



Welcome to CFB EDMONTON

CFMWS.ca/Edmonton





**For over 30 years we have been a community of families helping families.
Children, pets, partners, and friends, we are there for you every step of the way.**

The Edmonton Garrison Military Family Resource Centre supports military families as they navigate the unique challenges of military life through programs and services that enhance their strength and resilience.



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Your feedback is appreciated!

Our welcome package is filled with information to help you navigate this new community! We would like your feedback on the content in this package to ensure that the information we are providing is relevant, up-to-date and helpful. Please send us your thoughts by email at information@mfrcedmonton.com.

Welcome to Edmonton

Dear Military Member & Family:

On behalf of the Edmonton Garrison Military Family Resource Centre (MFRC), I would like to take this opportunity to officially welcome you to your new home. I hope that you are settling well into your new community. If there is anything you need in order to ease your transition to living in the Edmonton area please do not hesitate to call or come into the MFRC in person. We would like to offer you our help and support.

The MFRC is here specifically for you. Our mission is to provide support and resources, programs and services for military families to meet the unique challenges of military life. In short, we are passionate about supporting you and your family!

To find out about the programs and services the MFRC has available for you and your family we recommend that you visit the MFRC website at CFMWS.ca/Edmonton. This is a great place to begin gathering information you may need to settle into your new life in Edmonton.

In your Welcome Package, you will find various resources with helpful information for you and your family about the Edmonton Garrison and the Greater Edmonton Area.

If you have any questions or concerns please call our reception desk at 780-973-4011 ext. 6300. We look forward to meeting you and your family, and providing you with a tour of our centre.

Sincerely,



Roza Parlin
Executive Director



Military Family Resource Centre

Edmonton Garrison Military Family Resource Centre

Building 161, Mons Avenue
Lancaster Park, Edmonton, Alberta

780-973-4011 ext. 6300
information@mfrcedmonton.com
CFMWS.ca/Edmonton/MFRC

About Us

For over 30 years, the Edmonton Garrison Military Family Resource Centre (MFRC) has been committed to enriching the lives of individuals and families in the Canadian Armed Forces (CAF) through positive action, education and support.

Relocating to a new city, finding new support systems, difficulties during deployments, solo parenting, or coping with an injury or loss are realities for military families: realities which can have a significant impact on family well-being.

Established in 1989, the MFRC has been committed to supporting military families as they navigate these unique challenges through programs and services that enhance the strength and resilience of military families.

We are governed by a volunteer Board of Directors comprised of military spouses, CAF members, and ex-officio members. Our MFRC depends on the talents and skills of these dedicated volunteers to make guiding decisions.

The MFRC is a non-profit society registered under the Alberta Society's Act. The agency is also registered with Revenue Canada as a charitable organization.

Our Mission

The Edmonton Garrison Military Family Resource Centre supports military families as they navigate the unique challenges of military life through programs and services that enhance their strength and resilience.

STAY IN TOUCH

Get updates on MFRC programs and services, so you can take advantage of everything we have to offer!

Facebook or Instagram: @EdmontonMFRC

French Facebook: @CRFMedmonton

Website: CFMWS.ca/Edmonton/MFRC

Military Family Resource Centre

Child/Youth Development and Parenting Support

- Emergency Family Care Assistance
- Full-time day care
- Playschool and Terrific Twos & Threes
- Youth Centre
- Parent/caregiver education and support
- Special needs information & referral

Mental Health and Wellness

- Referral services
- Confidential, short-term counselling and crisis support
- Mental Health Programs
- Support to caregivers and children coping with illness, injury and or/loss
- Youth worker

Community Development and Integration

- Employment referral and assistance
- Information and referral services
- Language services
- Volunteer services
- Community outreach and development
- Education/training/recertification

Deployment Support

- Support before, during and after an absence
- Deployment Readiness Guide
- Keep-in-touch services
- Pre and post Road to Mental Readiness (R2MR)
- Build-a-Bear

Veteran Family Support

- Support before, during and after transition
- Information and referral services
- Specialized transition programs
- Access to intervention support
- Support to transition group programs

Military Family Resource Centre

Support Our Troops Funding

Since 2014, more than \$2.7 million has been allocated to support local initiatives in Alberta for serving members, military youth, and veterans in the province from the proceeds of sales of the Support Our Troops License Plate Program in Alberta. Military families in Alberta can apply for the following initiatives:

- **Recertification/Training/Education:** In order to increase the success of finding employment up to \$3,500 may be available to spouses/significant others to increase success of securing employment through recertification/training/education.
- **Newly Posted to Edmonton:** Support to spouses/children of newly posted in families. To ease with the transition into a new community, funds may be available for a family up to a maximum of \$300 per dependant to cover the cost of one club/activity/sport within the first year of the new posting.
- **Helping Children Stay in Touch during a deployment of 90 days or more!** For families supporting children of deployed members, up to \$250 per family may be available to assist with the purchase or subsidization of a tablet/iPAD. The intent of this support is to help children stay connected via social media with the parent that is away from home.
- **Welcome Baby Package:** Packages available for babies 0 - 12 months old.



Subscribe to our biweekly e-newsletter to hear about new programs, discounts and special offers for military families!

Visit CFMWS.ca/Edmonton/MFRC and click the link to subscribe. You can unsubscribe at any time.

Military and Community Services

Canadian Armed Forces Transition Centres

Building 162, Churchill Avenue
780-973-4011 ext. 6670

The Canadian Armed Forces - Transition Group (CAF TG), is working with Veterans Affairs Canada and other partners to provide professional, personalized, and standardized transition services to CAF members, veterans and their families. They provide special care and attention to those who are ill or injured and help with your transition to civilian life.

CANEX

Established in 1968, CANEX is a retail operation made up of a number of stores and services, designed specifically to meet the needs of the military community. Visit CFB Edmonton's CANEX Retail, ExpressMart and Liquor Store at Bldg 297 & 299.

Canadian Forces Member Assistance Program (CFMAP)

1-800-268-7708

CFMAP is a voluntary and confidential service, initiated by the Canadian Armed Forces (CAF) to help members (Regular Force, all Reserve Class Members, Cadets) and family members who have personal concerns that affect their personal well-being and/or work performance. It is offered by the Employee Assistance Services of Health Canada in partnership with the Canadian Armed Forces.

They can assist with concerns such as marital and family related issues, interpersonal relations, personal and emotional, work-related stress and burn-out, harassment and sexual assault, addictions to alcohol, drugs and prescription drugs, any other concerns that affect or could affect personal well-being and/or work performance. This is a voluntary program. Any individual wishing to talk to a professional counsellor or to make an appointment can simply call the Member Assistance Program, 24 hours a day, 365 days a year.

Chaplains & Chapels

On base there is a team of padres (pastors, ministers, priests) dedicated to supporting our military members and their families. Padres specialize in spiritual guidance, bereavement, separation and relational counselling. The Protestant Chapel is also the location of our Lancaster Park Food Bank. Services include worship, youth group, choir, baptism, confirmation, marriage preparation, Sunday school, mass, confession, sacrament of the sick and more.

Protestant Chapel

780-973-4011 ext. 4999

Building 182 – Mons Ave & San Fortunato

Catholic Chapel

780-973-4011 ext. 4999

Building 183 – Mons Ave & San Fortunato

Military and Community Services

Edmonton Garrison Community Library

The community library is located on the west side of the Community Centre (MFRC). Edmonton Garrison Community Library serves residents of Lancaster Park, the surrounding Sturgeon County, and the general public. Books, e-books, DVDs, CDs, online movie/music/TV show streaming, databases, language training, genealogy resources- we've got something for everyone! We offer a comfy space, friendly and knowledgeable staff, and programming for people of all ages. With your library card you can request materials, renew books or just check on the status of your account online at tracpac.ab.ca. There are also various programs geared for every member of the family. Please phone 780-973-4011 ext. 6345 or visit garrisonlibrary.ab.ca for up to date information on hours, resources and programs.

Edmonton Garrison Military Fitness Centre

The Edmonton Garrison Fitness Centre is a full service recreation centre with a wide range of facilities and services, operated by PSP. This includes Military Fitness operations, CAF Sports, and Community Recreation programs. The Fitness Centre also facilitates club memberships, the Twin Rinks Arena, the RV Compound, discounted ticket sales, the Community Library, the Auto Shop, and Spring/Summer Camp programs, and is a central hub for many of the larger events that take place on base.

Access to the Fitness Centre is free for active military (proof may be requested), with a variety of membership options available for their families and the general public. Military members can get discounts on the wide variety of programs and classes offered through Community Recreation.

The facility includes many amenities, such as a 200m running track, regulation sized basketball courts, aquatic centre, climbing wall, tactical athlete room, squash courts, unarmed combat room, weight room, cardio room, and much more.

Other seasonal services include childminding, open sport/skate/climbing times, workshops, and large events for Family Day & Canada Day. Starting Winter 2023, the Fitness Centre will also be introducing a priority registration system for military members.

For more information on general operations:

Phone: 780-973-4011 ext 4392

Email: edmfitcentre@cfmws.com

Or visit CFMWS.ca/Edmonton

Edmonton Garrison Memorial Golf & Curling Club

The golf and curling club provides quality recreation for the military personnel and their families as well as to our civilian communities in the Edmonton area. The GCC offers both golf and curling as well as a restaurant and lounge that is available for private functions with a full catering menu. For more information please call 780-973-3033. You can also find out more information by visiting egmgolf.com.

Military and Community Services

PSP Military Fitness & Sports

F&S Provides CAF units & members with military fitness and sports services. This encompasses the full range of military fitness evaluations required for various military trades: the design and delivery of periodic trade-specific training programs for units and individuals, and access for CAF members to the entire spectrum of the ongoing CAF Sports program. Reconditioning provides fitness services to the ill and injured CAF population.

For more information, please use the following contacts:

Military Fitness: Kevin.Malahy@forces.gc.ca

CAF Sports Program: Alyson.Hodgson2@forces.gc.ca

Reconditioning: Alyssa.Fedirko@forces.gc.ca

Health Promotion

Health Promotion provides courses, workshops and briefings on topics in nutrition, mental fitness, suicide awareness, stress, anger, communication, injury reduction and addictions-free living. These are FREE and open to all military personnel (Reg and Res) retired military and their families as well as DND & NPF civilian employees, over the age of 18. Health Promotion is the process and practice of enabling people to increase control over and to improve their health – physically, mentally and socially. To find out how to register or to see what is upcoming, please check out the schedule at CFMWS.ca/Edmonton/course-schedule-and-registration or contact us at 780-973-4011 ext. 6146 or healthpromotionedmonton@cfmws.com for more information.

Director General Conflict Solutions and Services

Conflict Solutions Services assists the defence team, CAF members, and public service employees with conflict solutions and services to support strong teams and enhanced operational effectiveness. Their expert personnel provide the defence team with knowledge and skills to prevent or address workplace conflicts early, locally, informally and at the lowest appropriate level. For more information please call 780-973-4011 ext. 6078.

Military Discounts/CFAppreciation

Visit CFMWS.ca/Discounts-Shopping for the latest list of retail, business and entertainment activities that provide discounts or incentives to military members.

Family Information Line (FIL)

1-800-866-4546

When you need information or have questions, bilingual FIL counsellors can provide you with answers and offer confidential and personal support and referral services for your unique circumstances.



Military and Community Services

Operational Stress Injury Social Support (OSISS)

1-800-883-6094 | osiss.ca

The peer support and family peer support coordinators who are a part of OSISS know how to help you find ways to regain your health and wellness. They can put you in contact with community resources and specially designed OSI programs; services with Veterans Affairs Canada and the Canadian Forces. They also organize support groups.

(SCAN) Military Transition Services

Second career assistance network.

T. 780-973-4011 ext 5819

Support Our Troops Program

supportourtroops.ca

Support Our Troops meets the unique needs and special challenges faced by members of the Canadian Armed Forces community as a result of military service. It operates within Canadian Forces Morale and Welfare Services.

This includes providing financial assistance to promote family resiliency and supporting Veterans and serving members who may have an illness or injury through a variety of grants and programs.

Well recognized by its trademarked yellow ribbon, the organization provides an opportunity for supporters to show their care, compassion and support to serving members, Veterans and their families through donations, community events and fundraising.

Welcome Services

The MFRC can help you navigate your new community. Drop by or call us - we would be happy to give you a tour of our centre or give you a welcome phone call to answer questions about settling into your new community.

Edmonton 3-1-1

edmonton.ca/programs_services/311-city-services.aspx

T. 311 or outside Edmonton city limits: 780-442-5311

Citizens can call 311, 24-hours a day, 365 days a year for access to City of Edmonton information, programs and services. Access a range of information and services from the 311 agent such as applying for a business licence, facility scheduling information, program registration, purchasing a pet licence, registering a bylaw complaint, transit information and more. To download the 311 app, search Edmonton 311.

City Maps

Visit maps.edmonton.ca for city, neighbourhood, assessment, zoning, waste collection and transit maps.

Government of Alberta

The Government of Alberta has compiled a list of resources to help you get set up and settled in your new province.

alberta.ca/military-family-resource.aspx

780-310-0000 or 780-427-2711

WELCOME

Has the MFRC helped your family during this community integration?
Give us your feedback at
information@mfrcedmonton.com



Alberta Health

Alberta Health Care (AHC) Insurance Plan

All **permanent residents** of Alberta must register themselves and their **dependants** with the (AHC) Insurance Plan. A permanent Alberta resident is a person who has the legal right to remain in Canada, makes Alberta his/her permanent home and is committed to being physically present in Alberta for at least 183 days in a 12-month period.

If you are moving to Alberta from within Canada, Alberta Health will waive the three-month waiting period for military families. To qualify for the exemption the family must provide proof of military status with their application and the required registration validation forms. You can use the following as proof of military status: military ID Card, military personnel record resume, posting message with a photo ID, or letter from the MFRC confirming military status.

Eligible dependants are classified as follows: a spouse or adult interdependent partner; a child under the age of 21 unmarried, and wholly dependent on the parents; a child who is 21 or older, unmarried, and wholly dependant on the parents because of physical or mental disabilities; or a child who is under 25 years of age and enrolled in three or more courses at an accredited educational institute and is enrolled on the parent(s) account.

Once you have registered for an AHC card you will have access to the public health care system, including medical checkups and hospital visits. In order to apply for AHC Insurance Plan coverage please visit alberta.ca/ahcip.aspx to download the form or go in person to a registry office. All Registry locations across Edmonton will have these forms. Registry locations can be found by going to alberta.ca/ahcip-registry-locations.aspx or call **780-427-1432** for more information.

Alberta Health Services (AHS) provides comprehensive information about all the health services in Edmonton and the Capital region, with listings for hospitals, public health centres, care facilities, clinics and emergency services. For more information call **780-342-2000** or **811** and visit albertahealthservices.ca.

Health Care Resources and Information

Alberta Health

myhealth.alberta.ca contains information about how to access health care services.

Sturgeon Hospital

201 Boudreau Road, St. Albert, AB

780-418-8200

Royal Alexandra Hospital

10240 Kingsway Avenue, Edmonton, AB

780-735-4111

Northeast Community Health Centre

14007 50 St NW, Edmonton, AB

780-342-4000

Health Link Alberta

Do you have a health concern for yourself or child? Call Health Link by dialing **811** for quick and easy advice from a registered nurse 24/7. They will ask questions, assess symptoms, and determine the best care for you.

myhealth.alberta.ca

Alberta Health

Finding a Doctor

Calian Military Family Doctor Network

Calian Health, in partnership with Military Family Services (MFS), is pleased to present the Calian Military Family Doctor Network.

The goal of the program is to improve access to quality healthcare for the spouses and children of Canadian Armed Forces members. Canadian Armed Forces family members who are not eligible for medical services from the Department of National Defence are encouraged to apply.

To access the program, simply obtain and complete a referral form by visiting the MFRC or contacting Calian's Primacy team at [1-877-633-7722 x3507](tel:1-877-633-7722) or visit primacy.ca/mfdn

College of Physicians and Surgeons

cpsa.ca is an excellent resource for finding a local doctor who is currently accepting new patients.

Call [780-423-4764](tel:780-423-4764) or [1-800-561-3899](tel:1-800-561-3899) for more information.

Primary Care Networks are groups of health professionals working together to coordinate your health care). Most family doctors are part of a Primary Care Network. Use their albertafindadoctor.ca tool to help you find a family doctor.

Public Health Centres provide a variety of services including child immunizations, new baby care, health and wellness clinics and more. Services vary from one clinic to another. A public health centre close to Lancaster park is:

North East Community Health Centre (Emergency 24 hour clinic)

14007-50 Street, Edmonton, AB T5E 5E4

T. [780-342-4000](tel:780-342-4000)

Walk-in Clinics

Medicentres

medicentres.com are walk-in health care clinics open seven days a week where no appointment is necessary.

Visit medicentres.com for more information.

Dentists

Alberta Dental Association and College

dentalhealthalberta.ca provides information on finding dentists in Edmonton. Call [780-432-1012](tel:780-432-1012) for more information.

Optometrists

College of Optometrists

collegeofoptometrists.ab.ca provides information on finding an optometrist in Edmonton.

Call [780-466-5999](tel:780-466-5999) or [1-800-668-2694](tel:1-800-668-2694) for more information

Driving/Transportation

Drivers Licence, Vehicle Insurance & Registration

Once you move to Alberta you have a maximum of 90 days to obtain an Alberta driver's licence, registration and insurance for your vehicle. Obtaining all three of these requires going to a registry office and an insurance provider.

Before you begin this process you may require the following documentation:

1. Your current Driver's Licence from your previous province of residence.
2. Your Military ID card.
3. Either a utility bill, bank statement, major credit card statement, a lease agreement through a rental company, mortgage documents, current pay stub, posting message **that has your name and Alberta address on it**. This statement gives proof of your residency in Alberta.
4. A "claims experience" letter from as many of your past vehicle insurance providers as possible (6-10 years). The more "clean driving" history you can prove the lower your rates will be here in Alberta.
5. A driver's abstract from as many of your past vehicle insurance providers as possible. Again, the cleaner your record is, the cheaper your rate may be in Alberta (3-5 years if possible).

Once you have collected the above listed documents, visit your nearest registry office (see below) to start the process. Depending on when your vehicle was manufactured it may have to go through an "Out of Province Vehicle Inspection" at a licensed garage before your vehicle can be registered. Under the New West Partnership your vehicle may not need an Out of Province Inspection.

Visit alberta.ca/out-of-province-vehicle-inspections.aspx for more information.

Transportation

Disabled Adults Transit Service (DATS)

edmonton.ca

780-496-4567

dats@edmonton.ca

Edmonton Transit operates DATS, a transit service for persons with disabilities.

Edmonton Transit System (ETS)

edmonton.ca

311

Children 12 and under ride free when accompanied by a fare-paying adult. Unaccompanied children must pay cash fare or use youth tickets to board the bus or LRT.

St. Albert Transit (StAT)

stalbert.ca/city/transit

780-418-6060

Local bussing in St Albert and commuter busses to Edmonton.

Education

Here is a compilation of helpful links to various school divisions in and around the Edmonton Garrison. Many of these divisions have french immersion schools.

Base School

Guthrie School (K-9 School)

guthrieschools.ca

780-973-3111

guthrie@sturgeon.ab.ca

Edmonton & Area School Divisions

Conseil Scolaire Centre-Nord (écoles en français)

centrenord.ab.ca

780-468-6440 or 1-800-248-6886

conseil@centrenord.ab.ca

Edmonton Catholic School Division

ecsd.net

780-441-6000

info@ecsd.net

Edmonton Christian School Division

edmchristian.org

780-476-6281

societyoffice@edmchristian.net

Edmonton Public School Division

epsb.ca/contact

780-429.8000

info@epsb.ca

Elk Island Public School Division

eips.ca

780-464-EIPS (3477) or 1-800-905-3477

communications@eips.ab.ca or use Message Board: eips.ca/contact

Elk Island Catholic School Division

eics.ab.ca

780-467-8896 or 1-800-996-9982

eics.ab.ca/contact

Greater St. Albert Catholic School Division

gsacrd.ab.ca

Offering busing from base, French immersion programs, full and half day kindergarten as well as sports and academic programs.

780-459-7711

Education

St. Albert Public School Division

spschools.org
780-460-3712
info@spschools.org

Sturgeon School Division

sturgeon.ab.ca
Sturgeon Schools serve students from the communities of Lancaster Park, Morinville, Gibbons, Namao, Redwater, Bon Accord and Rivière Qui Barre.
780-939-4341 or 1-888-459-4062
sturgeon.ab.ca/contact

Continuing & Alternative Education

Elk Island Continuing Education

eipscontinuinged.ca
780-467-7292
riya.rex@eips.ca

Metro Continuing Education

metrocontinuingeducation.ca
780-428-1111 or 1-800-202-2003
metro@epsb.ca

Centre francophone d'éducation à distance

cfed.ca
587-686-7893 ou 1-855-292-7893
info@cfed.ca

St. Gabriel Online School

stgabrielschool.ca
780-459-6616

Sturgeon Learning Centre / Morinville Learning Centre

sturgeonlearning.ca
780-939-4341 x1626 (Sturgeon County)
780-939-4341 x1255 (Morinville)
learningcentres@sturgeon.ab.ca

Education

Post Secondary Schools

Athabasca University

athabascau.ca
1-800-788-9041

University of Alberta

ualberta.ca
780-492-3111

CDI College

cdicollege.ca
1-800-889-1712

Concordia University College

concordia.ab.ca
780-479-8481 or 1-866-479-5200
info@concordia.ab.ca

MacEwan University

macewan.ca
780-497-5000
info@macewan.ca

Kings University College

kingsu.ca
780-465-3500 or 1-800-661-8582
kingsu.ca/about-us/contact

Norquest College

norquest.ca
780-644-6000 or 1-866-534-7218
info@norquest.ca

Northern Alberta Institute of Technology (NAIT)

nait.ca/nait.contact

Employment Resources

The MFRC can assist Defence Community families who are looking for employment, resume tips and post secondary education resources and scholarships. If you require assistance, please contact 780-973-4011 ext. 7048 or email information@mfrcedmonton.com.

Accès-Emploi (French)

Bilingual employment agency

acesemploi.net

780-490-6975 or 1-866-490-6999

info@acesemploi.net

BGS

In partnership with Alberta Human Services, career and employment courses are offered at no cost.

310, 10665 Jasper Ave, Edmonton

bgscareerventures.com

780-425-6655

bgs@bgsenterprises.com

MFRC and CFMWS

Jobs at the MFRC and Fitness Centre (NPF) can be found here:

CFMWS.ca/support-services/employment/find-a-job

Edmonton North – Northgate Alberta Supports Centre

alberta.ca/alberta-supports.aspx

2050 Northgate Centre, 9499-137 Avenue

780-415-4900

abworksis@gov.ab.ca

JobBank

Job Bank is the Government of Canada's leading source for jobs and labour market information. It offers users free occupational and career information such as job opportunities, educational requirements, main duties, wage rates and salaries, current employment trends and outlooks.

jobbank.gc.ca

Military Spouse Employment Network

Creates connections with spouses and employers.

msen.vfairs.com/en

Contact the MFRC for a more comprehensive list of Employment Counselling Centres, resources and information. Ask about the Support Our Troops Alberta grant and the Government of Canada Military Spouse Employment Initiative.

Francophone Resources

Did you know that there is a wide range of services offered in French in Alberta? We've listed a few key services below. Please connect with us if you are looking for a specific resource.

Bonjour Alberta

bonjour.alberta.ca

Bonjour Alberta aims to inform Francophones about life in Alberta. A directory of Francophone service providers in the province is available at: servicesenfrancais.ca

1-888-580-ALLÔ

info@servicesenfrancais.ca

La Cité Francophone

lacitefranco.ca

La Cité Francophone is the Francophone cultural, community and business center of the Edmonton region.

780-463-1144

lacite@lacitefranco.ca

French Canadian Association of Alberta (ACFA)

acfa.ab.ca

ACFA acts as a spokesperson for the development and defense of the interests of Francophones and offers activities and services through regional offices.

780-469-4401 (Edmonton) or 780-961-3665 (Centralta)

info@acfaedmonton.ab.ca (Edmonton) or direction.centralta@acfa.ab.ca (Centralta)

Alberta Economic Development Board

lecdea.ca

The CDÉA offers support to Francophone entrepreneurs throughout the life cycle of their business.

780-414-6125 or 1-888-414-6123

info@lecdea.ca

Alberta Women's Coalition

coalitionfemmesab.ca

Dedicated to ensuring the security, development and success of all women and girls in Alberta.

780-468-2288

femmes@coalitionfemmes.ab.ca

Institute Guy-Lacombe de la famille

institutguylacombe.ca

Support to Francophone families in Alberta.

780-468-4882

info@iglf.ca

Federation of Francophone Parents of Alberta (FPFA)

fpfa.ab.ca

The FPFA represents, tools and brings parents together so that they are involved in their Francophonie.

780-468-6934

info@fpfa.ab.ca

Francophone Resources

Continued from page 21

Saint-Thomas Community Health Center

cscst.ca

The CSCST is a bilingual health center offering primary health care by a multidisciplinary team.

780-434-2778

info@cscst.ca

Association of French Speaking Jurists of Alberta

infojuri.ca

AJEFA's mission is to help broaden access to justice in French for all citizens of the province.

780-450-2443

question@infojuri.ca

Media

Le Franco

lefranco.ab.ca

Le Franco is the only French-language newspaper in the province.

780-465-6581

journal@lefranco.ab.ca

Radio-Cité 97.9 FM

The francophones and francophiles of Edmonton are united under the same antenna!

radiocitefm.ca

info@radiocitefm.ca

**Sign up for the MFRC bilingual
e-newsletter by emailing
information@mfrcedmonton.com**

**Don't forget to follow our Facebook page
in French! [facebook.com/CRFMedmonton](https://www.facebook.com/CRFMedmonton)**

Edmonton and Area

Housing / Relocating Services

Civida

civida.ca

780-420-6161

Civida helps people find affordable housing in the Edmonton area.

Canadian Forces Housing Association (CFHA)

canada.ca/en/department-national-defence/services/benefits-military/military-housing.html

158 Arras Ave, Edmonton AB T5J 4J5

780-973-4011, ext. 4342, 4338 & 6367

cfha-alfc.edmonton@forces.gc.ca

There are 503 Rental Housing Units (RHU) of which 11 have on-property garages. There are another 109 on-site adjacent row garages. All RHUs have basements, are not furnished, some have sheds and fencing. Electrical appliances are the occupants' responsibility; however, a few RHUs have gas ranges.

City of Edmonton Housing Services

311

edmonton.ca/programs_services/programs-housingor

Integrated Relocation Program (IRP)

irp-pri.com

The Federal Government Integrated Relocation Program is a unique program that provides government entities including the Government of Canada, the Canadian Forces and the Royal Canadian Mounted Police with increased flexibility and assistance to relocate Members/Employees to new work locations.

The IRP aims to make relocation easy and efficient, centralizing the administration of a relocation with a single contractor, BGRS, with the exception of physical removal of Household Goods and Effects, administered under the Household Goods and Services Removal contract.

information@bgrs.ca

Realtors[®]

realtor.ca is the most popular and most trusted real estate website in Canada. Owned and operated by the Canadian Real Estate Association (CREA), REALTOR.ca provides up-to-date and reliable information that makes finding your dream property easy and enjoyable. Contact the Edmonton chapter at 780-451-6666 or 1-888-674-7479.

Tenant Support Services

edmonton.ca/programs_services/housing/tenant-support

780-496-5959

Laws for Landlords and Tenants in Alberta

landlordandtenant.org

Learn about the laws that apply when renting in Alberta.

Edmonton and Area

Surrounding Communities

Bon Accord

bonaccord.ca
780-921-3550

Fort Saskatchewan

fortsask.ca
780-992-6200

Gibbons

gibbons.ca
780-923-3331

Legal

legal.ca
780-961-3773

Morinville

morinville.ca
780-939-4361

Redwater

redwater.ca
780-942-3519

Sherwood Park

strathcona.ca
780-464-8111

Spruce Grove

sprucegrove.org
780-962-2611

St. Albert

stalbert.ca
780-459-1500

Stony Plain

stonyplain.com
780-963-2151

Community Resources

Community Leagues

efcl.org
12122 68 Street NW, Edmonton
780-437-2913
communications@efcl.org

Each neighbourhood in Edmonton is part of a community league and there are over a 157 community leagues in Edmonton. They provide opportunities for neighbours to get to know each other, share in social and sport activities and work together to build healthy, safe communities.

Edmonton Public Libraries Network

epl.ca
Residents of Edmonton can get a library card from any branch. You will need to show identification showing your current home address. There is a fee for the first adult library card in the household. Materials are available in many languages.

Edmonton 2-1-1

ab.211.ca
211

A qualified Information and Referral Specialist is available 24 hours a day, 365 days a year, to assess your situation, find answers to your questions and provide you with options and appropriate referrals. They can help you find basic needs, employment resources, parenting support, counselling/support groups, health care, legal services and much more. All calls are free and confidential.

Northern Lights Library System

nlls.ab.ca

The Northern Lights Library System (NLLS) is one part of the seven regional library systems across Alberta, helping deliver comprehensive, efficient library services to all Albertans, regardless of where they live. The Edmonton Garrison Community Library is a part of this system.

Edmonton and Area

Garbage & Recycling

Edmonton Garbage and Recycling

For information about what can be collected and collection schedules for your area visit edmonton.ca/programs_services/garbage-recycling-waste or call 311.

Lancaster Park Garbage and Recycling:

Roadside garbage and recycling pick-up occurs every Monday. Please have your items out to the curb by 7am. Ask CFHA for details.

Roseridge Waste Management Services Commission (Sturgeon County)

roseridge.ab.ca

Two kms east of the Town of Morinville on SH 642 and south on Rge. Rd 251. Lancaster Park residents need to show proof of address to receive free dumping.

780-939-5678

Eco Stations

Eco Stations accept household hazardous waste, electronics, recyclables, yard waste, bulky items and more. Fees may apply. edmonton.ca/ecostations

Coronation Eco Station (closest Eco Station to Lancaster Park)

11440-143 Street

311 or outside Edmonton: 780-442-5311

Kennedale Eco Station

5355-127 Ave NW, Edmonton

780-442-5311

St. Albert Recycling Depot

7 Cheigny Street, St. Albert

780-459-1557

Edmonton and Area

Utilities

Electricity and Natural Gas

Visit Utilities Consumer Advocate for rates, distributors and policies:

UCAhelps.alberta.ca/retailers.aspx

780-310-4822 (Alberta) or 780-644-5130 (Outside Alberta)

UCAhelps@gov.ab.ca

Water

EPCOR

epcor.ca

780-310-4300 or 1-800-667-2345

Utility Safety Partners (Click Before You Dig)

Those intending to disturb the ground, whether they are private homeowners or public contractors, can reduce the risk of personal injury and property damage by using the Utility Safety Partners

utilityofsafety.ca

1-800-242-3447

Cable/Satellite/Internet

Shaw

shaw.ca

1-888-472-2222

Bell

bell.ca

1-866-301-2355

Telus

telus.com

1-866-558-2273

Points of Interest

Alberta Aviation Museum

albertaaviationmuseum.com

11410 Kingsway Ave

780-451-1175

This meticulous museum boasts more than 30 aircraft on display, 40-plus display cabinets and exhibits, an aircraft restoration area, personal artifacts of famous pilots.

Alberta Legislature Building & Grounds

assembly.ab.ca/visit/plan-your-visit

10800-97 Ave

780-427-7362

vistorinfo@assembly.ab.ca

Situated on the banks of the North Saskatchewan River, this majestic sandstone edifice and landscaped grounds is a sight in any season. Free guided tours offered.

Alberta Farmers' Market

albertafarmersmarket.com

Finding information about Alberta approved farmers' markets has never been easier! Download the app and experience a farmers' market near you.

Art Gallery of Alberta

youraga.ca

2 Sir Winston Churchill Square

780-422-6223

information@youraga.ca

The Art Gallery of Alberta is a state-of-the-art facility. They also offer a variety of activities for kids including: tours for tots, weekend art classes and summer camps.

Citadel Theatre

citadeltheatre.com

9828-101A Ave

780-425-1820

Home to top-notch theatre, this multistage complex engages the world's finest actors and directors.

Edmonton Expo Centre

edmontonexpocentre.com

7515-118 Avenue Northwest

780-471-7377

contact@edmontonexpocentre.com

A facility where 522,000 square feet of space presents a host of possibilities and exciting opportunities.

Points of Interest

Fort Edmonton Park

fortedmontonpark.ca

7000-143 Street

780-496-7381

Canada's largest living history park, with its own steam locomotive, recreates four time periods in the city's development: the early fur trading days; frontier life in 1885; a peek into the brand new city in 1905; and its progress into the 20th century in 1920.

John Janzen Nature Centre

edmonton.ca/attractions_events/john-janzen-nature-centre

7000-143 Street

311 or 780-442-5311

A gateway to the heart of Edmonton's River Valley, the John Janzen Nature Centre takes visitors for a walk on the wild side with programs, events and interactive exhibits designed to promote awareness and engagement with nature in an urban setting.

John Walter Museum

edmonton.ca/attractions_events/john-walter-museum

9180 Walterdale Hill NW

311 or 780-442-5311

Located in Kinsmen Park, there are pools, recreation facilities, walking and biking trails, picnic and playground areas nearby, the site interprets the life of John Walter and the Strathcona community of Walterdale from 1875 to 1920.

Jurassic Forest

jurassicforest.com

2-23210, Township Road 564, Gibbons, AB

780-470-2446

events@jurassicforest.com

The days of the dinosaurs roar to life again in Jurassic Forest, a 40-acre prehistoric preserve, just minutes from Edmonton and millions of years from the present!

Muttart Conservatory

edmonton.ca/attractions_events/muttart-conservatory?utm_source=virtualaddress&utm_campaign=muttart

9626-96A Street

780-442-5311

Four eye-catching glass pyramids bloom year-round with exotic plants from across the globe.

Northern Alberta Jubilee Auditorium

jubileeauditorium.com

11455-87 Avenue

780-427-2760

The fan-shaped facility is home to the Alberta Ballet, Edmonton Opera and professional theatre companies as well as many visiting artists and touring productions from around the globe.

Points of Interest

The Royal Alberta Museum (RAM)

royalalbertamuseum.ca

9810-103A Ave NW, Edmonton

825-468-6000

The largest museum in western Canada and one of the top museums in Canada. Located in the Arts District in downtown Edmonton, we collect, preserve, research, interpret, and exhibit objects and specimens related to the heritage of Alberta's people and natural environment.

Winspear Centre for Music

winspearcentre.com

#4 Sir Winston Churchill Square (corner of 99st & 102ave)

780-428-1414

Edmonton's premier concert hall and home of the Edmonton Symphony Orchestra as well as the magnificent Davis Concert Organ, delivers an acoustically superior experience.

TELUS World of Science

telusworldofscienceedmonton.ca

11211-142 Street

780-451-3344

Five galleries of interactive displays and exhibits inspire visitors to the leading edge of science and technology, with its new science demonstration stage, observatory, state-of-the-art computer lab, the largest planetarium dome theatre in Canada and Western Canada's first IMAX Theatre.

Edmonton Valley Zoo

valleyzoo.ca

311 Outside of Edmonton 780-442-5311

13315 Buena Vista Road

Nestled on the banks of the North Saskatchewan River, the Edmonton Valley Zoo is a small and intimate zoo that provides authentic and engaging animal experiences.

Whyte Avenue

oldstrathcona.ca

This eclectic strip features fashion-forward shops, restaurants and pubs, bookstores, craft and gift shops that display works by local and international artists. Rising local talent is routinely featured in the area's theatres and music venues.

Take a look at
CFMWS.ca/discounts-shopping for
discounts to many local attractions!

Moving Checklist

More than 14 days before moving

- _____ Contact the MFRC in your area to browse through the Welcome Package of the city you will be moving to.
- _____ Arrange to collect any advance deposits or security deposits on utilities or rentals.
- _____ Use up your frozen foods. They **CANNOT** be safely shipped. It is also advisable to reduce your supply of canned goods.
- _____ Use up your cleaning supplies, shaving cream and hair sprays.
- _____ Take unwanted items to charity, eco-stations or dump.
- _____ Dispose of household chemicals properly (old paint, caustic cleaners, etc.) Take these to the local eco-stations.
- _____ Arrange phone service at your new home.
- _____ Set up mail-forward with Canada Post.
- _____ Arrange the return of any cable TV or internet equipment (ie. router).

Notify of your change of address to:

- _____ Insurance agency, employer, doctor, dentist, magazine subscriptions and other mailings, Canada Post memberships, bank, credit cards, schools, Canada Customs and Canada Revenue Agency.

If necessary, do the following:

- _____ Make travel arrangements and reservations.
- _____ Arrange transfer of car insurance & license plates.
- _____ Notify kids' schools, transfer records.
- _____ Register at new school.
- _____ Get copies of medical and dental records; if you have pets, request copies of veterinary records.

Moving Checklist

8 to 14 days before moving

- _____ Prepare your vehicle(s) for the trip. Have vehicle serviced.
- _____ If you are moving out of a building with elevators, arrange with management for use of elevators on move day.
- _____ Return borrowed items.
- _____ Retrieve loaned items.
- _____ Arrange for the transfer of valuables. Check contents of your safe-deposit box. **DO NOT SHIP** any valuables (ie. jewellery, insurance policies, legal documents, currency, stamp and coin collections) with the moving company. Either carry them with you or send by insured or certified mail.
- _____ Arrange for major appliances to be moved.

DO NOT SHIP combustible or flammable items. These include oil-base paints, bleach, cleaning and lighting fluids, matches and ammunition. All aerosol cans (including hair sprays, shaving creams, deodorants, household cleaners.)

- _____ Arrange connection of utilities at new place.
- _____ Arrange disconnection of utilities at old place. Check to see if you have any deposits owed to you.
- _____ Dispose of all flammable materials.

2 to 7 days before moving

- _____ Determine what you can bring with you if travelling by car, plane, train or bus.
- _____ Keep a detailed record and receipts of your moving expenses for income-tax purposes. This includes transportation, lodging, meals, etc.
- _____ Make sure you have adequate medical supplies for approximately 2-4 weeks.
- _____ Drain gas and oil from lawn mowers, chain saws, snow blowers, etc. Gas grills and kerosene heaters must be empty. Cars and motorcycles should have only 1/4 tank of gas.
- _____ Remove snow and ice from sidewalks, driveways and steps
- _____ Put linens and pillows in dresser drawers to have handy for making up your beds the first night in your new home.
- _____ Place draperies lengthwise on hangers and hang in a closet. The movers will place them in wardrobe cartons.

Moving Checklist

- _____ Prepare a “road box” to take with you that includes necessary medications, first-aid supplies, tools, travel food, toys and games.
- _____ Pack a suitcase with the clothes and toiletries that you’ll need the first day in your new home as well as any items you will need immediately upon arrival at your new home and have movers put this box on last (clearly mark box as PACK THIS LAST or UNPACK THIS FIRST) or take it with you.
- _____ Pack a special box with other essentials you’ll need for the first few days and mark this box “Do Not Move”.
- _____ Keep your telephone service connected until the day after your move.
- _____ Set aside manuals and instructions for your current home for new owner.
- _____ Plan simple meals for moving day to avoid using appliances.
- _____ Make plans for care of small children on moving day.
- _____ Separate boxes and luggage items you need for personal travel so they don’t get packed on the truck.
- _____ Arrange to have utilities turned on at new home.

The day before moving

- _____ Take down curtains and curtain rods.
- _____ Empty, defrost and clean refrigerator; clean the stove.
- _____ Pack your personal belongings and any other necessary clothes, jewellery and bedding that you do not want loaded on the moving truck and ensure packers do not pack these items.
- _____ Empty all garbage cans

Moving Checklist

Moving day

- _____ Record all utility meter readings (gas, electric, water) in case of discrepancies.
- _____ Keep paperwork accessible.
- _____ Gather keys to the house and arrange to leave them with the new owners, your real estate agent, landlord or a trusted neighbor.
- _____ Lock all windows and doors.
- _____ Strip and dismantle beds.
- _____ Clean premises that you are leaving.
- _____ If using a moving company, confirm the new address and delivery time with the driver.
- _____ If using a moving company, walk about with supervisor and sign inventory forms.
- _____ Know how to reach your new landlord or superintendent.
- _____ Turn down the water heater temperature. Set the thermostat at 15 degrees.
- _____ Make final walk-through of house, including basement, attic and closets, to make sure it's empty.

Moving In Day

- _____ Get to your new home before the movers. There could be a waiting charge if you are late.
- _____ Check the condition of each carton and household item as it is unloaded. List all missing or damaged items on the inventory form.
- _____ Option to replace door locks.
- _____ Record all utility meter readings in case of discrepancies.
- _____ Since you will probably do some unpacking after the movers leave, make a note on the inventory form "subject to inspection for loss or concealed damage." This gives you a legal leg to stand on if you should find that something was damaged once the movers have left.



3 CDSB Edmonton Steele Barracks

Legend

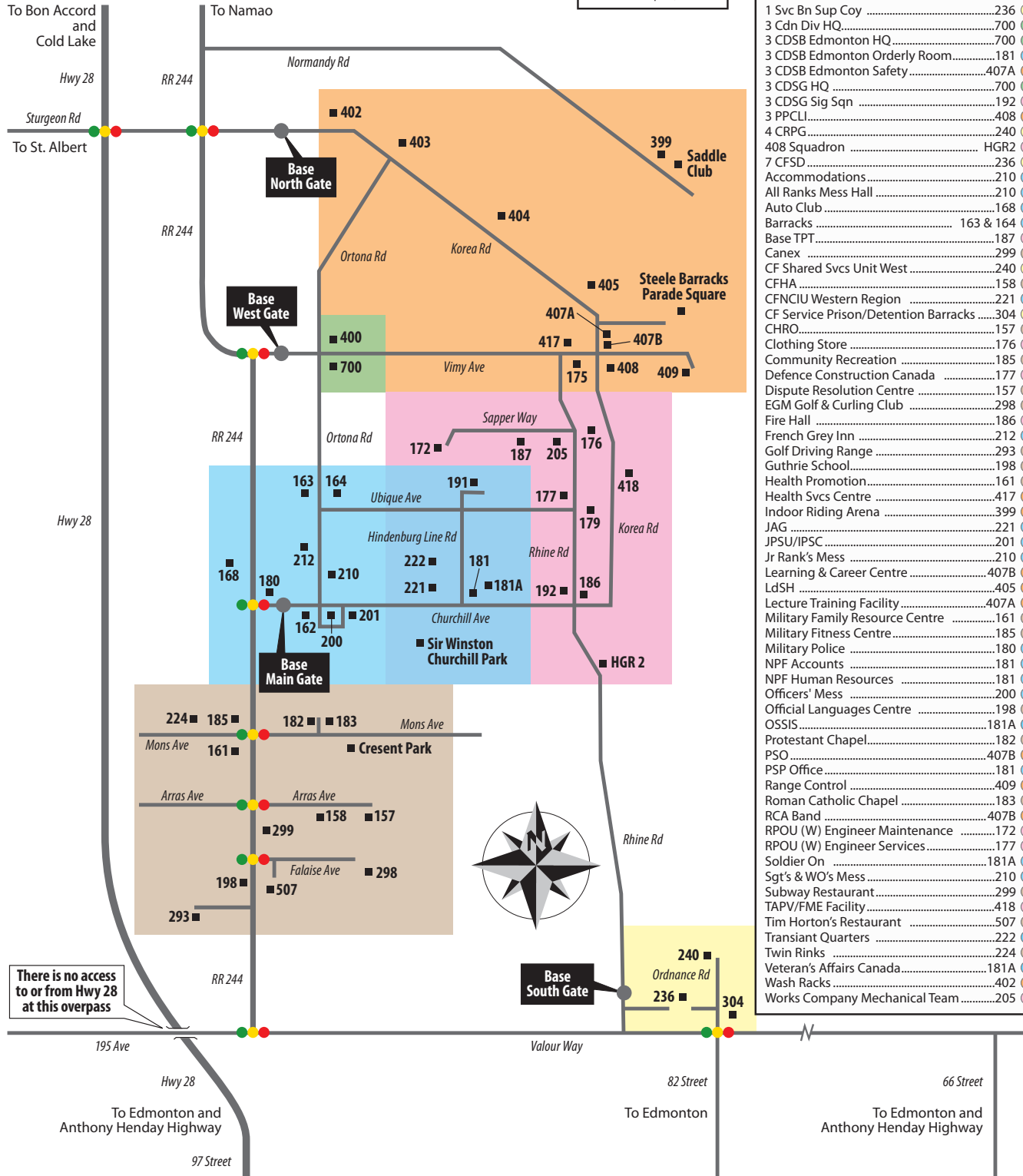
- Point of Interest
- Traffic Lights
- Roads
- Base Entrance

Map not to scale

3 CDSB Edm Graphics, Oct 2019

Unit Building Numbers

1 Cdn Fd Hosp	240
1 CER	404
1 CMBG	400
1 Dental	417
1 Fd Amb	175
1 Fd Amb Mental Health	417
1 H Svcs Gp HQ	181
1 MP Regiment	191
1 PPCLI	403
1 Svc Bn	179
1 Svc Bn Sup Coy	236
3 Cdn Div HQ	700
3 CDSB Edmonton HQ	700
3 CDSB Edmonton Orderly Room	181
3 CDSB Edmonton Safety	407A
3 CDSG HQ	700
3 CDSG Sig Sqn	192
3 PPCLI	408
4 CRPG	240
408 Squadron	HGR2
7 CFSD	236
Accommodations	210
All Ranks Mess Hall	210
Auto Club	168
Barracks	163 & 164
Base TPT	187
Canex	299
CF Shared Svcs Unit West	240
CFHA	158
CFNCIU Western Region	221
CF Service Prison/Detention Barracks	304
CHRO	157
Clothing Store	176
Community Recreation	185
Defence Construction Canada	177
Dispute Resolution Centre	157
EGM Golf & Curling Club	298
Fire Hall	186
French Grey Inn	212
Golf Driving Range	293
Guthrie School	198
Health Promotion	161
Health Svcs Centre	417
Indoor Riding Arena	399
JAG	221
JPSU/IPSC	201
Jr Rank's Mess	210
Learning & Career Centre	407B
LdSH	405
Lecture Training Facility	407A
Military Family Resource Centre	161
Military Fitness Centre	185
Military Police	180
NPF Accounts	181
NPF Human Resources	181
Officers' Mess	200
Official Languages Centre	198
OSSIS	181A
Protestant Chapel	182
PSO	407B
PSP Office	181
Range Control	409
Roman Catholic Chapel	183
RCA Band	407B
RPOU (W) Engineer Maintenance	172
RPOU (W) Engineer Services	177
Soldier On	181A
Sgt's & WO's Mess	210
Subway Restaurant	299
TAPV/FME Facility	418
Tim Horton's Restaurant	507
Transient Quarters	222
Twin Rinks	224
Veteran's Affairs Canada	181A
Wash Racks	402
Works Company Mechanical Team	205



CONTACTS

Contacts

Military Family Resource Centre (MFRC)

780-973-4011 ext. 6300

Emergency Services	911
Edmonton Police Service Non-Emergency	780-423-4567
Royal Canadian Mounted Police (RCMP)	rcmp-grc.gc.ca/detach/en/find/AB
Edmonton Garrison Military Police	780-973-4044
Emergency Childcare	780-973-4011 ext. 6300
EPCOR	780-310-4300
City of Edmonton Services	311
Canada Post	1-866-607-6301
Canadian Forces Housing Association (CFHA)	780-973-4011 ext. 4342
CANEX Post Office	780-973-9125
Military Fitness Centre	780-973-4011 ext. 4392
Edmonton Garrison Chaplain's Office	780-973-4011 ext. 4999
Gas emergency line	1-800-511-3447
CANEX Grocery/Gas Bar	780-973-3391
CANEX Retail Store	780-973-4527
Edmonton Garrison Memorial Golf and Curling Club	780-973-3033 ext. 1



Edmonton Garrison Military Family Resource Centre

Building 161, Mons Avenue
Lancaster Park, Alberta T0A 2H0

Phone: 780-973-4011 ext. 6300

Fax: 780-973-1401

information@mfrcedmonton.com

CFMWS.cac/Edmonton/MFRC

CFMWS.ca/Edmonton/MFRC

