

FALL AND WINTER 2019/2020



# PRICELESS FUN GUIDE

YOUR GUIDE TO FREE AND  
LOW COST RECREATION  
OPPORTUNITIES IN EDMONTON

Edmonton

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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, Sauteaux, 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 location. If you want help using the internet, you can get help at the library! See page 21 in this guide.



# LEISURE ACCESS PROGRAM (LAP)

## 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 at a discounted rate. You do not need to submit a separate application to apply for Ride Transit. Learn more at [edmonton.ca/ridetransit](http://edmonton.ca/ridetransit).

#### 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 [www.edmonton.ca](http://www.edmonton.ca) or [www.edmonton.ca/311](http://www.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 8 languages. This guide can be found at the Citizen and New Arrival Information Centre or online at [www.edmonton.ca/newcomers](http://www.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 [www.edmonton.ca/neighbourhoods](http://www.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 [www.findyourfun.ca](http://www.findyourfun.ca) to view links to fun things to see and do with history, fitness, nature, etc.

## FREE ADMISSION DAY

Sunday, September 29, 2019 from 10:00 am to 6:00 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

- The Meadows Community Recreation Centre
- Commonwealth Community Recreation Centre
- Clareview Community Recreation Centre
- St. FX Sports 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 Janzen Nature Centre



## 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](http://takeETS.com)

**ETS**

## 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 29, 2019 for Free Admission Day at many 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 \$17.

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)

## 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 spring 2019

### **Clareview Community Recreation Centre**

3804 – 139 Avenue

### **Commonwealth Community Recreation Centre**

11000 Stadium Road

### **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 Leisure Centre**

9200 – 163 Street

CLOSED for rehabilitation  
until further notice

### **Kinsmen Sports Centre**

9100 Walterdale Hill

### **Londonderry Fitness**

### **& Leisure Centre**

14528 – 66 Street

### **The Meadows Community**

### **Recreation Centre**

2704 – 17 Street

### **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's exciting **FREE** Green Shack Programs. Children aged 6 – 12 Join us three days a week and you will get active and experience crafts, games, outdoor cooking and more! Children under 6 are welcome but must be supervised by a parent at all times.

The Fall and Winter Green Shacks run September – February at select locations weekdays from 3:30 – 6:00 PM and Saturdays from 1:00 – 5:00 PM. For Green Shacks open in your area visit [www.edmonton.ca/greenschacks](http://www.edmonton.ca/greenschacks) or call 311.

## NEIGHBOURHOOD LEARN TO SKATE PROGRAMS

**Programs will run from January 6 – February 16, 2020**

**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 cancel in inclement weather

## YEGYOUTH PROGRAMS

Come hang out with our YEGyouth staff at one of our City of Edmonton Recreation Centres or Neighbourhood location listed on our website, [edmonton.ca/youth](http://edmonton.ca/youth). We will be offering a hang out space, gym time, board games, arts and crafts and more. This is a **FREE** drop-in program for youth ages 13 – 17.



# yeg youth Drop - In Program Locations

September 16, 2019 - June 14, 2020

Join our youth programs at a recreation facility or community location near you for free activities such as sports, games, swimming and more!

## Mondays

- **The Meadows Community Recreation Centre** (2704 17 St NW)  
5 - 8 pm (West Gym 2)
- **St. Francis Xavier Sports Centre**  
(9240 163 St NW)  
5 - 8 pm (Gym 2)
- **Castle Downs Park Pavilion**  
(11524 153 Ave NW)  
5 - 8pm (MPR 2)
- **124 Street Youth Drop-In**  
(11514 127 St. NW) Inglewood School  
4:15 - 7:15 pm

## Tuesdays

- **Cardinal Leger School**  
(8804-144 Ave) 6 - 9 pm
- **Dr. Lila Fahlman School**  
(680 Allard Blvd SW) 6 - 9 pm

## Wednesdays

- **Terwillegar Community Recreation Centre** (2031 Leger Rd NW)  
4:15 - 7:15 pm (Gym 2)
- **Clareview Community Recreation Centre** (3804 139 Ave NW)  
5 - 8 pm (MP6)
- **124 Street Youth Drop-In**  
(11514 127 St. NW) Inglewood School  
4:15 - 7:15 pm

## Thursdays

- **Abbotsfield Recreation Centre**  
(3006 119 Avenue) 6 - 9 pm
- **Lois Hole (Callingwood) Library**  
(17650 69 Avenue) 5:30 - 8:30 pm

## Fridays

- **Mill Woods Community Recreation Centre** (7207 28 Ave NW)  
5 - 8 pm (MPR 304)
- **Commonwealth Community Recreation Centre** (11000 Stadium Rd NW)  
5 - 8 pm (West Gym)

@yegyouth



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

Edmonton



## 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 9:00 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:**

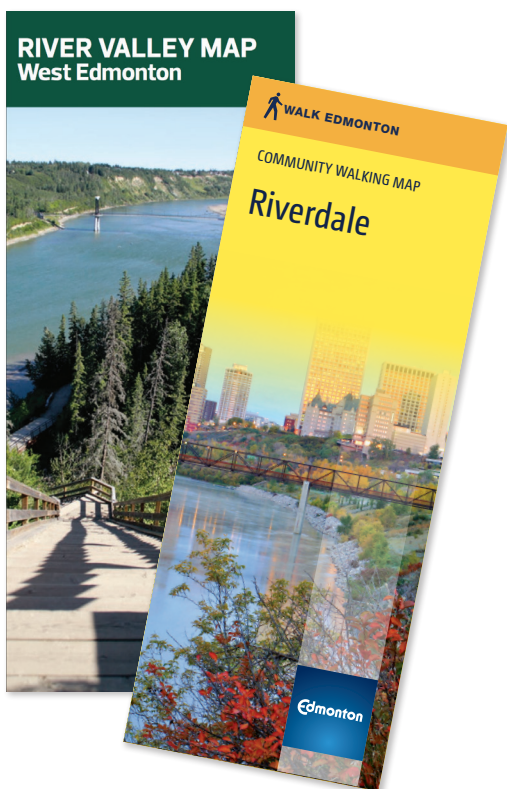
- › Snowshoeing
- › Walking the downtown pedway system or local mall
- › Bundling up and walking outside with friends.

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.

The Community Walking Map series includes over 40 maps that cover more than 100 neighbourhoods across Edmonton. Each map shows measured walking routes, shared-use paths, 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 DOGGONE RULES?

Are you not sure 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

Your pet must be on a leash when you are not in your yard. Use a leash on any parkland trail more than 0.5 meters wide and on city boulevards.

### Keep dogs away from:

- › School grounds
- › Sports fields
- › Golf courses
- › Playgrounds
- › Picnic sites
- › Park buildings and facilities
- › Off trail outside off-leash area boundaries
- › Off-trail inside community league parks

## OFF-LEASH SITES

Edmonton has over 40 sites where your dog can run and play without a leash. Some off-leash areas are in river valley parks, some are on undeveloped land and others are in neighbourhood parks.

### The City currently manages 3 fully fenced sites:

#### Alex Decoteau Park

10230 – 105 Street NW

#### Lauderdale off-leash

129 Ave & 113A Street

#### Paisley off-leash

3051 Paisley Green SW

Area maps with boundaries are posted at each site and online at [edmonton.ca/offleash](http://edmonton.ca/offleash). Remember to keep your dog on a leash when coming and going from off-leash sites.

## WANT TO BE A DOGS OFF LEASH AMBASSADOR AT AN OFF-LEASH SITE?

### Site ambassadors are volunteers who keep sites safe and fun by:

- › Welcoming everyone to the off-leash area
- › Providing education about rules, boundaries and site development
- › Engaging all park users in site stewardship
- › Attending events and tradeshow to promote off-leash use

Email: [DogOffLeashCoordinator@edmonton.ca](mailto:DogOffLeashCoordinator@edmonton.ca) or check [edmonton.ca/offleashambassador](http://edmonton.ca/offleashambassador) for more information.

## ART AND 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  
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 – Servus FREE admission night on Tuesday and Wednesdays 5 – 8 pm. Alberta postsecondary students, Youth 17 and under FREE during regular hours Tuesday to Sunday. The Art Gallery of Alberta is closed Mondays.

- » 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 pm 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

### Fringe Theatre – Fringe all year round, featuring bold new work by local and international artists.

A portion of tickets for every performance are available for Pay What you Will at the door one hour before performance time.

- » 10330 – 84 Avenue  
780-409-1910  
www.fringetheatre.ca/  
current-season/offer-what-you-will-program/

### Latitude 53 Contemporary Visual Culture Centre –

open to the general public Tuesday to Friday 11 am – 7 pm, and Saturdays 11 – 5 pm. FREE admission (donations accepted).

- » 10242 – 106 Street  
780-423-5353  
latitude53.org

### Metro Cinema – Reel Family Cinema offers family friendly classic and contemporary movies most Saturday afternoons (1:00 pm) from

September – February. Come early and enjoy themed colouring activities before films. FREE admission for children 12 and under! Check the website for a listing of movies & times.

- » 8712 – 109 St  
780-425-9212  
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)  
telusworldofscience  
edmonton.ca/exhibits  
events/rasc-observatory

### Paleontology Museum – FREE

admission from Monday – Friday (8 am – 4 pm). Public and school groups can call to book tours of 5 – 30 people.

- » 1-26 Earth Sciences Building, University of Alberta North Campus  
780-492-3265  
ualberta.ca/earth-sciences/facilities/collections-and-museums/paleontologymuseum

## ART AND CULTURE DISCOUNTS CONTINUED

**Shadow Theatre** – Theatre Productions from October 24, 2018 to May 19, 2019.

With the purchase of a premium pass you get 1 ticket to each production in the 2018/19 season as well as a complimentary guest pass **FREE** of charge for a single performance. Check the website for a listing of Pay What You Can & Two for One performances & dates.

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

**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  
ualberta.ca/science/events/observatory/

**Walterdale Playhouse** –

Oct – July. The first Thursday of every run is 2-for-1 Admission (at the door

only). The Tuesday night before Opening Night of every show at Walterdale is a special, **FREE** preview performance open only to students and invited guests of the director. Students can gain access to see this **FREE** preview performance by showing their valid student ID at the door. For a listing of the 2018/19 season productions check the website.

- » 10322 – 83 Avenue,  
780-439-3058  
walterdaletheatre.com/the-season

## 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 13 – 15: 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 21: 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!

- » Visit [efcl.org](http://efcl.org) to find your Community League and Community League Day events near you.

**September 27 – 29: 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)

**November 4: No Stone Left Alone  
10:00 am – 1:00 pm**

The No Stone Left Alone Memorial Foundation is a non-profit organization working directly with our Canadian Armed Forces, Alberta Education, and our volunteers to educate, act, and honour all military headstones by having students place poppies on each and every one in the Fields of Honour in cemeteries across the country. Public is invited to attend the main Edmonton event at Beechmount Cemetery (12420 104 Street). <https://www.nostoneleftalone.ca/>

## FESTIVALS AND SPECIAL EVENTS CONTINUED

### November 11: Remembrance Day

Many ceremonies around the city including events at the Legislature Grounds, Butcherdome and Beverly Cenotaph, Patricia Park, Calder Cenotaph.

» [edmonton.ca/remembranceday](http://edmonton.ca/remembranceday)

### November 14: Downtown Business Association (DBA) Holiday Light Up

Join the Downtown Business Association for its annual Christmas tree light up from 5 – 6pm. Enjoy carolers, snacks, hot chocolate and a few surprises as we celebrate the beginning of the holiday season.

» [edmontondowntown.com](http://edmontondowntown.com)

### November 16: All is Bright

On 124 Street between 107 and 109 Avenue we will light up the night with a variety of **FREE** winter activities.

» [124street.ca/events/](http://124street.ca/events/)

### December 7 – 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)

### December 12 – 15 and 19 – 23:

#### YEGCandycanelane

(148 Street between 92 and 100 Avenues.) Buy a ticket to ride on a horse drawn sleigh or walk and see colourful lights. Visitors are asked to bring a donation for Edmonton's Food Bank. Check the website for event detail updates.

» [YEGCandycanelane.ca](http://YEGCandycanelane.ca)

### December 22 – Elk Island National Park Free Admission Day

Kids are out of school for the holiday season and we're kicking off the winter season with **FREE** admission!

» 35 minutes east of Edmonton on Hwy 16, [parkscanada.gc.ca/elkisland](http://parkscanada.gc.ca/elkisland)

### December 31: New Year's Eve Downtown

A **FREE** event featuring indoor and outdoor activities and entertainment for all ages at the Legislature Grounds. The event is capped off with a fireworks finale at 9:00 pm. 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/newyeareve](http://edmonton.ca/newyeareve)

### Deep Freeze: A Byzantine Winter Festival Jan 11 – 12, 2020

This **FREE** winter festival celebrates all things winter in Edmonton: ice sculpture, skating, cultural foods, street hockey, music, dance and the infamous Deep Freezer Races! Revel in our diverse cultures and the magic and beauty of winter.

» On Alberta (118) Avenue, between 90 and 95 Street  
[deepfreezefest.ca](http://deepfreezefest.ca)

### January 23 – February 2: Boardwalk Ice on Whyte Festival

The real fun starts when temperatures drop below zero. Experience professional ice carvings, ice bar, DJ night, ice carving lessons outdoor games and more!

» [iceonwhyte.ca](http://iceonwhyte.ca)

### January 30 – February 1: 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 7 – 17: Silver Skate Festival Weekdays 4:00 – 8:00 pm

#### Fridays & Weekends 9:00 am – 9:00 pm

Come down to celebrate Silver Skate Festival's 30th anniversary with a variety of fun winter activities for the entire family!

» Hawrelak Park (9330 Groat Road NW)  
[silverskatefestival.org](http://silverskatefestival.org)

## FESTIVALS AND SPECIAL EVENTS CONTINUED

### February 17: Family Day Festivities

Many **FREE** events throughout Edmonton to celebrate Family Day.

- » For details visit: [https://www.edmonton.ca/attractions\\_events/schedule\\_festivals\\_events/familyday-events.aspx](https://www.edmonton.ca/attractions_events/schedule_festivals_events/familyday-events.aspx)

### February 17: 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 AND 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. Their nine clubs are located throughout the city.

- » 780-424-8181  
[bgcbigs.ca](http://bgcbigs.ca)

**Snow Valley Ski Club** has discounted lift tickets for \$15 on Monday to Thursday from 6:30 – 9:00 pm. On Food Bank Fridays, a food bank donation will get you a \$15 lift ticket from 3:00 – 9:00 pm.

- » 780-434-3991  
[snowvalley.ca/ski-hill](http://snowvalley.ca/ski-hill)

**The Edmonton Sport Council** can help you to connect to the sport or active recreation activity of your choice, when to register, financial assistance and pertinent participation information.

- » 780-497-7678  
[edmontonsport.com](http://edmontonsport.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 Rabbit Hill Snow Resort** has discounted tickets on Tuesday nights from 5:00 – 9:00 pm. Fees: \$8 lift ticket, \$8 equipment rental, \$6 meal special

- » 780-955-2440 or [info@rabbithill.com](mailto:info@rabbithill.com)  
[rabbithill.com](http://rabbithill.com)

**KidSport Edmonton** provides registration fees for children and youth from low income families so they can play in organized sports. Up to \$250 per child per calendar year.

- » 780-492-0105 [oredmonton@kidsportab.ca](mailto:oredmonton@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

**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-adaptedservices/the-spoke/](http://edmontonbikes.ca/services/youth-adaptedservices/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

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 16 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

# ICE SKATING CONTINUED

## 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.

## 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

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

**Rundle Park**  
2913 – 113 Avenue

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

**Hermitage Park**  
127 Avenue & 21 Street

**Terwillegar Park**  
Rabbit Hill Road – West

**Coronation Park**  
11425 – 142 Street

**Jackie Parker Park**  
4540 – 50 Street

**Victoria Park**  
12130 River Valley Road

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

**John Janzen Nature Centre**  
Beside Fort Edmonton Park  
(corner of Fox Drive  
& Whitemud Drive)

**Whitemud Park**  
Fox Drive & Whitemud Drive

**Fort Edmonton Park**  
corner of Fox Drive  
& Whitemud Drive

**Mill Woods Park**  
23 Avenue and 66 Street

**William Hawrelak Park**  
9330 Groat Road

## WINTER CYCLING

**Keep rolling when it's snowing! It's good for the body and soul.**

Did you know that Edmonton is setting a new standard for clearing bike routes in winter? The protected bike lane routes are cleared of snow in winter within 24 hours of a snowfall. Go to [edmonton.ca/cycling](http://edmonton.ca/cycling) for more information on the Downtown, Southside and West Central bike routes.

Learn how to suit up, get in gear, stand out, and cycle smart in winter. Go to [edmonton.ca/wintercycling](http://edmonton.ca/wintercycling) for great tips.

## 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 & 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, social activities or special times at your local pool.
- Access community league hall rentals and facilities, including community outdoor rinks, tennis courts and more!
- 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 community beautification including community gardens.

**To find your league, visit [efcl.org/league-directory](http://efcl.org/league-directory).**

**September 21, 2019 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 and show your #yegCLspirit.

# PUBLIC LIBRARIES

## 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** classes 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 classes and events, you receive expert, personal service you can't get anywhere else. Our 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 classes and events offered at your local library on our website.

Call each branch for individual hours of operation.

### **Abbotsfield-Penny McKee**

3410 – 118 Avenue  
780-496-7839

### **Calder**

12710 – 131 Avenue  
780-496-7090

### **Capilano**

200 Capilano Mall,  
5615 – 101 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 (Downtown)**

10212 Jasper Avenue  
780-496-7070

### **Heritage Valley**

2755 – 119 A Street  
780-496-4834

### **Highlands**

6710 – 118 Avenue  
780-496-1806

### **Idylwyld (Bonnie Doon)**

8310 – 88 Avenue  
780-496-1808

### **Jasper Place**

9010 – 156 Street  
780-496-1810

### **Lois Hole (Callingwood)**

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 (Lewis Estates)**

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

### **Whitemud Crossing**

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

### **Woodcroft (Westmount)**

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 reusable items to keep you busy at a low cost of only \$5 for up to 25kg.

You can use your Leisure Access Card for 24 **FREE** purchases (up to 25kg per purchase) at the Reuse Centre.

The Reuse Centre offer group programs and birthday parties where you can explore the basics of upcycling and crafting while learning how to reduce waste. You can bring the family to one of our **FREE** monthly crafting sessions to make a craft with reusable materials.

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

- Facebook @edmontonreusecentre
- Instagram @reusecentre
- Pinterest @reusecentre

Visit the Reuse Centre at 6835 – 83 Street NW (corner of Argyll Road and 83 Street). Contact the Reuse Centre at 780-442-4380 or [edmonton.ca/reusecentre](http://edmonton.ca/reusecentre). Ambleside and Kennedale Eco Stations have Reuse Areas where items can be 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** pick-up. 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.

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### 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

#### Just dial 2-1-1 or visit us at [ab.211.ca](http://ab.211.ca) to chat with an Information and Referral Specialist.

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 & FAMILY WELL-BEING (I&FW)

### FEELING OVERWHELMED, AND WANT DIRECTION?

The Individual & Family Well-Being (I&FW) unit 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 8:30 am to 4:30 pm.

# VOLUNTEER OPPORTUNITIES

Did you know that over 15,000 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 and establish relationships
- › Build new skills
- › Enhance your resume
- › Promote healthy recreation and develop life skills in your children
- › Have fun
- › 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

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

