121 [allsportscycle.com](http://allsportscycle.com)) or **Totem Outfitters** (7430 – 99 Street 780-432-0070 [totemoutfitters.ca](http://totemoutfitters.ca))



## WINTER ACTIVITIES

# wintercity Edmonton

Did you know Edmonton has a festival almost every weekend in winter?! Plus, we have winter activities for all ages, and more winter patios every year! Slide into your boots, slip on your toques, and head outside this winter. Find your winter fun in the Winter Excitement Guide, available at libraries and recreation centres, and at [wintercityedmonton.ca](http://wintercityedmonton.ca)



## WINTER SAFETY TIPS

### Safely enjoying the outdoors

#### Stay Safe and Warm This Winter

- ❄️ Keep children warm. A number of light or medium weight layers of clothing are warmer than a single layer — for both you and your children.
- ❄️ Most heat is lost through the top of the head. Wear a hat when it is cold to keep your body warm.
- ❄️ Set a time limit for playing outside in the cold. Bring your children inside every so often to get warm.
- ❄️ Scarves and cords are dangerous for children. Remove all cords and drawstrings from their clothing. Use a neck warmer instead of a scarf. Use mitten clips instead of strings.
- ❄️ Do not try to cross ponds, creeks or rivers unless a sign says it is safe to do so.

#### Signs and Symptoms of Trouble

- ❄️ Frostbite is the freezing of body parts — most often the nose, cheeks, ears, toes and fingers. Watch for red swollen skin that feels like it is tingling or numb. Warm the area slowly with your hands or warm (not hot) washcloths. Do not rub the frostbitten skin. If the numbness lasts for more than a few minutes, get medical attention.
- ❄️ Hypothermia is a condition where your body loses heat faster than it can make it. Watch for stumbling, mumbling, fumbling and grumbling. This includes severe uncontrolled shivering, weakness, exhaustion and difficulty with decision-making. If you think someone has hypothermia, they need medical attention.



# ICE SKATING

## Indoor Arenas

The City of Edmonton offers **FREE** public skating including public skate, early skate, adult fitness, older adult, figure skating, parent & tots, and sticks & pucks.

Schedules available online at [edmonton.ca/arenas](http://edmonton.ca/arenas) or call 311. Please check the schedule before going to a rink as hours may change without notice.

**The Brick Sport Central (mentioned on page 14 of this guide) may be able to help you get skates and a helmet.**

### Bill Hunter Arena

9200 – 163 Street

### Callingwood Twin Arena

17740 – 69 Avenue

### Castle Downs Arena

11520 – 153 Avenue

### Clareview Arena

3804 – 139 Avenue

### Confederation Arena

11204 – 43 Avenue

### Coronation Arena

13500 – 112 Avenue

### Crestwood Arena

9940 – 147 Street

### George S. Hughes South Side Arena

10525 – 72 Avenue

### Glengarry Arena

13340 – 85 Street

### Grand Trunk Arena

13025 – 112 Street

### Kenilworth Arena

8311 – 68 A Street

### Kinsmen Arena

1979 – 111 Street

### Londonderry Arena

14520 – 66 Street

### The Meadows Community Recreation Centre

2704 – 17 Street

### Michael Cameron Arena

10404 – 56 Street

### Mill Woods Arena

7207 – 28 Avenue

### Oliver Arena

10335 – 119 Street

### Russ Barnes Arena

6725 – 121 Avenue

### Terwillegar Community Recreation Centre

2051 Leger Road

### Tipton Arena

10828 – 80 Avenue

### Westwood Arena

12040 – 97 Street

## City Operated Outdoor Rinks

### Castle Downs Park

153 Avenue & 115 Street

### City Hall

#1 Sir Winston Churchill Square

### Jackie Parker Recreation Area

44 Avenue & 50 Street

### The Meadows Community Recreation Centre

2704 – 17 Street (Outdoor Leisure Ice on South Side of Building)

### Rundle Park & Rundle Park IceWay

113 Avenue & 29 Street

### Victoria Park Oval & IceWay

12130 River Valley Road

### William Hawrelak Park Lake

9330 Groat Road

The City of Edmonton Bylaw 16200 prohibits skating on stormwater lakes. See [edmonton.ca/activities\\_parks\\_recreation/outdoor-ice-rinks.aspx](http://edmonton.ca/activities_parks_recreation/outdoor-ice-rinks.aspx) for more information.







## ICE SKATING CONTINUED

### Community League Operated Outdoor Skating Rinks in Your Neighbourhood

Enjoy skating with your friends and family at one of Edmonton's community league rinks. Skate for exercise or just for fun. Skating is **FREE** with a community league membership — just remember to wear your skate tag. If you are not a member, call your league or visit [efcl.org/membership](http://efcl.org/membership) to find out how to buy a membership.

Please note that each community league independently operates their own rink and sets their own hours. Check with your community league, your community league newsletter or at [efcl.org/league-directory](http://efcl.org/league-directory)

### Ice Skating Safety

- ❄ Wearing a helmet is recommended.
- ❄ Only maintained ice is safe ice, but obey all signs that are posted.
- ❄ Ice needs to be 4 – 6 inches thick to be safe.
- ❄ Skate in the same direction and at the same speed as the crowd.
- ❄ Move to the side if you are unable to keep up with the flow of the crowd.



## TOBOGGANING AREAS

Bring your family or gather some friends to enjoy the thrill of tobogganing. These **FREE** hills are maintained by the City of Edmonton for safe sliding with run outs, safety signs and reduced hazards. For current conditions, check out [edmonton.ca/activities\\_parks\\_recreation/toboggan-hills.aspx](http://edmonton.ca/activities_parks_recreation/toboggan-hills.aspx)

#### Emily Murphy Park

Emily Murphy Park Road & Groat Road

#### Government House Park

Groat Road & River Valley Road

#### Rundle Park (Walton's Mountain and ACT hill)

2903 – 113 Avenue

#### Gallagher Park

97 Avenue & 92 Street

#### Castledowns Park

11520 – 153 Avenue

#### Whitemud Park North

Keillor Road & Fox Drive

### Tobogganing Safety

- ❄ Wearing a helmet is recommended.
- ❄ Teach children to kneel or sit down on their toboggan.
- ❄ Make sure the route is clear before going down a hill. Remember: the people below you have the right-of-way.
- ❄ Once you reach the bottom, move out of the way and watch out for people coming down the hill.
- ❄ Remember to slide down the middle of the hill and climb up the side.
- ❄ Always stay in control of your sled.
- ❄ Avoid running into the straw bales. They freeze and become very hard.
- ❄ Always check for icy conditions before you go down the hill.
- ❄ Temporary closures can occur during periods of unsafe conditions. Please obey all signage.



## SNOWSHOEING

Snowshoeing, a traditional mode of transportation for northern Indigenous people in Canada, remains one of the best and most practical ways to travel on deep snow. Snowshoeing provides transportation for exploring, bird and wildlife viewing and is great exercise too.

Most City trails are packed down, so snowshoes perform best in areas that are open, and off the beaten track like Terwillegar Park. Check out [edmonton.ca/activities\\_parks\\_recreation/snowshoeing.aspx](http://edmonton.ca/activities_parks_recreation/snowshoeing.aspx) for more information.

River Valley Programs also offer snowshoeing instructional courses with equipment. These programs are eligible for the Leisure Access Pass. Check out [edmonton.ca/rivervalleyprograms](http://edmonton.ca/rivervalleyprograms) for more information.

### Good Snowshoeing Locations:

#### Borden Park

7507 Borden Park Road

#### Capilano Park

109A Avenue & 50 Street

#### Coronation Park

11425 - 142 Street

#### Emily Murphy Park

Groat Road & Saskatchewan Drive

#### Fort Edmonton Park

corner of Fox Drive and Whitemud Drive

#### Gold Bar Park

109A Avenue & 50 Street

#### Hermitage Park

127 Avenue & 21 Street

#### Jackie Parker Park

4540 - 50 Street

#### John Janzen Nature Centre

Beside Fort Edmonton Park (corner of Fox Drive and Whitemud Drive)

#### Mill Woods Park

23 Avenue and 66 Street

#### Rundle Park

2913 - 113 Avenue

#### Terwillegar Park

Rabbit Hill Road — West

#### Victoria Park

12130 River Valley Road

#### Whitemud Park

Fox Drive & Whitemud Drive

#### William Hawrelak Park

9330 Groat Road





## CROSS-COUNTRY SKI TRAILS

Edmonton is home to some of the most scenic (and **FREE**) cross-country ski trails in Alberta — just minutes from your door. The City of Edmonton grooms over 40 km of trails for skate and classic skiing and you can ski your own ungroomed tracks into ravines, open areas and parks. Check out [edmonton.ca/activities\\_parks\\_recreation/cross-country-skiing.aspx](http://edmonton.ca/activities_parks_recreation/cross-country-skiing.aspx) for more details and trail notifications.

River Valley Programs also offer skiing instructional courses with equipment. These programs are eligible for the Leisure Access Card. Check out [edmonton.ca/rivervalleyprograms](http://edmonton.ca/rivervalleyprograms) for more information.

### Argyll Park/Mill Creek

69 Avenue & 88 Street  
(parking available at the Argyll Velodrome)

### Capilano Park to Gretzky Drive

109 Avenue & 50 Street

### Gold Bar Park

109 Avenue & 50 Street

### Goldstick Park

42 Street & 101 Avenue

### Hermitage Park

2115 Hermitage Road NW

### Kinsmen Park

91 Avenue & 108 Street

### Riverside Golf Course

Rowland Road & 84 Street

### Victoria Park

116 Street and River Valley Road

### Victoria Golf Course

12130 River Valley Road

### William Hawrelak Park

9330 Groat Road



## COMMUNITY LEAGUES

### Welcome to Your Community League — A Place Where Neighbours Meet and Great Things Happen

Community leagues are about bringing neighbours together, establishing friendships and enjoying activities, programs and events that are close to home. By becoming a member of your local community league, you have the chance to:

- ❖ Meet and have fun with your neighbours in parent groups, play groups, assorted social activities or special times at your local pool, gym or ice arena.
- ❖ Join in for special league bookings at your local pool, gym, community hall, or ice arena.
- ❖ Have access to skating rinks, tennis courts and community sports teams such as soccer, basketball and hockey.
- ❖ Have a say in planning your parks, playgrounds, green spaces and local zoning.
- ❖ Get discounts at City Recreation Centres, tourist attractions and major league sporting events.
- ❖ Help make your neighbourhood a better place to live through programs such as Balconies and Front Yards in Bloom, Neighbourhood Watch and Community Gardens.

To find your league, visit [efcl.org](http://efcl.org) and click on the league directory or call 780-437-2913.

**September 16, 2017 is Community League Day.** Over 100 leagues around the city will be hosting fun events featuring arts, sports, barbecues, pub nights, carnivals, harvest fairs and more! Check out [efcl.org](http://efcl.org) to find an activity near you.



# PUBLIC LIBRARIES

## Spread the words!



Spread the words.

Become an EPL member and enjoy:

- ❄ **FREE**, easy and convenient access to computer services.
- ❄ Over 14 million items in our physical and digital collections.
- ❄ Over 20,000 **FREE** programs and events available each year for people of all ages and interests.
- ❄ **FREE** research assistance.
- ❄ **FREE** unlimited Wi-Fi access.
- ❄ One **FREE** hour of daily computer use for internet, word processing and printing services.
- ❄ **FREE** one-on-one tech help with friendly EPL staff to get instruction on topics such as computer basics, the Internet, email, word processing, and social networking services like Facebook and Twitter.
- ❄ Services and materials for people with disabilities including home service, large print, Braille and talking books.

EPL's incredible content includes books, magazines, graphic novels, movies, music CDs, video games, world language materials, eBooks, eMusic, audiobooks, and over 100 databases including same-day newspapers from around the world.

Beyond our incredible content, amazing services and superb programs, you receive expert, personal service you can't get anywhere else. Our library staff are here to help you find what you need — for **FREE**.

If you do not have your library card yet, sign up for one at any branch or online at [epl.ca/signup](http://epl.ca/signup). Library cards are **FREE** for all Edmontonians!

For further information, call any library, drop in at your neighbourhood branch or visit [epl.ca](http://epl.ca). You can also view the programs and events offered at your local library on our website.

Call each library for individual hours of operation.

### Abbottsfeld - Penny McKee

3410-118 Avenue  
780-496-7839

### Calder

12522-132 Avenue  
780-496-7090

### Capilano

201 Capilano Mall,  
5004-98 Avenue  
780-496-1802

### Castle Downs

106 Lakeside  
Landing,  
15379 Castle  
Downs Road  
780-496-1804

### Clareview

3808-139 Avenue  
780-442-7471

### Enterprise Square

10212 Jasper  
Avenue  
780-496-7000

### Highlands

6710-118 Avenue  
780-496-1806

### Idylwyld

8310-88 Avenue  
780-496-1808

### Jasper Place

9010-156 Street  
780-496-1810

### Lois Hole

17650-69 Avenue  
780-442-0888

### Londonderry

110 Londonderry  
Mall,  
137 Avenue &  
66 Street  
780-496-1814

### McConachie

16607-50 Street  
780-442-5314

### Meadows

2702-17 Street  
780-442-7472

### Mill Woods

2610 Hewes Way  
780-496-1818

### Riverbend

460 Riverbend  
Square,  
Rabbit Hill Road &  
Terwillegar Drive  
780-944-5311

### Sprucewood

11555-95 Street  
780-496-7099

### Strathcona

8331-104 Street  
780-496-1828

### West Henday Promenade

West Henday  
Promenade  
818 Webber  
Greens Drive  
780-496-8342

### Whitemud Crossing

145 Whitemud  
Crossing Shopping  
Centre,  
4211-106 Street  
780-496-1822

### Woodcroft

13420-114 Avenue  
780-496-1830



## REUSE CENTRE



Want to do your part to reuse as well as have fun? The Reuse Centre offers and accepts a variety of items such as arts and crafts supplies, office and school supplies, paper and plastic products and much more. You can fill a bag with great reusable items to keep you busy at a low cost of only \$5 for up to 50kg!

You can use your Leisure Access Card for a **FREE** purchase (up to 50kg) at the Reuse Centre.

The Reuse Centre offers group programs and birthday parties where you can explore the basics of upcycling and crafting while learning how to reduce waste. Or bring the family to one of our **FREE** monthly crafting sessions to make a seasonal craft with reusable materials. The Reuse Centre also offers **FREE** facility tours on Fridays, between 9 – 11 am

Check out their blog at [reuseitedmonton.blogspot.ca](http://reuseitedmonton.blogspot.ca) to get great ideas for crafts or follow them on social media –

Facebook @edmontonreusecentre  
Instagram @reusecentre  
Pinterest @reusecentre

Visit the Reuse Centre at 6835–83 street (corner of Argyll road and 83 St). Contact them at 780-442-4380 or [edmonton.ca/reusecentre](http://edmonton.ca/reusecentre).

Ambleside and Kennedale Eco Stations have Reuse Areas where items brought for disposal that are deemed to be in good condition and reusable will be set out in the Reuse Area for a limited time for **FREE** pickup. These items include furniture, appliances and electronics (no computers). [edmonton.ca/ecostations](http://edmonton.ca/ecostations)

### How to Make A Thankful Leaf Garland

#### Materials:

Pressed or silk leaves or make your own from construction paper

Felt pens

Yarn, string, or ribbon

Glue gun



#### Directions:

1. Using felt pens, write things you are thankful for on the leaves. You can also draw designs and pictures on the leaves
2. Use a glue gun to attach leaves along the ribbon. Hang garland in your house.

### Pipe Cleaner Icicles and Snowflakes

#### Materials:

Pipe cleaners

Yarn (for hanging)

Beads (optional)

Scissors

#### Directions:

1. For icicles – string beads onto the pipe cleaner. Bend the ends pipe cleaner to stop the beads from falling off. Bend the top of the pipe cleaner to make a hook for hanging or tie a piece of string or yarn onto a bent end of the icicle.
2. For snowflakes – Cut pipe cleaners to get 6 even sized pieces (use more pipe cleaners for a large snowflake or less pipe cleaners for a smaller snowflake). Form snowflake shapes. Use extra pieces of pipe cleaner or beads to make it fancier. Add a string to hang from the tree



## OTHER FREE RESOURCES

### 211 Services

211 connects people to a wide range of social, government, and health services available in their community. 211 can help you find the appropriate services for your needs.

We can help you find:

- ❄ Basic needs (food, clothing, shelter and financial support)
- ❄ Employment resources
- ❄ Parenting support
- ❄ Counselling/support groups
- ❄ Health care
- ❄ Legal services
- ❄ And much more...

**All you have to do is dial 2-1-1. It's *FREE*, confidential and available 24 hours a day, 7 days a week.**

If you are having trouble connecting to 211 or if 211 is not yet available in your area, call 780-482-INFO (4636).

### English not your first language?

211 can offer support in over 170 different languages with the help of a tele-interpreter service.





## INDIVIDUAL AND FAMILY WELL-BEING (I&FW)

### Feeling overwhelmed and need direction?

The Individual & Family Well-being (I&FW) team is staffed by professional social workers who know and understand relationships, community resources, and supports.

I&FW listens to citizens' concerns to improve the lives of individuals and families to provide best fitting referrals that meet their needs.

ALL citizens of Edmonton can call for support, learn about our programs, and if they are eligible for our **FREE** services.

- ❄ Personalized system navigation, our team will provide guidance and direction for your needs related to finances, housing, community agencies and recreation resources.
- ❄ \*Drop in support groups in the area of personal development and family violence.
- ❄ \*Counselling on daily stresses, relationships, challenges with family members, violence and abuse.
- ❄ Provide public education to the community in the areas of Healthy Relationships, stress management, and issues related to Family Violence.
- ❄ Develop partnerships, collaborative services, and build capacity with community agencies that would improve personal and community safety.

\*To learn if our **FREE** services fit your needs, speak to one of our professional social workers, call 780-496-4777, Monday to Friday, from 8:30am to 4:30pm





# VOLUNTEER OPPORTUNITIES

Did you know that over 13,000 Edmontonians volunteer for the City of Edmonton every year? Volunteering for the City gives you the opportunity to get involved and connect with members of your own community! Opportunities exist in all corners of the city and are flexible to meet your own volunteer goals.

## Why Not Volunteer with the City of Edmonton?

### What are the benefits?

- ❄ Make a difference in your community
- ❄ Influence decisions
- ❄ Make connections
- ❄ Build new skills
- ❄ Enhance your resume
- ❄ Have fun
- ❄ Promote healthy recreation and develop life skills in yourself and your children
- ❄ Help others while spending time together as a family

### Formal Programs:

- ❄ Recreation Centres
- ❄ City of Edmonton Attractions
- ❄ Reuse Centre
- ❄ Capital City Clean Up
- ❄ Master Composters Program
- ❄ Edmonton Police Service
- ❄ Partners in Parks
- ❄ Festivals and Special Events
- ❄ River City Clean Up
- ❄ Off-Leash Park Ambassadors

### Informal Programs:

- ❄ Snow Angels: Help your neighbour by shovelling sidewalks!

For more information on becoming a volunteer please visit [edmonton.ca/volunteers](http://edmonton.ca/volunteers). You can apply directly online or feel free to call 311. Our city thrives through the hard work, dedication, selflessness, and teamwork of citizens coming together to volunteer. We say thank you, for considering volunteer work, and for helping build Edmonton to be best it can be!

GET INVOLVED!



## Volunteer with the City of Edmonton Attractions!

Are you looking to meet new people, enhance your resume, and develop skills in leadership and teamwork?

**WE OFFER:**

orientation and training

quality experiences

volunteer recognition

and of course...fun!

311  
[rfsvolunteer@edmonton.ca](mailto:rfsvolunteer@edmonton.ca)

[edmonton.ca/volunteers](http://edmonton.ca/volunteers)

