



La Boca Loca



# Guide to WARD KARHIO

Edmonton, Alberta



Presented By  
Step Up Anti-Racist Association



Aspen Ridge Greenhouse



Nerdvana

# Guide to Ward Karhiio

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## KARHIIO

**Pronounced:** GAR-EE-HE-O

**Meaning:** *A tall, beautiful forest in the Mohawk language.*

**Fun Fact:** *Michel Karhiio was the Chief of the Michel band that was enfranchised in 1958.*

We recognize and acknowledge the privilege we have in conducting our work and initiatives on stolen land. We acknowledge that we are settlers on Amiskwaciwâskahikan (Edmonton), located on Treaty 6 territory, and that our presence here stems from historical injustices and ongoing displacement of Indigenous peoples, including their genocide. These are not issues confined to the past, the effects still persist today. We embrace our responsibility as settlers to address the effects of colonization, to honour this land and show respect and solidarity with Indigenous communities.

This guidebook is funded by gaining public votes as a part of Councillor Keren Tang's Community-Based Budgeting Project



# Guide to Ward Karhiio

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We, a youth-led nonprofit group called Step Up Anti-Racist Association, created this guide to make information about Ward Karhiio more accessible. By spreading knowledge, we hope to help our community support small businesses as well as access the available resources & facilities.



This guide is compiled through research, word-of-mouth, and community input and storytelling. Although this guide is not meant to be comprehensive, it offers a glimpse of the many hidden gems in this part of the city.

Note: We, as a group reached out to many businesses within the ward that were deemed to provide meaningful services to community members. However, we had to narrow down our list based on the interest shown by businesses in our project. We have featured some local businesses within the ward that have agreed to participate and provided approval for this project.

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# Small Businesses

Ward Karhiio is diverse in nature, bustling with small businesses catered for community members.

## La Boca Loca

3903 99 St NW




Their wall decor features local artists!



Established in December of 2018, this family-run business aims to bring the culture of Latin America to Edmonton. They prioritize multicultural food and their food represents various parts of latin America.

 @LaBocaLocaYEG

 @La Boca Loca



## Pho Marble

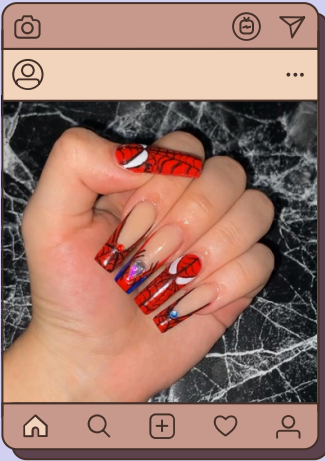
7615 38 Ave NW

Established during the COVID-19 pandemic, this family-run business offers our community authentic Vietnamese and Chinese food. Some of the popular foods available are Pho noodles and bubble tea.



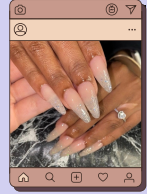
Their most popular dish is the columbian cheese empanada. We tasted and loved this dish, especially their special Pebre sauce!!





## Nails by Noz

 classynailsbynoz  
 N.eltafi111@gmail.com



“Local home based salon leaves you satisfied with your nails. With so many designs to get done, this home based salon will make sure you leave with what you want!!”

## Delights by Dalia

Sweets & Desserts

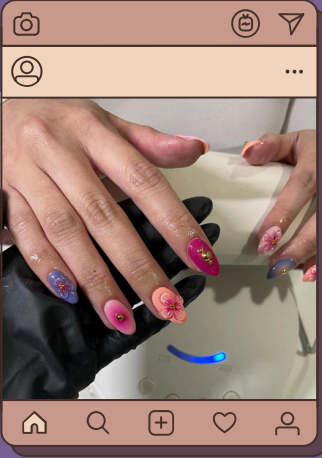
 cdelightsby\_dr



## Hamana Artistry

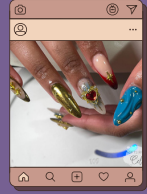
Makeup & Hair

 hamanasartistry



## Sets by Celine

 setsbyceline



“Single woman home based business offering acrylic nail enhancements, and gel manicures. With each set being customized and catered to individual needs, leave with nails you love always!”



## Mr. Handyman of SW Edmonton

Home Repair Services

 swedmonton.owner

@mrhandyman.com

 587-203-2038




## UCMAS Ellerslie

Mental Math Program

1803 91 St SW,

Edmonton, AB T6X 0W8

 780-604-9500

## Maple Leaf Carpet Cleaning



Cleaning Services

[mapleleafcarpetcleaning.ca](http://mapleleafcarpetcleaning.ca)

 780-906-5237

# BOUNTIFUL FARMER'S MARKET

3696 97 Street

Edmonton, AB T6E 5S8

(780)-818-3878

office@bountifulmarkets.com



## Going Nuts

Healthy Snacks

Bountiful Farmers Market introduces diverse local vendors to our community. This multicultural setting goes beyond just a place to shop to offering entertainment, a playground for children, and different events throughout the year.

**Note:** There may be changes to the vendors currently in the farmer's market, please check the website

<https://bountifulmarkets.com/vendors/> to find the latest vendor list



## FreeBAR

Allergy safe snack bars

These locally made, fresh snack bars demonstrate a unique quality of offering nourishing snack bars that are free of the top allergens such as nuts, dairy, egg, soy and gluten.

*We tasted them  
and they were  
delicious!*



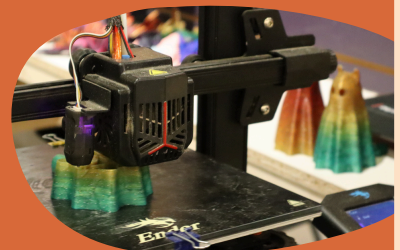
## Goddess Temple Spiritual Essentials

Handmade essential oils & more



## Dear Dog Treats

Locally sourced and preservative free dog treats



## Nervana

3D Printed Models



## Taste of Ethiopia

Restaurant

Established during the COVID-19 pandemic, this restaurant strived to promote culture through cuisine during a time when many dining areas were closed. This place offers authentic Ethiopian dishes, including options that are gluten free and vegan.

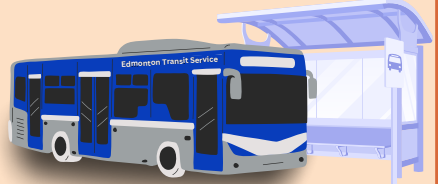


# Essential Resources

## Transportation

Where to get bus passes

SCAN ME



<https://shop.edmonton.ca>

Bus passes and Arc cards available in select convenience stores, all LRT stations, and Mill Woods Transit Center

## Food Bank



Scan or use the link to see how you can reach out for help with food & other essentials

SCAN ME

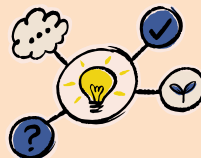


[www.edmontonsfoodbank.com](http://www.edmontonsfoodbank.com)

Other FREE services provided by the Food Bank (Beyond Food):

- Employment Prep  
(Job Interview Practice | Resumes | Job Fairs Transitional and Industry-Specific Career Training | Work Experience)
- Safety Training Prep
- English lessons
- Computer Training
- Janitorial Training
- Financial Literacy

Scan to check their monthly schedule for these services



SCAN ME






## Good Samaritan Mill Woods Centre

*The GSS provides quality accommodations, health, and community care services. They also help adults with developmental disabilities. The Good Samaritan Society is a faith based, non profit organization that operates in western Canada providing care for elderly individuals and adults.*

101 Youville Dr E Northwest,  
Edmonton, AB T6L 7A4

 780-413-3501


<https://gss.org/> 



## ABC Head Start

Children's Charity

Located in Millbourne Market Mall  
& Mill Woods Town Centre

[www.abcheadstart.org](http://www.abcheadstart.org) 

### Services provided:

- Programs for children with language and communication barriers
- Programs for children 2.5-5yrs old (free of cost for eligible families with limited income)
- Preschool programs with in-class learnings from September - June
- Support from specialists such as speech language pathologists, occupational therapists, teachers and more!

## Medicentre

Walk-in Clinic

### Services provided:

- Help you find a family doctor
- Immigration Medical services
- Virtual doctor appointments
- Referrals to specialists





## Millview Pet Hospital

*A friendly, caring  
veterinary hospital for  
small animals*



6418 28 Ave NW,  
Edmonton, AB T6L 6N3

 780-465-2022

 [millviewpethospital@outlook.com](mailto:millviewpethospital@outlook.com)

**Find a family physician - [albertafindadoctor.ca](http://albertafindadoctor.ca)**

**For health advice CALL 811**

**Kid's Helpline - 1-800-668-6868**

## Indo-Canadian Women's Association

9342 34 Ave NW, Edmonton Alberta, T6E5X8

 780-490-0477

[www.icwaedmonton.org](http://www.icwaedmonton.org)

### Services provided:


- Youth programs
- Citizenship classes
- Seniors English Lessons
- Workshops for New Immigrants.

Some topics include Canadian weather,  
Alberta Health Care card, Tax systems  
and more!



# Mill Woods Care Closet

8704 Millwoods Road NW,  
Edmonton, AB T6K 3J3

 1-587-566-4116

 carecloset1@calvarycommunity.ca



## Services provided:

- Food hampers and support services are available for those facing food insecurity (Halal food options are available)
- Clothing and household items

Scan to request an appointment for assistance: →




# Alberta Council of Women's Shelter



*"Working to bring an end to gender-based violence"*

Use the website or phone number to contact shelter homes near you



 1-866-331-3933



<https://acws.ca/> 

# Parks

Ward Karhiio offers many public parks and spaces that are perfect for picnics, trailing along the paths, or even sledding during the winters



## Mill Woods Spray Park

66 St NW & 23 Ave NW

## Summerside Community

### League Park

1505 70 St SW



## Walker Park

1518 60 St SW

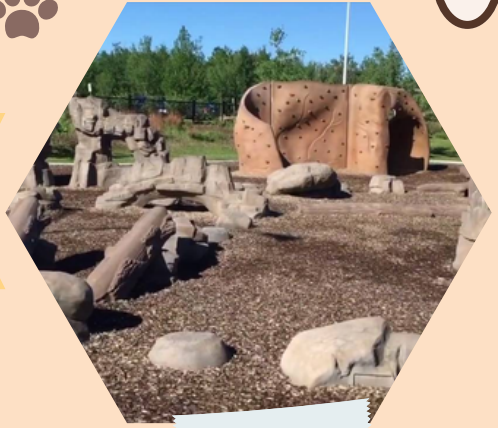




## Jackie Parker Park

4450 50 St NW

Also has a Dog Park!



**Did  
you  
KNOW?**

You can go on  
The City's website  
[www.edmonton.ca](http://www.edmonton.ca)  
to find off-leash areas all  
around the city. You can  
also sign up for information  
about Off-leash areas  
and dog ownership in the  
City of Edmonton.

## Other Parks include...

Charlesworth Park | 59 St & 3 Ave SW

Meyonohk Park | 1840 Lakewood Rd S NW

Richfield Park | 7910 36 Ave NW

Sakaw Playground | 5820 11A Ave NW

Michael's Park | 980 Millbourne Rd E NW

Father Ivor Daniel Park | 75 St & 18 Ave NW

Greenview Park | 5804 38 Ave NW

Hillview Park | 3520 56 St NW

# Places of Worship

Ward Karhiio has a rich diversity of religion and we have featured a few of the many places people gather. We acknowledge that there are more places of worship of different faiths, we have only represented a few places in our ward. However, there are more places that can be found in different parts of the city.

## Hindu Temples



### BAPS Swaminarayan Sanstha

3223 Parsons Rd NW, Edmonton, AB T6N 1B4



Open all days from 8am - 12pm  
& 4pm - 8pm

[baps.org/Global-Network/North-America/Edmonton.aspx](https://baps.org/Global-Network/North-America/Edmonton.aspx)



### Hindu Temple

9507 39 Ave NW, Edmonton, AB T6E 5T3



Monday - Friday: 7am - 1pm & 4pm - 8pm  
Saturday: 7am - 2pm & 4pm - 8pm  
Sunday: 7am - 7pm

(780)-468-2106

[edmontonmandir.com](https://edmontonmandir.com)



## Gurdwara

### Gurdwara Darbar Sri Guru Granth Sahib Ji

9169 25 Ave NW, Edmonton, AB T6N 0A5



Open all days from 4:30 - 9pm



(587)-498-0722

### Gurdwara Dukh Nivaran Sahib

6611 4 Ave SW, Edmonton, AB T6X 1A3



Monday - Thursday: 5am - 9pm  
Friday - Sunday: 4am - 8pm



(780)-244-3111

[darbarsrigurugranthsahibji.com](https://darbarsrigurugranthsahibji.com)



# Churches

## St. Theresa's Parish

7508 29 Ave NW, Edmonton, AB T6K 3Y8



Saturday at 9am & 5:30pm. Sundays at  
8:30 am, 10:30 am, 12:30 pm, 6:00 pm

Masses are there Monday-Friday  
(check the website for timings)

780-463-8646

[sttheresa.caedm.ca](http://sttheresa.caedm.ca)



They also provide an online  
service!



## Hope City Church

2225 66 Street NW,  
Edmonton, AB T6K 4E6



Thursdays at 7pm. Sundays at  
8:45am, 10:15am & 11:45am

780-462-1515

[hopecity.ca](http://hopecity.ca)

# Mosques

## Markaz Ul Islam

7907 36 Ave NW,  
Edmonton, AB T6K 3S6



Da'wa program can be  
found on website below

(780) 450-6170

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



## Jamia Riyadhul Jannah Edmonton

6650 4 Ave SW,  
Edmonton, AB T6X 1A3



Prayer timetable available on  
website below

(780) 908-2737

[jrjedmonton.org](http://jrjedmonton.org)




# Buddist Temples

\*The following temples are not within the ward but they are located very close

## Vietnamese Buddhist Congregation


3104 48 St NW,  
Edmonton, AB T6L 5Z3

 (780) 461-7931



## Karma Tashi Ling

10502 70 Ave NW,  
Edmonton, AB T6H 2E9


 (780) 633-6157

[karmatashiling.ca](http://karmatashiling.ca) 

# Spiritual Centres

## Edmonton Meditation Circle of Self-Realization Fellowship

3203 97 St NW 2nd Floor,  
Edmonton, AB T6N 1B7


 Saturday: 8:45am - 12pm  
Sunday: 9:45am - 12pm


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



## Divine Order Healing Center

#228 4128 A 97 St NW,  
Edmonton, AB T6E 5Y6

 Monday -Friday:  
10:30am - 5pm

 (780) 722-0293


[divineorderhealingcentre.com](http://divineorderhealingcentre.com) 


Unfortunately there are no synagogues in or near the ward, they are only located in North Edmonton.


# Sports & Recreation


## Legend for available services

Ice Rink: 


Fitness Center: 

Swimming pool: 

Gymnasium: 

Paid services only: 

Paid and free services: 

Free services only: 



## The Mill Woods Community Recreation Centre

7207 28 Ave NW,  
Edmonton, AB T6K 3Z3

 780-442-5311



## Edmonton Public Library – Mill Woods & Mill Woods Seniors Center

The library is a great place for book lovers and community members to participate in various events



The seniors program encourages older adults to participate in recreational and social activities



2610 Hewes Way NW,  
Edmonton, AB T6L 0A9

 780-496-2997



# Kyokushin Edmonton Karate Club

260 Lakewood Rd E NW,  
Edmonton, AB T6K 4C2

 780-975-8796



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## South Edmonton Sejong Multicultural

2503 Ellwood Dr SW,  
Edmonton, AB T6X 0P7

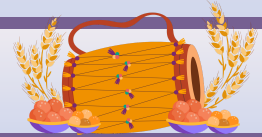


## My Gym Children's Fitness Centre

232 91 St SW  
Edmonton, AB T6X 1W8



## Local Bhangra Team



Bhangra, the vibrant and rhythmic dance originating from the Punjab, a region in India, has found a spirited home in Edmonton.

From community events to university campuses, Bhangra performances are a common sight in Edmonton. Talented dancers come together to celebrate their heritage through dynamic routines that blend traditional moves with a modern twist.

*"The support that we receive from the community of Ward Karhiio would most definitely be the most significant contribution that allows me to grow as a dancer. Seeing so many people support what I do makes me want to put more effort and focus into improving and professionalizing my dance. Living in Ward Karhiio has influenced my approach to dance in many ways. There are always events going on that further promote diversity and multiculturalism within the boundaries of the Ward. These events often allow us to showcase our skills and allow others to learn more about our specific dance style."*

*-Dance team member*



How many  
can you find?

Animal  
Word  
Search

Answers on page 22!

17 HIDDEN ANIMALS!

A	M	R	O	W	N	Y	Z	Y	L
L	W	D	J	H	T	O	L	S	T
T	Z	Q	W	O	L	F	C	N	R
O	T	U	O	R	I	K	A	T	A
L	W	O	R	S	W	H	M	E	T
O	Z	K	H	E	P	T	E	K	A
X	Q	K	B	E	A	R	L	A	C
A	R	A	L	P	N	O	M	N	T
A	P	E	E	F	B	X	Y	S	W



# CROSSWORD



Reflect on all you learned from  
Guide to Ward Karhiio!

## Across

- name of the farmers market featured in the book
- name of the community hospital in our ward
- type of karate taught in the club featured in our book
- dog park in our neighbourhood
- name of the allergy safe snack in our book
- number of places of worship we featured in the book.
- \_\_\_\_\_ Care Closet provides food, clothing, household items and more
- name of our ward

## Down

- name of the latin-american restaurant featured
- where you can find a family doctor
- we created this guide to make information about Ward Karhiio more \_\_\_\_\_.
- how deaf, hard of hearing or speech-impaired can contact 9-1-1
- largest animal from the animal word search
- the service provided by the two at home businesses featured in the book

\* Answers on page 22



# Emergency Resources

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Life-threatening emergencies:

CALL 9-1-1



Deaf, hard of hearing or speech-impaired can also

TEXT 9-1-1



## Grey Nuns Community Hospital

1100 Youville Drive Wes NWt,  
Edmonton, AB T6L 5X8

780-735-7000

## Police Station

104 Youville Drive East NW,  
Edmonton, AB T6L 7H6

780-426-8200 (General Inquiries)

780-423-4567 (Non-emergency line)



## Fire Station



**Did you know?**

You can call the Fire Station Tour Coordinator (780-496-3785) to book a tour at the Fire Station. You can bring kids, family, friends and more (maximum of 25 people)!

**Roper Station #9**

5604 50 Street NW

Edmonton, AB T6B 2Z8

**Mill Woods Station #16**

2904 66 Street NW

Edmonton, AB T6K 3J1

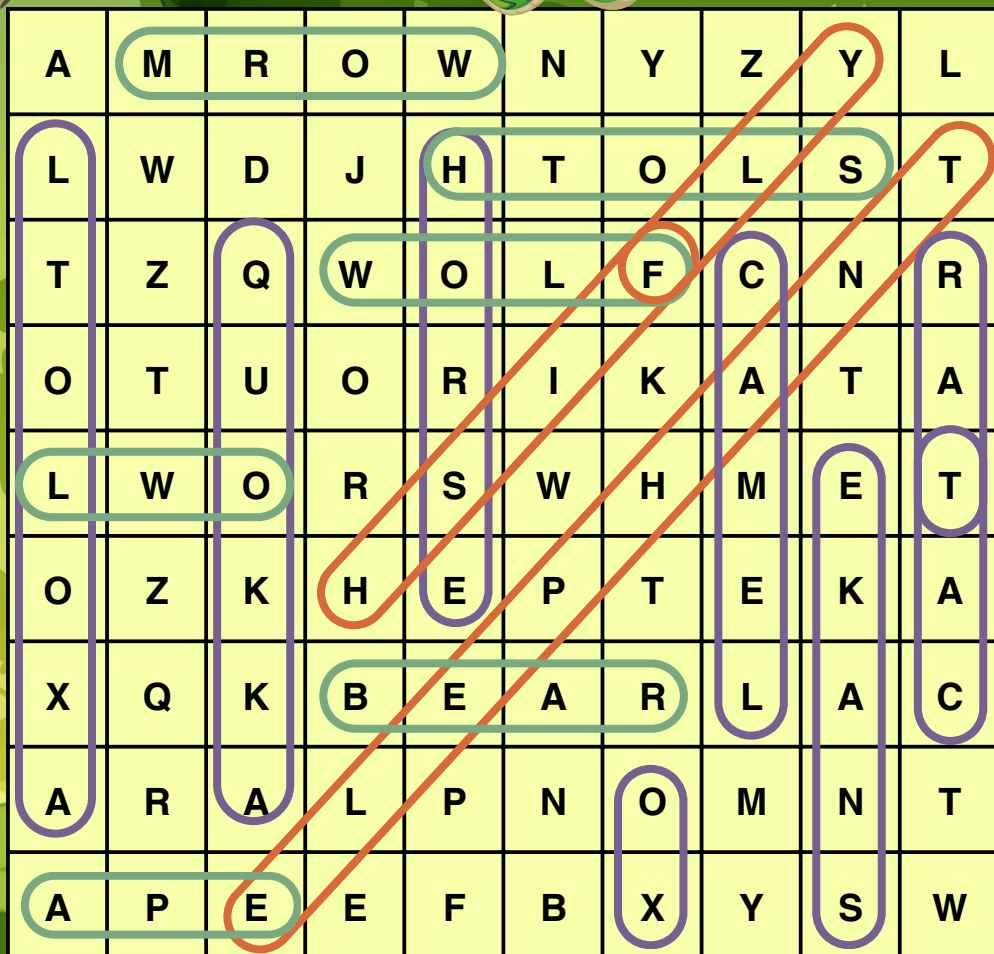
**Ellerslie Station #27**

1203 Ellwood Street SW

Edmonton, AB T6X 0B3

# Animal Word Search

## Which is your favourite animal?



### Crossword Puzzle Answers

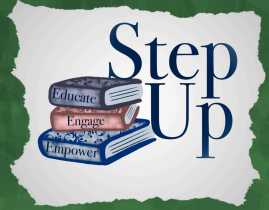
#### Across

- bountiful
- greynuns
- kyokushin
- jackieparkerpark
- freebar
- eight
- millwoods
- karhio

#### Down

- labocaloca
- medicentre
- accessible
- text
- elephant
- nailart

# About Us




Step Up Anti-Racist Association is a youth-led organization aimed to take action against racial injustices within our community. We do this through initiatives that **educate**, **engage** and **empower**.



## CONTACT US

 @Stepup\_YEG

 stepupyeg@gmail.com



Printed July 2024