

# Banff's Affordability Guide:

Tips and Financial Assistance Resources for you



# Recreation and Social Activities

## Financial Assistance

### Everyone Gets To Play

- **FREE Low Income Family Leisure Pass** for swimming, museum, bowling, etc.
- **FREE Assured Income for the Severely Handicapped (AISH) Swim Pass** for day passes to the Sally Borden Fitness and Recreation Centre.

Call Town of Banff Family and Community Support Services at **403.762.1251** or visit **110 Bear St.**

### Children's Fitness Tax Credit

See Government Services section about the \$500 tax credit.

## Recreation

### Town of Banff Recreation Facilities

Bike Park, Recreation Centre (ice and curling rink), Recreation Grounds (baseball, rugby, soccer, basketball, tennis, skateboard park, picnic and BBQ), trails, parks and playgrounds. Call **403.762.1251** or visit **www.banff.ca** or **110 Bear St.**

### BanffLIFE

Low cost guided mountain adventures for 18-30 yr-olds living or working in Banff. Hiking, climbing, ski touring and so much more. Call **403.760.2423** or visit **www.banff.ca/banfflife** or **302 Buffalo St.**

### Mountain Buddy Program

**FREE** buddy-up summer schedule for a hike, bike, etc. Call **403.762.5333** or visit **www.banffspringski.com** or stop by the Ski and Mountain Sports store at the The Fairmont Banff Springs Hotel.

### Grand Nature Club

Enjoy the outdoors safely on non-guided trips in adult-only groups (must be 18+). Car pool available. Call **403.760.2533** or visit **www.grandnatureclub.com**.

### Banff Centre Sally Borden Fitness & Recreation

**FREE** public swim on the last Sunday of each month from 1 to 4 p.m. **FREE** one week trial membership. Call **403.762.6450** or visit **www.banffcentre.ca/sbb**.

### Banff Upper Hot Springs

**FREE** entry at some events. Call **403.762.1515** or visit **www.hotsprings.ca**, **1 Mountain Ave.**

## Arts and Culture

### Banff Centre

Some **FREE** or by-donation performances, concerts and exhibitions throughout the year. Call **403.762.6100** or visit **www.banffcentre.ca**.

### Walking through Banff's History and Banff's Nature

**FREE** brochures that guide you through Banff. Pick them up at **110 Bear St.** or visit **www.banff.ca**.

### Banff Culture Walk

Learn more at **www.banff/culturewalk.com** and download the brochure.

### Buffalo Nations Luxton Museum

50 per cent local discount with Banff resident ID. Visit **1 Birch Ave.**, **www.buffalonnationsmuseum.ca** or call **403.762.2388**.

### Lux Cinema

\$7/movie on discount Tuesday and matinees. Visit **229 Bear St.** or call **403.762.8595**.

### Whyte Museum

\$3.50 admission with Banff resident ID and one free visit until May 2010. Visit **www.whyte.org**, **111 Bear St.** or call **403.762.2291**.

### Parks Canada

**FREE** films, speaker series and interpretive shows. Call the Banff Information Centre at **403.762.1550** or visit **www.pc.gc.ca/banff** or **224 Banff Ave.** Check for local discounts at Banff Park Museum at **91 Banff Ave.** or call **403.762.1558**.

## Free Activities

### Volunteering

**FREE** activity with many perks: food, coupons, tickets, t-shirts, volunteer parties, social connection and networking for future careers. Call Banff Volunteer Centre **403.762.4466** or visit **www.volunteerbanff.ab.ca** or **302 Buffalo St.**

### Special Events

Check local newspapers and calendars for free events or visit **www.banff.ca**, **www.banfflakelouise.com**.

### BanffLIFE

Join us for the many **FREE** activities for 18-30 yr-olds living or working in Banff or become one of BanffLIFE's Volunteer Ambassadors. Call **403.760.2423** or visit **www.banff.ca/banfflife** or **302 Buffalo St.**

### Banff Public Library

**FREE** library cards for all residents, kids' programs and a book package for every baby born in Banff. Call **403.762.2661** or visit **www.banfflibrary.ab.ca** or **101 Bear St.**

### Government of Alberta Childcare Subsidy Programs

Provides financial assistance to eligible low and middle-income families for kids aged 12 & under. Includes Childcare Subsidy, Kin Child Care Funding Program, Extended Hours Care Subsidy and Stay-at-Home Parents Support. Call **1.866.714.5437** or visit **www.child.alberta.ca**.

### Banff Child Care Centre

Licensed childcare services for 1-6 yr-olds. Monday to Friday 7:30 a.m. to 6 p.m. Government subsidy may be available and fees may be claimed as a childcare expense. Call **403.762.3339** or visit **www.banffdaycare.com**.

### Bow Valley Family Child Care Agency

Accredited program providing quality, affordable, not-for-profit childcare for 0-12 yr-olds. Each Family Day Home Provider is monitored and supported. Government subsidies available. Looking for day home providers and those needing childcare. Call **403.609.7392** or email **bowvalley@davarchildcare.org**.

### Rundle Play School

Learning activities program for 3-4 yr-olds. Registration required. Childcare subsidy maybe available and fees may be claimed as a child care expense. Call **403.762.4828**.

### Town of Banff Kids' Programs

- **Campership Subsidy Fund** available. Some fees may be eligible as a child care expense.
- **After-School Club** - Monday to Friday 3 to 6 p.m..
- **Kids' Kampus** - Monday to Friday during school holidays.
- **Summer Fun Programs** - themed camps and drop-in days during July and Aug. for 5-17 yr-olds.
- **Playground Pals** - Monday/Wednesday/Friday for 2 hours in July and Aug. for 3-5 yr-olds. \$7 Drop-in.
- **Youth Programs** – **FREE** or low cost events

Call **403.762.1251** or visit **www.banff.ca**.

## Parent Resources

### Bow Valley Parent Link Centre

**FREE** program for families with 0-6 yr-olds. Daily drop-in stay and play, parent education workshops, family support resources, information and referral services. Check online calendar for current hours. Call **403.762.1116** or visit **www.banff.ca** or **101B Bear St.** (above the library).

### Motoring Munchkins

Play time for parents and 1-3 yr-olds on Saturdays at 11 a.m. from Sept. to June at Banff Elementary School (corner of Squirrel & Elk St.). Drop-in fee \$2. Call **403.762.1251**.

## Children's Financial Assistance

### Back To School Backpack Program

**FREE** new backpack with one year's supplies appropriate for the child's grade and school. For low income families with an agency referral. Call **403.678.9801** or email **victorythrift@telus.net**.

### Food For Learning

**FREE** bagged lunch for elementary school kids in need. Call **403.762.4465**.

### Operation Jacket Frost

**FREE** new kids' winter wear, for low-income families. Agency referral needed. Call **403.678.9801** or email **victorythrift@telus.net**.

### Caribou Kids Seasons' Pass

**FREE** Ski Norquay Pass for Banff school kids. Registration forms available at schools. \$25 administration fee.

### Grade 2 Ski Passes

- **FREE Fun Pass** to Lake Louise, Fernie, Kimberley and Nakiska. Call **1.800.258.7669** or visit **www.skircr.com**. \$10 administration fee per pass.
- **FREE Sun Pass** to Sunshine Village. Call **403.762.4754** or visit **www.skibanff.com**. \$10 administration fee per pass.

### Grade 5 Ski Passes

- **FREE Sun Pass** to Sunshine Village. Call **403.762.4754** or visit **www.skibanff.com**. \$10 administration fee per pass.
- **Snow Pass** 3 free passes for each participating ski area. \$15 administration fee per pass. Visit **www.snowpass.ca**.

### Jump Start Canadian Tire

Funding for financially disadvantaged families with 4-18 yr-olds involved in sports and recreation programs. Maximum \$300/child/year. Visit **www.canadiantire.ca/jumpstart/funding**.

### Everyone Gets/ Learns To Ski

**FREE** ski equipment and lessons through community program and businesses. Call **403.762.1251**.

### Kidsport Bow Valley

Funding for fees or equipment for low-income families with 5-18 yr-olds. \$250-500/child/year. Call **1.877.636.5328** or visit **www.kidsport.ab.ca**.

## Education and Lifelong Learning

### Banff Public Library

**FREE** library cards, kids' and speaker programs, internet access for research. Bow Valley Literacy Program enables adults to read and write effectively through volunteer tutors. Call **403.762.2661** or visit [www.banfflibrary.ab.ca](http://www.banfflibrary.ab.ca) or **101 Bear St.**

### Bow Valley College (at BanffYWCA)

- **FREE** computer and accounting courses for low income.
- Adult upgrading and GED online/textbooks.
- **FREE** access to computers and resumé help.
- Financial assistance may be available

Call **403.760.2485** or visit [www.bowvalleycollege.ca](http://www.bowvalleycollege.ca) or **102 Spray Ave.**, lower level of BanffYWCA.

### Community Classes

Bow Valley Learning Council provides courses on languages, business and finance, active living, creative endeavours, first aid, etc. Scholarships and bursaries are available. Call **403.762.8114** or visit [www.bowvalleylearning.ca](http://www.bowvalleylearning.ca).

### English as a Second Language (ESL)

- **FREE** Bow Valley Literacy Program for permanent residents (see Library information above).
- BanffLIFE offers low cost ESL sessions **403.760.2423**.
- Community Classes (see above)

### Community Speaker Events

- **FREE** Parks Canada Speaker Series - **403.762.1464**
- **FREE** Parent Link Workshops - **403.762.1116**
- **FREE** Leadership Learning Lab - [www.banffcentre.ca](http://www.banffcentre.ca)
- Canadian Rockies Public Schools Speaker Series - **403.609.6072**

### Banff's Best Heritage Orientation Program

**FREE** two-hour interactive program every third Thursday from 7 to 9 p.m. for new workers to Banff. Course quiz available online. Call **403.760.2854** or visit [www.banffsbest.com](http://www.banffsbest.com).

## Scholarships and Bursaries

### Alberta Student Financial Assistance Programs

Helping post-secondary students pay for their education with loans, grants or bursaries. Call **1.800.222.6485** or visit [www.gov.ab.ca](http://www.gov.ab.ca).

### Banff Community High School (BCHS)

At least 25 scholarships and bursary opportunities to be awarded annually, to students attending BCHS. Call **403.762.4411** or visit [www.crps.ab.ca](http://www.crps.ab.ca) and [www.banffcommunityfoundation.org](http://www.banffcommunityfoundation.org).

### Bow Valley Learning Council

Courses noted with a star or Hostelling International logo in the Community Learning Class Calendar are eligible for assistance. Maximum \$50 and one course per term. Application in the calendar. Call **403.762.8114** or visit [www.bowvalleylearning.ca](http://www.bowvalleylearning.ca).

### Soroptimist International of Banff National Park

- Women's Opportunity Award for \$1,000 for upgrading education or employment.
- Violet Richardson Award recognizes women aged 14 to 17 engaged in volunteer action within their community or school.

Call **403.762.3650** or visit [www.wcsoroptimist.org](http://www.wcsoroptimist.org).

## Useful publications

Available at **Banff Town Hall, 110 Bear St.** or [www.banff.ca](http://www.banff.ca)

- Bow Valley Community Resource Directory
- Community Learning Class Calendar
- Local Lowdown – Guide for Living in Banff and Lake Louise
- The Mountain Guide – Parks Canada, Banff National Park

## Newspapers

**FREE** at newsstands around town

- **The Banff Crag and Canyon**  
New edition every Tuesday. Call **403.762.2453** or visit [www.banffcragandcanyon.com](http://www.banffcragandcanyon.com).
- **Rocky Mountain Outlook**  
New edition every Thursday. Call **403.609.0220** or visit [www.rockymountainoutlook.ca](http://www.rockymountainoutlook.ca).

## Community bulletin boards

- **Avalanche Movie Co.** - 201, 211 Bear St., Bison Courtyard
- **Bison Courtyard Cabin** - 211 Bear St.
- **Cascade Laundry** - Lower level Cascade Plaza, Banff Ave. and Wolf St.
- **Banff YWCA Community Resource Centre** - Lower Level 102 Spray Ave.
- **Wolf and Bear Mall** - Lower level, 229 Bear St.
- **Banff International Hostel** - 810 Coyote Dr.
- **Nesters Food Market** - 122 Bear St.
- **Jump Start** - 206 Buffalo St.
- **Second Cup** - Main level Cascade Plaza, Banff Ave. and Wolf St.
- **Sally Borden Fitness and Recreation Centre** - Banff Centre, 107 Tunnel Mtn. Rd.

# Counselling, Health & Community Support

## Kids and Family

### Healthy Moms, Healthy Babies

**FREE** support group available if pregnant or with kids under 1 year (some criteria applies). Call **403.678.5656**.

### Wildrose Community Connections

**FREE** in-home support for families with kids 0-6 yr-olds. Call **1.877.995.3737**.

### Wood's Homes

**FREE** in-home support for 6-18 yr-olds. Call **1.800.563.6106**.

### Family School Liaison, Town of Banff FCSS

**FREE** counselling, in-school and divorce/separation programs for school aged kids. Call **403.762.1255**.

### Canadian Rockies Public School Family School Counsellor

**FREE** Call **403.609.0756**.

## Available For Everyone

### Alberta Health Services

- **Addiction Services - FREE** assessment, outpatient treatment and referral to local support groups, detox and residential treatment. Banff appointments at **320 Cascade Plaza**. Call **403.678.3133** or the 24-hour helpline at **1.866.332.2322**.
- **Mental Health Services - FREE** confidential therapy to people of all ages experiencing personal or family difficulties in daily living. Regular hours 8:30 a.m. to 4:30 p.m. Monday to Friday. Call **403.762.2990** or visit **303 Lynx St.** Urgent Mental Health walk-ins at Mineral Springs Hospital Emergency Department at **305 Lynx St.** 7 days/week, 2 to 10 p.m.

### AIDS Bow Valley

**FREE** condoms, health resources, support and referral. Call **403.762.0690** or visit [www.aidsbowvalley.com](http://www.aidsbowvalley.com) or **302 Buffalo St.**

### Alberta Blue Cross

Medical and dental benefits for those who are not on an employer program. An independent, not for profit organization. Call **1.800.661.6995** or visit [www.ab.bluecross.ca](http://www.ab.bluecross.ca).

### Alberta Health Benefits

**FREE** eye exams and glasses, prescriptions and dental care for those with limited incomes. Call **1.877.469.5437** or visit [www.employmentalberta.com](http://www.employmentalberta.com).

### Alberta Health Care Insurance Plan (AHCIP)

**FREE** medical coverage for permanent residents. Forms available through doctors' offices, BanffYWCA and Banff Health Unit. Call **310.0000** or visit [www.health.alberta.ca](http://www.health.alberta.ca).

### Banff Mineral Springs Hospital

Medical emergencies. Call **403.762.2222** or visit **305 Lynx St.**

### Banff Public Health and Community Care

- Family and Sexual Health Services
- Dietician and Environmental Health Services
- Pregnancy and post-natal visits, child immunizations
- International travel health and adult immunizations

Call **403.762.2990** or visit **303 Lynx St.**

### Bow Valley Victim Services Association

**FREE** assistance for residents and visitors who have been victims of crime and trauma. Call **403.760.0197** for more information, referral, support and education, or visit [www.bowvalleyvictimservices.org](http://www.bowvalleyvictimservices.org).

### Calgary Health Link

Health information telephone line open 24 hours, 7 days a week. Call **1.866.408.LINK** (5465).

### Distress Line

**FREE** confidential therapy to people experiencing personal or family difficulties. Call 24-hour phone line **1.888.787.2880** or visit [www.amhb.ab.ca](http://www.amhb.ab.ca).

### Banff YWCA Community Resource Centre

**FREE** information and referrals on crisis counselling, landlord/tenants, domestic violence support, men's and women's support groups, etc. Call **403.760.3200** or visit [www.ywcabanff.ab.ca](http://www.ywcabanff.ab.ca) or **102 Spray Ave.**

### FREE Condoms

- AIDS Bow Valley visit **302 Buffalo St.** or call **403.762.0690**.
- BanffLIFE visit **302 Buffalo St.** or call **403.760.2423**.
- Banff Health Unit visit **303 Lynx St.** or call **403.762.2990**.
- Bow Valley Medical Centre visit **300 Cascade Plaza** or call **403.760.3360**.

### FREE STI / STD Testing and Low Cost Birth Control

Call Bow Valley Medical Centre at **403.760.3360** or visit **300 Cascade Plaza**.

# Banff's Affordability Guide:

Tips and Financial Assistance Resources for you

This guide is full of information that can help your money go farther. The Town of Banff Family and Community Support Services (FCSS) has produced this guide to raise awareness of the many resources and opportunities for saving money right here in the Bow Valley.

## Government Services

### Alberta Government

Information on education, training, employment, legal aid, government and taxation, health, housing, family support, landlord/tenant information and many other subjects. Call **310.0000** or visit **www.services.gov.ab.ca**.

### Canada Revenue Agency

Provides information on all aspects of Canadian Taxes. Call **1.800.267.6999** or visit **www.cra-arc.gc.ca**.

### Service Canada Centre

Locally access a wide range of government services and benefits in **Canmore** at **802 Bow Valley Trail**. ID cards, social insurance numbers, passport applications, training and learning and a apprenticeship incentive grant. For general inquiries call **1.800.622.6232** or visit **www.serviccanada.gc.ca**.

### Child and Family Benefits/Services

**Child Tax Benefit** call **1.800.387.1193** or **1.800.959.8281**. For more information on the **Children's Fitness Tax Credit** on eligible amounts of up to \$500 paid by parents to register a child in an eligible program of physical activity visit **www.cra.gc.ca/fitness**.

### Money Mentors

Help with debt reduction, budgeting and much more. Call **1.888.294.0076** or visit **www.moneymentors.ca**.

### Town of Banff Income Tax Preparation Program

**FREE** assistance to low-income clients. Individuals must meet financial guidelines. Call **403.762.1251**.

### Student Legal Assistance

**FREE** legal advice and Provincial Court representation to those who cannot afford legal services. Individuals must meet financial guidelines. Call **403.760.3304**.

## Employment

### Job Resource Centre

**FREE** career coaching and counsellors, resumé advice and Youth Connections. **FREE** access to computers, fax machines and phones. Postings for employment in Banff and Canmore. Human Resources and Skills Development Canada (HRSDC) services available. Call **403.760.3311** or visit online at **www.jobresourcecentre.com** or **314 Marten Street**.

### Bow Valley College (at Banff YWCA)

**FREE** access to computers for resumé assistance, job searching and maintaining computer skills. **FREE** Occupational Skills Training program for unemployed Albertans. **FREE** computer and accounting courses for low income applicants. Call **403.760.2485** or visit online **www.bowvalleycollege.ca** or **102 Spray Ave., lower level**.

### Dress for Success Program

Victory Thrift Store with Bow Valley College offers **FREE** interview tips and work clothes for the interview and first days at work. Call **403.678.9801**.

### Computer Access

#### Banff Public Library

**FREE** for research or \$1/30 minutes, visit **101 Bear St.** or call **403.762.2661**.

#### Job Resource Centre

**FREE** for resumé and job search, visit **314 Marten St.** or call **403.760.3311**.

#### Bow Valley College, (at Banff YWCA)

**FREE** for job search and resumé, visit **102 Spray Ave.** or call **403.760.2485** (phone to book).

#### Banff YWCA

Visit **102 Spray Ave.** or call **403.762.3560**.

#### Cyberweb Internet Café

Visit **215 Banff Ave.** or call **403.762.9226**.

#### Second Cup

Visit **Cascade Mall** or call **403.760.3866**.

#### The Underground

Visit **211 Banff Ave.** or call **403.760.8776**.

### Websites For Jobseekers

[www.banff.ca](http://www.banff.ca)

[www.banffcragandcanyon.com](http://www.banffcragandcanyon.com)

[www.rockymountainoutlook.ca](http://www.rockymountainoutlook.ca)

[www.positivepeopleplacement.com](http://www.positivepeopleplacement.com)

[www.diversifiedstaffing.com](http://www.diversifiedstaffing.com)

[www.jobbank.gc.ca](http://www.jobbank.gc.ca)

[www.blma.com](http://www.blma.com)

## Clothing, Sports and Housewares

Affordable buying can be done in Banff and it's environmentally-friendly too. Check the newspapers for garage and rummage sales, classifieds and local notice boards (location details inside this brochure).

### The Ark Room Thrift Shop

Bargain prices on clothing, bedding, housewares, furniture, sports and camping gear, toys, DVDs, books and more. Tuesdays from 4 to 7 p.m. at **Rundle Memorial United Church** on the **corner of Banff Ave. and Buffalo St.**

### Clothing Boutique, St. Paul's Church

Used clothing and housewares. Open second and fourth Thursdays, September to June from 2:30 to 6:30 p.m. Call **403.762.3279** or visit the **corner of Banff Ave. and Wolf St.**

### Victory Thrift Store

Low cost clothing, furniture, sports and housewares. Call **403.678.9801** or visit **#3 Industrial Place, Canmore**. For low income clients ask about these **FREE** programs:

- **Operation Jacket Frost**
- **Back To School Backpack Program**
- **Dress For Success** - for re-entering the work force
- **Emergency Support** - with agency referral. Clothes, shelter, food and household goods may be available.

### The Last Temptation Banff Thrift Store

Clothing, some housewares, books and guitars. Call **403.763.7747** or visit **229 Bear St.** (below Lux cinema).

### Silver Spoon

Kids consignment store 0-13 yr-olds, clothing and goods. Call **403.678.6777** or visit **801 Main St., Canmore**.

### Bow Valley Parent Link Centre

Clothing exchange bin for 0-6 yr-olds. Call **403.762.1116** or visit **101B Bear St.** (above the library).

### Rummage Sales

Call for specific dates and location:

- Banff Daycare in early May, call **403.762.3339**.
- Banff Public Library Book Sale, call **403.762.2661**.
- St. Mary's Catholic Church, call **403.762.2603**.

### The Bay

First Wednesday of each month 15 per cent local discount at **125 Banff Ave.**

### Switching Gear

Sports equipment and clothing consignment store in Canmore Call **403.678.1992**.

### Ski Swap Banff Quickies/ Banff Alpine Racers

Winter recreation equipment sale held in October. Visit **www.banffalpineracers.com**.

### www.freecycle.org

Visit this website and register to see what people in our community are giving away for free.

## Food

### Banff Food Bank

Singles and couples may use the drop-in service on Tuesdays or Saturdays from 11:45 a.m. to noon. No appointment necessary. Families with children must call **403.762.1060** to book an appointment. Please note that drop-in hours change over the summer months. Call **403.762.1060** or visit the back entrance of **Banff Park Church, 455 Cougar St.**

### BanffLIFE

**FREE** home cooked pasta dinner every Wednesday night from 6 to 8 p.m., for 18-30 yr-olds living or working in Banff. Call **403.760.2423** or visit **www.banff.ca/banfflife** or **302 Buffalo St.**

### Soup and Bread

**FREE** soup and bread lunch for all residents of Banff on Thursdays from noon to 1 p.m. at **St. Mary's Church, 305 Squirrel St.** Clothing, non-perishable food items and toiletries **FREE** of charge. Call **403.762.1233** for more information.

### Grocery Stores

Local newspaper coupons, store discount card and reduced-to-clear bins.

- **Nesters Food Market**  
Visit **122 Bear St.** or call **403.762.3663**.
- **Safeway**  
Visit **318 Marten St.** or call **403.762.5378**.



## Housing

### Government Financial Assistance

Alberta Employment, Immigration and Industry (AEII) office located in the **Provincial Building at 800 Railway Ave, Canmore**. Access to a variety of housing and income programs: Emergency Damage Deposit Program, Emergency Eviction Program, Alberta Works Income Support Program (for basic needs). Program details change and depend on individual circumstances. Call **403.678.2363** for more information or to book an appointment.

### Direct Rent Supplement Program

Provides rent subsidy to low-income individuals in order to obtain affordable and suitable rental accommodation. Call Bow Valley Regional Housing, **403.678.5922**.

### Banff H2HC (Homeless to Housing Coalition)

The H2HC Outreach Worker provides support services to homeless individuals and/or at risk of becoming homeless. Call **403.762.1233** or visit **Banff Town Hall, 110 Bear St.**

### Energy saving tips

Energy saving tips from the Biosphere Institute of the Bow Valley. Call **403.678.3445** or visit **www.biosphereinstitute.org**.

## Short-term Housing

### Banff Alpine Centre (Hostelling International)

Volunteer opportunities in exchange for a place to sleep (subject to availability). Job seeker package available and includes voicemail, town shuttle, computers etc. Call **403.762.4122** or visit **www.hihostels.ca** or **801 Hidden Ridge Way** (on Tunnel Mountain Road).

### Banff Y Mountain Lodge

Volunteer opportunities in exchange for a place to sleep (subject to availability). Offers computers, Resource Centre etc. Call **403.762.3560** or visit **www.ymountainlodge.com** or **102 Spray Ave.**

### Samesun Backpackers

Offers a job seeker package that includes breakfast, access to computers and much more. Call **403.762.5521** or visit **www.samesun.com** or **449 Banff Ave.**

### Tunnel Mountain Campground (closest to town)

Camping in Banff National Park is only allowed in designated sites. To reserve a campsite, visit **www.pccamping.ca** or call **1.877.737.3783**. Equipment may be available at thrift stores.

## Long-term Housing

Rent in Banff averages \$590 for shared and approximately \$1956 for 3 bed house/apartment (Job Resource Centre statistics).

Check local newspapers and community bulletin boards to post or find ads (location details inside this brochure).

### Banff YWCA

Permanent accommodation is available. Applicants must be employed in the Bow Valley and must be approved. Call **403.760.3225** or email **housing@ywcabanff.ab.ca**.

### Banff Housing Corporation

Develops and maintains quality, value-priced housing. Call **403.762.1115** or visit **www.banff.ca**.

### Bow Valley Regional Housing

Provides subsidized housing for families (only available in Canmore) and seniors with low income. Call **403.678.5922**.

## Transportation

### Banff and Canmore Community Bus

**FREE** service between Banff and Canmore on Tuesdays and Thursdays. For all seniors and low-income clients. Registration is required. Call the Town of Banff at **403.762.1251** or Banff YWCA at **403.760.3200**.

### Roam Banff Public Transit

Service is offered between Tunnel Mountain, Banff Springs, Gondola and Banff Ave. \$2/Adult, \$1/child/senior. Schedules at Banff Town Hall **110 Bear St.**, **www.banff.ca** and brochure racks throughout town. Register for **FREE** Transit Pass (eligible for residents with limited income). Call **403.762.1251**.

### BanffLIFE

Low cost transportation to Calgary approx. \$30/person, for 18-30 yr-olds living or working in Banff. Call **403.760.2423** or visit **www.banff.ca/banfflife** or **302 Buffalo St.**

### Bus and Taxis (check for locals rate)

Banff Airporter – **403.762.3330**

Banff Taxi – **403.762.4444**

Taxi Taxi – **403.762.0000**

Brewster – **403.762.6767** or **www.brewster.ca**

Greyhound Canada – **1.800.661.8747** or **www.greyhound.ca**

### Bicycles

Second hand bikes available at bike shops and garage sales.

### Carpooling

Visit **www.carpool.ca** or check with your colleagues for carpool options.



Printed on recycled paper. December 2009.

Town of Banff Family and  
Community Support Services  
110 Bear Street  
Box 1260  
Banff, Alberta  
T1L 1A1  
T 403.762.1251  
F 403.762.1264  
[communityservices@banff.ca](mailto:communityservices@banff.ca)  
[www.banff.ca](http://www.banff.ca)



## **Remember: there's no harm in asking**

Other assistance and resources may be available. Always ask if there's a local discount, reductions for low income or bursaries.