# How to Navigate the Pride Centre of Edmonton A Step-by-Step Guide



We understand that coming to a new place for the first time can be overwhelming! This guide is aimed to help alleviate some stress and answer any questions you may have on what to expect.

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## **Before Entering the Pride Center**

Review the Centre's <u>Sharing Space Code of Conduct</u>. The Pride Centre requires all community members to work together and create a non-judgemental, welcoming, safe space!



#### Sharing Space at The Pride Centre of Edmonton Code of Conduct

- We respect other people's privacy. No one but ourselves has the right to disclose when what, or why we are at PCE.
- When we introduce ourselves, we offer our name and pronouns (if we feel comfortable) and invite others to do the same. If others do not wish to share their name and/or pronouns, we accept that and move on.
- We are the experts of our own lives, experiences, struggles, and achievements. No one knows us better than we know ourselves. Please use I statements.
- Our identities, expressions, and experiences are not debatable, and they are not jokes.
- Sometimes, we hurt each other, and there are many ways that can look and feel. When we hurt someone, we apologize and work hard not to do it again. We are kind to ourselves when we acknowledge we have hurt someone else.
- We care for one another and do not threaten, harass, or act violently toward each other.
- We keep this a safe space for everyone by not consuming, distributing or selling illegal substances, but we work to reduce harm for those substances.
- We encourage curiosity and learning about and from each other with respect and consent. To the best of our ability, without harming others, we meet people where they are at.
- We offer content/trigger warnings before sharing about things like violence, abuse, suicide, self-harm, assault, death/dying, etc.
- We do not touch people or enter another's personal space without asking for their consent.
- We avoid making comments about other people's bodies.

#### **How to Get to the Pride Centre of Edmonton**

# Pride Centre of Edmonton 2nd Floor, 10610 105 Avenue NW, Edmonton, AB, T5H 0L2 ⊲Γ¹b⋅Γ⁺ ⊲˙⋅¹b"∆b³ (Amiskwaciwâskahikan) Treaty 6 Territory

We respectfully acknowledge that we live and work on Treaty 6 territory, a traditional gathering place for diverse Indigenous peoples including the Cree, Blackfoot, Métis, Nakota Sioux, Iroquois, Dene, Ojibway/ Saulteaux/Anishinaabe, Inuit, and many others whose histories, languages, and cultures continue to influence our vibrant community.

- Use Google Maps and look up the Pride Centre of Edmonton to view photos of the inside of the center if you would like to know what it looks like before arriving
- Google Maps Pride Center Address

# **Driving**

Input the address into Google Maps, Apple Maps, or your preferred driving app. This address will take you right to the center

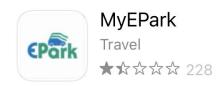
## **Parking**

Parking is very limited around the centre, and can be difficult to find during school hours. Not to worry, there are still options. Free parking is available in the lot right at the centre. Be sure to register your vehicle at the front desk when you arrive or you will risk being ticketed.

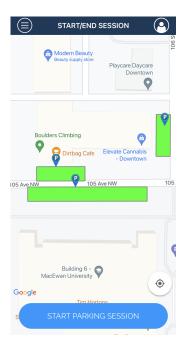
\*\*Some spaces are unmarked, and others are reserved for neighbouring businesses, please make sure to park in unmarked spaces or Pride Center designated ones\*\*



There is additional City of Edmonton paid parking on the street- make sure to use the EPark App to register your vehicle with the City of Edmonton





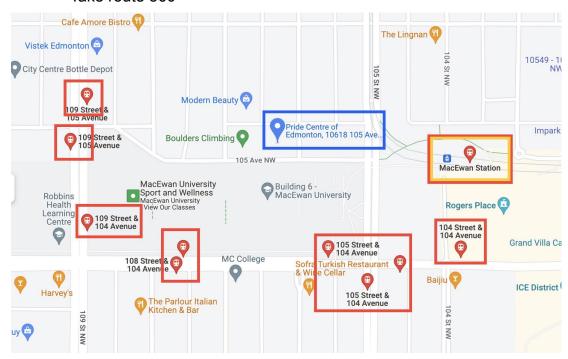


- Use the parking app to find the zone you are in, then start session for that zone

## **Public Transportation**

The Pride Centre is accessible by ETS (LRT and bus)

- Use Google Maps or the ETS Trip Planner to plan your route
- Strathcona County Transit Schedule and Routes
  - Take route 401 (Ordze terminal) or 411 (Bethel Terminal)
- St. Albert Transit Schedule and Routes
  - Take route 201 or 208 (Express bus)
- Spruce Grove Commuter Transit to Edmonton
  - Take route 560



#### In the winter:

- Roads and sidewalks may not necessarily be shoveled. Please wear adequate footwear or plan an alternate route.
- The walk outside may be cold- feel free to walk through MacEwan University's buildings for a warmer trip!
  - MacEwan Building Hours are:

Monday – Friday: 6 a.m. – 11 p.m.

Saturday/Sunday: 7:30 a.m. – 8 p.m.

Closed on statutory holidays.

A sample route is shown below:

- Use the second floor of MacEwan for pedway connections and first floor for entrances/exits
- Stairs are located at each end of the buildings. A spiral staircase is located in the centre of Building 7.

If bus fare is a barrier for you, the Pride Centre offers free ETS tickets to those who need them. They also have taxi vouchers available for 2SLGBTQIA+ seniors. Please email hello@pridecentreofedmonton.ca or phone 780-488-3234 for more information.

# Biking/Skateboarding/Rollerblading

There are bike lanes located along 105th ave right in front of the Pride Center (outlined in red). Bike racks are located in the parking lot (outlines in yellow). Ramps are marked with a blue X.

- Please bring in your skateboard or roller skates and it can be stored inside the center
- Bike Map and Routes Edmonton



# **Accessibility**

The Pride Center is located on the second floor.

#### **Stairs**

Once you have entered the main door, there will be a shelf of community resources and pamphlets to your right. Please wipe your shoes, especially in the winter! Walk straight and up the stairs directly at the end of the hall to enter the Pride Centre.

#### Ramp and Elevator

There is a ramp to get to the building and an elevator to get to the second floor. There is also a fully accessible washroom located inside the Center

- There is a ramp getting from the sidewalk to the walkway around the building on the west side of the parking lot. Another ramp is located in the center of the parking lot.
- The east side of the sidewalk is not accessible due to stairs, please use the central or west ramp instead.
- The door is not automatic and is a pull door. It swings outwards onto the sidewalk. Please call the Pride Center at (780) 488-3234 and one of the staff members would be more than happy to assist you
  - \*\* Central located ramp may not be accessible due to snow in the parking lot\*\*



# Working the elevator

1. Once inside the building, the elevator is located on the right wall. To get the cart at the ground level, hold the blue button until it has reached the bottom.



- 2. The door will then unlock- open it and you will be able to get inside the cart
- 3. Shut door and hold the button for the second floor until cart is level with the second floor



- 4. Once level with the second floor, and all the way up, the door will be unlocked.
- 5. Push door open and exit elevator
- 6. Turn to the right: you will enter the Centre and see the front desk

<sup>\*\*</sup>If you require assistance or the elevator is giving you trouble please do not hesitate to call the Pride Center at (780) 488-3234\*\*

#### **Service Animals**

The Pride Center is a service animal friendly facility. Please contact the centre by email (<a href="https://newsearch.news.or/newsearch.news.news.or/newsearch.news.or/newsearch.news.or/newsearch.news.or/newsearch.news.or/newsearch.news.or/newsearch.news.or/newsearch.news.or/newsearch.

#### **Lighting**

The Pride Centre is generally well-lit with overhead lighting. The main area around the front desk is always well-lit. However, some areas have adjustable lighting and window blinds to accommodate to different comfort levels

#### Social Stop Light System

Located at the very front, a dish contains small circle stickers: red, yellow, and green. This helps folks know your comfort level of socializing that day. The stickers can be placed on your name tag, pronoun pin, or just your shirt!



# <u>Seating</u>

There is an arrangement of seating throughout the Centre to meet everyone's needs. This includes standard seating (fold out chairs, leather arm chairs, plush leather couches) and alternative seating (a hammock, hammock swing). In addition, there are cushions for those that prefer to sit on the floor

#### Scents and Perfumes

The Pride Centre is generally a scent-sensitive environment. All soaps, dishwashing liquid, and disinfectants are made from natural ingredients and have natural scents.

#### **Music**

Music will be playing during open hours through a wireless speaker. There is also a noise-cancelling machine by the counsellor's office. Depending on the location of the speakers and the ongoing events, some areas of the Centre will be louder than others.

#### Fidget Toys

Fidget toys, pillows, and plush animals are located throughout the Centre. Everyone is welcome to grab a sensory toy or plush and keep it with them for the duration of their visit!

# What to expect at the Pride Centre

#### First time visitors

Once you have arrived at the Pride Center and have gone up the stairs, a staff member will be there to greet you at the front desk. Please sign in on the iPad.

- Introduce yourself, make a name tag, and pick a pronoun pin if you are comfortable doing so.
- If you would like, you can inform a staff member that it is your first time at the center and we will be more than happy to give you a welcome tour to get familiar with the center.







Front Door Entry Hall Front Entry





Help Desk Main Space







Community Kitchen

#### What to Bring

You are more than welcome to bring a backpack or bag with you. There is plenty of space to tuck your belongings into a corner or keep them with you.

#### **Amenities**

#### Kitchen/Food/Drink

Community Kitchen

- Access to a fridge, freezer, stove, microwave, sink, dishwasher, dishes, cutlery, and community pantry
- Located in the back corner of the Center. Anyone is free to use the kitchen as they please.

#### **Drink Station**

- Near the front of the center there is a drink station that includes mugs and cups. As well there is hot chocolate, milk, instant coffee, coffee creamer, tea bags (flavours are based on supply), spoons, and pre-made juice (flavour changes based on supply) for any member to help themselves to.

A water cooler, instant hot water tap, and kettle are also available.

- Please place your used dishes in the black bin under the drink station table or in the kitchen sink when finished

While the Centre does have a kitchen and drink station, you are welcome to bring in your own beverage, water bottle, mug, or cup to use/drink while there.

#### Washrooms

The Pride Center has three gender neutral washrooms, one being fully accessible.

- Each washroom is stocked with period products
- The accessible washroom has a baby change table



If there are any areas that have been missed or you have further questions and need clarification, please do not hesitate to contact the pride center by email (<a href="mailto:hello@pridecentreofedmonton.ca">hello@pridecentreofedmonton.ca</a>) or phone (780-488-3234)

