



Institute for Stuttering Treatment and Research

An Institute of the Faculty of Rehabilitation Medicine, University of Alberta

Welcome to ISTAR!

Since 1986, ISTAR has been helping children, teens and adults who struggle with stuttering to speak clearly and with confidence. With offices in both Edmonton and Calgary, ISTAR is the only institute of its kind in North America. The information contained in this package will help answer some of your questions and introduce you to our programs. We look forward to working with you!

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Main Office
 Suite 1500, College Plaza
 8215 – 112 Street
 Edmonton, Alberta
 Canada T6G 2C8
 Phone: (780) 492-2619
 Fax: (780) 492-8457

Calgary Satellite Office
 #401 Hillhurst Building
 301 – 14 Street NW
 Calgary, Alberta
 Canada T2N 2A1
 Phone: (403) 201-7285
 Fax: (403) 201-6754

istar@ualberta.ca
 www.istar.ualberta.ca

ISTAR operates as a self-supporting, non-profit organization. Our charitable number is BN 10810 2831 RR0001

ISTAR Application Process

1. Complete the application form and mail, fax or email it to ISTAR Edmonton. The application form contains the contact information.
 2. An ISTAR speech-language pathologist will call you to schedule an assessment appointment.
 3. At the end of the assessment appointment you will discuss therapy recommendations and options with your clinician.
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Frequently Asked Questions

Is it possible for my child to recover without treatment?

It depends. Some children between the ages of 2-5 may have a normal dysfluency and may stop stuttering on their own. Unfortunately, we cannot predict which children will outgrow it and which will not. Stuttering tends to increase in complexity and severity over time. Early intervention is important – we encourage you to contact ISTAR if your child is stuttering regardless of age.

How long do I have to go for speech therapy?

The answer is complex and can only be answered with a speech assessment. Some factors that affect the length of a speech therapy program include age of individual, severity of stutter, readiness for treatment and family support.

Is there funding available to help offset the cost of the assessment or therapy?

There are several options for funding depending on the individual's age, their province of residence, and the level of financial need. See page 6 for funding options that we are aware of.

Can I apply for funding before the assessment to see if I am eligible?

Most funding agencies require an assessment to be completed before they will review an application for funding. If you are applying for financial assistance, advise your clinician and she will prepare a letter based on the findings of the speech assessment to attach to your application.

Does my work insurance plan cover speech therapy?

Many insurance plans cover a portion of therapy fees. As insurance plans vary in coverage, check with your plan administrator to determine the type and extent of coverage. Fees are paid to ISTAR and then you apply for reimbursement from your insurance company. We provide a detailed statement to attach to your payment receipt.

Do I need a doctor's referral?

A referral is not required, you can contact ISTAR directly. If you want to claim speech therapy fees as a tax deduction for medical expenses, a letter from your family doctor is needed to attach to your taxes.

How can I help my child who stutters?

Your child's speech-language pathologist will have specific suggestions for you. It may be helpful to:

- reduce competition for speaking time and encourage turn taking
- slow your own speaking rate
- maintain eye contact and be a good listener when your child is speaking

What if I can't come to ISTAR for an assessment?

An in-clinic assessment is preferable because it provides the most information. When this is not possible, it may be possible to arrange a long distance assessment. Individuals not residing in Alberta should speak with ISTAR about your specific needs as there are several provinces that have regulatory restrictions.

Can I schedule an appointment and then complete the application form?

Your assessment appointment will be booked after we have received a completed application form.

Can I get speech therapy without an assessment?

An assessment is a critical part of the therapy process, as it helps us determine the type of therapy that would best suit your needs. We base therapy recommendations and treatment plans on our observations and findings.

Is there a waiting list?

You can typically expect to schedule an assessment appointment within two months of receipt of the completed application form. Speech therapy is then scheduled to fit around your schedule and that of the clinician's. During peak periods, there may be a longer waiting time depending upon existing client load.

Do I send my application form to Calgary or Edmonton?

Application forms are sent to the Edmonton office; we will then determine what office will take the application.

Can I speak with a speech-language pathologist (SLP)?

Certainly! There are SLPs at both the Edmonton and Calgary offices. Contact the Edmonton office and we will arrange for someone to return your call and discuss your specific questions and concerns.

Fee Schedule – Effective September 1, 2017

Assessment

ISTAR all ages	\$300
CIP	range from \$185 to \$320 depending on need
Review	\$132 per hour
Consultation or report preparation for parents or other professionals	\$132 per report, plus \$132 per hour after the first hour
Long distance evaluation (includes processing and analyzing tapes, forms, reports and phone interview when in-person assessment is not possible)	\$300
Out-of-province application review where a long distance evaluation is not possible (several provinces and states have regulatory restrictions)	\$132 for all ages
*Assessment time beyond that indicated above	\$132 per hour

Treatment

Individual sessions	\$132 per hour
Small group sessions	\$100 per hour per client
Monitoring calls	\$132 per hour
Consultation or report preparation for parents or other professionals	\$132 per report, plus \$132 per hour after the first hour
Intensive Clinic	
Adult/Teen (12+), 3 weeks	\$4,750.00*
Children (7 - 11), 3 weeks	\$3,425.00**

* *Adult/teen clinics include 90 hours of direct therapy plus two family meetings, manual and handouts, final treatment report and a small maintenance credit.*

** *Child clinics include 18 hours of individual therapy, 16 hours of group therapy, plus a series of family meetings, a teasing and bullying workshop, workbooks and handouts, and final treatment report. In this specific program, the first 2 weeks of individual therapy may be done any time during the year in Edmonton or Calgary.*

Maintenance Therapy

Maintenance is a critical part of therapy. Patients who complete an intensive clinic (or the equivalent amount of extended therapy) and pay the full fee are also given a small maintenance credit to be used within two years. Individual maintenance therapy is also available, billed at the current hourly rate.

Speech Therapy as a Tax Deduction

Private speech therapy is tax deductible as a medical expense. A medical referral is needed. Keep your invoices and receipts as evidence of payment. Consult your tax adviser.

Disability Tax Credit (DTC) for People who Stutter

In certain circumstances, the Canada Customs and Revenue Agency, recognizes stuttering as a disability entitling people to apply for a tax credit of \$7,196 (2010). Individuals wanting to apply are charged a fee from ISTAR to complete the form (billed at the hourly rate). Information and the T2201 form can be downloaded from their website: <http://www.cra-arc.gc.ca/E/pbg/tf/t2201/README.html> - Revenue Canada Form T2201.

Policy on Fee Payment and Deposits

ISTAR relies on clinic fees and donations to cover provision of treatment services. ISTAR accepts cheques (on approval), money order, debit, Visa, American Express, and MasterCard for fee payments. Wire transfers are available for international clients.

ISTAR is a not-for-profit institute in the Faculty of Rehabilitation Medicine at the University of Alberta. With the support of community partnerships, we strive to provide the best possible speech and language therapy to people of all ages. We are not government funded. Our fees are set at a level that allows us to recover our costs and provide accessible and quality treatment. As such, we charge an hourly rate for speech and language services. These services include: face to face time with your speech-language pathologist, preparation and analysis of your case, report and IPP writing, caregiver training, team meetings, phone/email discussions with other professionals, and travel (including kilometers).

At ISTAR, our clients are our number one priority. As a result of our widely recognized excellence in speech-language pathology, appointments at ISTAR/CIP are in very high demand. If you cannot attend your appointment, please cancel it as soon as possible so that we can offer your session time to another client waiting for services. In order to book another client, we require a minimum of 2 business days notice prior to your scheduled appointment time. You can contact us by email at istar@ualberta.ca or by phone [780-492-2619](tel:780-492-2619) (Edmonton) and [403-201-7285](tel:403-201-7285) (Calgary).

Not cancelling your appointment or cancelling your appointment without sufficient notice prevents us from helping others who are waiting for our services. Missed appointments or late cancellations will be charged at 50% of the appointment fee.

Please note that missed appointment and late cancellation fees are your responsibility. Third party funders (e.g., private insurance, ICAP Fund, Bergeron Fund, or Elks and Royal Purple Fund for Children) will not cover missed appointments or late cancellation fees.

Individual Intensive or Group Intensive Programs

Deposit: \$500 to reserve a place in an intensive clinic or individual intensive program.
The deposit will be deducted from the treatment fee.

Payment: Due one month before the first day of therapy.

Cancellation: Six weeks before therapy begins: deposit refunded.
Less than six weeks before therapy begins: deposit is forfeited, plus 25% of the full clinic fee is billed. *Third party funders are not responsible for the cancellation fee; the cancellation fee is payable by the individual.*

Late or missed sessions during an intensive:

Intensive and group programs are designed to build fluency skills within a set schedule. If you are late for or miss sessions, this will adversely affect your progress and alternate times may not be available. Please notify your clinician as soon as possible if you will be late or miss a session. This notice will allow us to make the necessary adjustments to your therapy program. Therapy sessions may be discontinued and alternative arrangements made for your treatment should your clinician deem this necessary. Session fees may still apply due to the significant time that has been reserved for you.

Upcoming group clinics, in Edmonton unless otherwise indicated (2018 clinic dates to be announced)

January 16-27, 2017 (Adult – 2 weeks plus 10 hours prior to intensive)

March 28-31, 2017 (Children aged 7-13)

June 5-23, 2017 (Adult 3 week)

July 3-21, 2017 (Teen 3 week)

July 17-20, 2017 (Children aged 7-13 in CALGARY)

August 15-18, 2017 (Children aged 7-13)

Individual or Small Group Sessions

Payment: On day of service.

Cancellation: 2 business days in advance: no charge
Less than 2 business days advance notice: client billed 50% of fee. *Third party funders are not responsible for the cancellation fee; the cancellation fee is payable by the individual.*

Notes: The above cancellation policies will not apply where medical reasons, emergency or accident make attendance impossible. If this is the case, please telephone us as soon as possible. Charges for missed appointments often cannot be submitted for health insurance reimbursement or to third-party funders.

Opportunities for Financial Support

Fees for speech therapy at ISTAR are not covered by Alberta Health Care. However, other financial opportunities may be available as listed below.

Private Group Insurance

Many insurance plans cover portions of speech therapy fees. Check with your plan administrator to determine the type and amount of coverage you have. **NOTE: Fees are paid to ISTAR and then you apply for reimbursement from your insurance company.**

The Elks and Royal Purple Fund for Children

The Elks and Royal Purple Fund for Children may provide financial assistance for children under 19 with limited financial resources. Applications for funding will be accepted by this organization after the speech assessment is completed. Contact ISTAR or your local Elks or Royal Purple Lodge for more details.

Government

Social Services has covered fees for some low-income families. Contact your regional office of Social Services if you think you may qualify. Family Support for Children with Disabilities has helped some Alberta children with costs associated with fees, travel, meals and lodging. Health and Welfare Canada may pay for First Nations Children of pre-school age. Alberta Human Resources and Employment / Disability Related Employment Supports Program may fund adults who are having difficulty finding employment.

Funding for Students with Disabilities

Students at post-secondary institutions may be eligible for special funding for speech therapy. Please check with your institution's office for Students with Disabilities.

British Columbia Government

The Provincial Voice Care Resource Program (PVCRRP) administers a program supporting intensive treatment for British Columbian adults (age 19 and older) who stutter. This program was initiated in 1995 by the British Columbia Ministry of Health, and is in memoriam to the late Fred Gingell, former MLA, Delta-South. The program commences in April and will reimburse up to 12 participants annually for tuition expenses incurred to attend an approved intensive stuttering treatment program, upon successful completion of the program.

Contact Dr. Linda Rammage at 604-875-4204 <http://pvcrrp.com/>

More details at http://pvcrrp.com/stuttering_treatment_financial_assistance_program.php

British Columbia Association of People Who Stutter (BCAPS)

BCAPS is a self-help group that may offer funding for BC adults (19+) attending stuttering treatment at ISTAR. Please call 604-469-1282 for the chapter nearest you.

The ICAP Fund (ISTAR Client Assistance Program)

The ICAP Fund may cover up to 90% of therapy, depending on the financial need of the client. This fund does not cover travel or accommodations. Application forms can be obtained by contacting ISTAR. **Note that the ICAP Fund can only be used when all other avenues of funding have been exhausted.**

Other Sources

Clients have had their employer, school or school board (under Early Childhood Services funding) pay part or all of the fees. Some clients have applied successfully to local service clubs such as the Lions, ACT and Rotary Clubs. Financing is available through Medicaid; they offer monthly payments, no down payment and quick turnaround (call ISTAR for details).

ISTAR Staff

Anwar Haq, MSc, PhD, MBA

Executive Director

Dr. Haq brings over fifteen years of experience within higher education and healthcare setting that has involved research, research facilitation, HR, financial, operational, and strategic planning and management, and practice on the design, implementation and evaluation of innovation policies.

Currently, Dr. Haq is an Executive member of the Canadian College for Healthcare Leaders (CCHL– SAC), member of the Canadian Association for Management Consultants (CAMC), and National Business Innovation Association, USA (NBIA). Through NBIA, he has also completed his certification in Incubator Management. Dr. Haq is an active community volunteer for science outreach, community engagement-focused organizations, Not-for-profit fund raising and social marketing. Currently he is also an elected Senator at the University of Calgary Senate where he had served on various committees.

In his own words, he has a deep passion for the opportunities and innovative policies that impact the social well-being and health of Canadians. Stuttering and communications have a special place in his heart as one of his sons is a special needs child with speech impediments.

Holly Lomheim, MSLP

Clinical Director and Speech-Language Pathologist

Holly Lomheim joined the Institute for Stuttering Treatment and Research in 1994 and has worked in the roles of clinician, Adult Clinic and Training Coordinator, Clinical Director and Acting Executive Director.

Her clinical interests include: providing effective adult and teen stuttering therapy, training Speech-Language Pathology students and clinicians in fluency treatment programs, delivering accent reduction treatment and running effective communication workshops. She has presented to students and fellow Speech-Language Pathologists at several conferences and workshops including: the American Speech and Hearing Association, the Canadian Stuttering Association Conference, the Oxford Dysfluency Conference and the International Fluency Association Conference. She has also participated in several research studies and has had her work published in Speech –Language Pathology journals and text books.

In 2008, she received the award for Clinical Excellence presented by the Alberta Rehabilitation Coordinating Council. She is trained in the Comprehensive Stuttering Program, the Lidcombe Stuttering Treatment, Parent Child Interaction Therapy, Solution Focused Brief Therapy and with the Speech Easy ® device.

Elizabeth Haynes, MA; Shea Thompsen, MS-SLP;

Jessica Harasym O’Byrne, MSLP; Jacqueline Quittenbaum, MHSc; Kate Farr, Msc.SLP, Heidi Williston, MSc.R.SLP

Speech-Language Pathologists

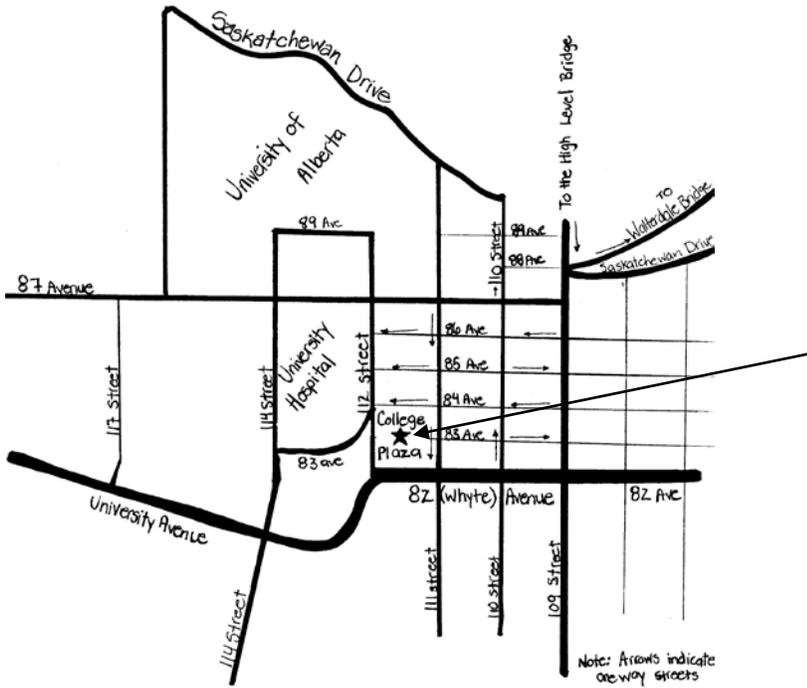
With over 55 years of collective experience, Elizabeth, Shea, Jessica, Jacqueline, Heidi and Kate have special expertise in the treatment of stuttering and bring a committed, personal approach to their work. All have attained a Master’s degree in Speech-Language Pathology and completed extensive training in the Comprehensive Stuttering Program as well as other treatment approaches such as Lidcombe, Camperdown and The Hanen Program. All are committed to keeping abreast of the latest research and techniques in their field, and demonstrate a profound concern for their clients’ well being and a determination to offer the best possible therapy available.

Note: Elizabeth works in the Calgary office.

Marlo DeVouge, Administrative Assistant

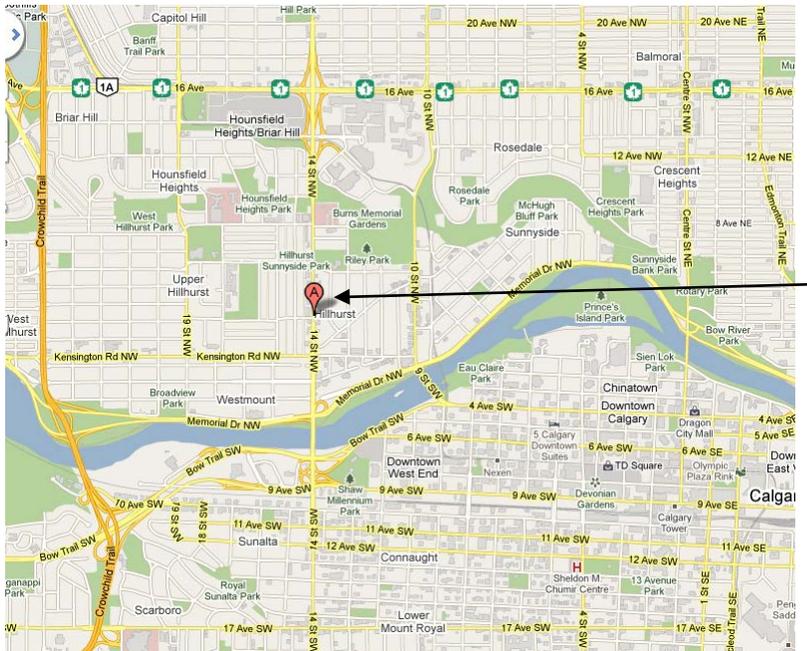
Maps to Edmonton and Calgary Offices

Edmonton



Edmonton Office
 #1500 College Plaza
 8215 – 112 Street
 Phone: 780-492-2619

Calgary



Calgary Office
 #401 Hillhurst
 301 - 14 St NW
 Phone: 403-201-7285

Accommodation Options

All accommodation options are subject to fee increases without notice. This list is for informational purposes only and is provided as a service to help our clients find a suitable place to stay during their visit to Edmonton. ISTAR does not have a special deal with any of the properties on this list. **Please do not contact ISTAR if the rates have increased or if there are problems with booking your accommodation at a specific hotel. To receive these University of Alberta rates, indicate that you are taking a course at “ISTAR at the University of Alberta” when making the reservation.**

Intensive Speech Clinics - It has been found beneficial for clients to stay together and away from home for at least the first two weeks while attending the clinic. In a new environment they can free themselves of lifelong influences and establish new behaviour patterns more easily. A sense of group solidarity is fostered and clients can help one another when lodging together.

Edmonton

1. *University of Alberta - Student Rooms (May to August only) and Guest Rooms (year round)*

The Centre includes a cafeteria and 24-hour front desk service. It is a 10-minute walk from the Institute. Please note that student rooms have shared bathrooms and common areas. The guest rooms include continental breakfast, daily housekeeping, private washrooms, high speed internet, free local phone calls and parking. There are laundry facilities but no kitchen facilities. *Minimum age of guests is 18, unless accompanied by a parent or guardian.* Bedding and towels are supplied. Room rates include GST and hotel tax. (Summer rates from May to August may differ from those below.)

Traditional Dorm, single or twin room:	\$49 / night (single)	\$59 / night (twin)
Single private dorm room:	\$69 / night (single)	
Hotel guest room (Queen, Double/Double, Queen w/Sofabed):	\$109 / night	

Contact: Housing and Food Services
 116 Street and 87 Avenue
 Edmonton, AB T6G 2H6
 780-492-4281
 780-492-7032 (fax)
 1-800-615-4807 conference.services@ualberta.ca guest.services@ualberta.ca

2. *St. Joseph's College (May to August only)*

Located on campus, St. Joseph's College offers single rooms for rent. All rates include 3 meals per day. Dietary restrictions can be accommodated. Meals can be packaged for carryout. In addition, packages for daily, weekly or monthly stays with meal service are available. Amenities include TV lounge, recreation rooms, laundry facilities and a cafeteria. Bedding and towels are supplied. There are several rooms that have a sink and others have a ½ bath; these are on a first-come-first-served basis. *Minimum age of guests is 18, unless accompanied by a parent or guardian.* Tourism tax will apply.

Single room:	1-6 nights @ \$73/night + 4% tourism levy
	7-12 nights @ \$59/night + 4% tourism levy
	13-28 nights @ \$46/night + 4% tourism levy
	Monthly Rate (29 nights or more) @ \$45/night

Contact: Director of Residence
 780-492-7681 Ext. 248
 780-492-8145 (fax) <http://stjosephs.ualberta.ca> sjgres@ualberta.ca

3. *St. John's Institute*

A two-minute walk to ISTAR. Fully furnished suites with kitchens and private bathrooms, Other amenities includes on-site coin operated laundry, fitness room with brand new equipment, a rec room with sofas, big screen tv, blu ray, wii, xbox, and wireless access in common areas, wired internet in suite. Cost includes 3 meals each weekday, and 2 meals per day on weekends. With advance arrangements, your meals can be made “to go”. Reduced rates for stays lasting a week or more.

Suites:

2-Bedroom \$150 / night
 3-Bedroom \$195 / night
 4-Bedroom \$230 / night

Individual Rooms:

Bachelor \$110 / night (twin bed) \$135 / night (queen bed)
 Single Room (in a 2-, 3-, or 4- bedroom suite) \$105 / night (twin bed) \$115 / night (queen bed)

NOTE: Choosing to rent by the room, i.e., a single room in a multi-room suite, means that other guests may be staying in the adjoining rooms within the same suite.

Contact: 11024 Whyte Avenue
 Edmonton, Alberta, T6G 0T2
 Tel: 780.439.2320 Toll Free: 1.800.439.2320
 Fax: 780.439.0989 info@stjohnsinstitute.com
<http://www.stjohnsinstitute.com/accommodation/>

4. *University Suite Bed & Breakfast*

A B&B conveniently located just south of College Plaza, just steps from ISTAR and Whyte Avenue. Guests enjoy a separate entrance and privacy; guest parking is also available. West bedroom adjoins an apartment-style suite: sitting room, cable TV, internet, kitchenette with fridge and small appliances. Spacious east bedroom complete with coffee area, desk, internet, fridge, and cable TV. Minimum 3 nights stay, but special rates may be available for long stays.

\$120 per night (east room) \$145 per night (west room/suite)

Contact: Michael
 11137 - 81 Avenue, Edmonton, AB
 780-905-3750 UniversitySuite@gmail.com

5. *Chapman's Bed & Breakfast*

A newly constructed B&B just one block south of College Plaza, very close to ISTAR and Whyte Avenue. This location provides a private entrance and the environment of a hotel-style suite. The features include large windows, daily breakfast, TV, internet, and a shared kitchenette between the suites. Save \$10 per night on 3- or 4- night stays, and special rate available on longer stays as well.

\$89 and up per night (Single)
 \$109 and up per night (Double)

Contact: Lynne
 11310 79 Avenue, Edmonton, AB
 780-439-5607 bbchapman1@gmail.com

6. *Campus Tower Suite Hotel*

Campus Tower Suite Hotel is located 7-minutes' walking distance from the Institute, and is close to restaurants and public transportation. All suites come with private bathrooms and kitchen facilities. On-site exercise room is available. Rates are as follows (plus 12% tax if less than 28 nights. If greater than 28 nights, only 7% is charged): There is an extra charge of \$20.00 for each additional adult. All rooms have air conditioning and iron / ironing board. Laundry facilities available. Complimentary internet. *Rates fluctuate according to occupancy rate.*

Bachelor & 1 bedroom: \$175 - \$195 / night 2 bedroom: \$210 - \$250 / night

Contact: Campus Towers Suite Hotel
11145 - 87 Avenue Edmonton, AB T6G 0Y1
780-420-4390 or 780-439-6060 or 1-800-709-1824 780-433-4410 (fax)

7. *The Galan*

Recently renovated, the Galan has fully furnished 1-bedroom apartments. All kitchenware and linens are included and there are laundry facilities in the building. Please note there are *no* telephone lines in the rooms. Located 3-minutes' walking distance from the Institute, the Galan is close to restaurants and public transportation. All suites come with private bathrooms and kitchen facilities. Reservations include full use of pool, fitness centre, private theatre room and business centre in College Plaza (where ISTAR's office is)

\$1,910 - \$2,165 / month (there is no tax applicable at this facility)

Contact: The Galan
8409 – 112 Street
Edmonton, AB T6G 1J6
780-439-4957 or 780-431-3300

8. *MacEwan Residence*

Part of the Grant MacEwan University, we are located in the heart of the downtown core, which makes us an excellent home base for your stay in Edmonton. You'll have easy access to public transit, shopping, restaurants, entertainment, tourist attractions and Edmonton's spectacular river valley. All guest suites include kitchenette, dining table and chairs, private bathroom, local telephone line and wired internet access. Parking is available right outside the residence in the surface lot or parkade.

Bachelor Suites: \$79 / night*
2 Bedroom Suites: \$109 / night*
4 Bedroom Suites: \$239 / night*

Contact: MacEwan Residence
11050 104 Ave NW
Edmonton, AB T5K 2Y9
780-633-8000 www.MacEwanResidence.ca residence@macewan.ca

9. Coast Edmonton Plaza Hotel

The Coast Edmonton Plaza Hotel is Edmonton’s newest 4-star spa hotel. Located in downtown Edmonton, it is a short 10 minute car trip to the Institute. Superior complimentary amenities include daily newspaper, iron, ironing board and 24-hour room service at café prices. They offer a complimentary shuttle to take clients to and from the hotel to ISTAR. **Ensure you quote “CAUBO” to get the U of A rate.**

Comfort Room: \$129 / night
 Superior Room: \$144 / night
 Premium Room: \$159 / night

Contact: Coast Edmonton Plaza Hotel
 10155 – 105 Street
 Edmonton, AB
 780-423-4811 or 1-800-663-1144
www.coasthotels.com/hotels/alberta/edmonton/coast-edmonton-plaza-hotel/

10. Coast Edmonton House

The Coast Edmonton House is centrally located in downtown Edmonton's arts, business and shopping district. The hotel features spacious one and two bedroom suites with the finest in travel amenities, including fully equipped kitchens, separate living rooms with dining areas, private balconies, guest laundry facilities and covered parking. Other complimentary amenities include a fitness centre, indoor swimming pool, games room (billiards and foosball), and high speed wireless Internet access.

Superior or Premium Suite: \$139-\$169 / night

Contact: Coast Edmonton House
 10205-100 Avenue
 Edmonton, AB
 780-420-4374 or 1-800-716-6199

11. GO Backpackers Hostel

Located in downtown Edmonton, they are in the heart of the city. Walking distance to live music venues, Churchill Square, restaurants, shops and many of Edmonton's festivals, you’re in the centre of it all. They have several room types to accommodate any traveler. All rooms have private en suite bathrooms and all dorm rooms have individual lockers for each occupant that are designed to hold your large backpacks.

Dorm room \$25 - \$30 / night
 Private room (double or queen bed) \$79 / night
 Private room (bunk beds) \$70 / night

Contact: 10209-100 Avenue
 Edmonton, AB
 780-423-4146 (phone) or 1-877-6HOSTEL edmonton@gohostels.ca

12. *Edmonton International Hostel*

The EIH is part of Hostelling International-Canada, a not-for-profit association of travellers that has been established in Canada since 1933. Individual and family rooms are available and include bedding and towels. Amenities include fully equipped kitchens, tv room, pool table, laundry facilities and internet access. A gas BBQ is available in the summer. Some rooms have a desk. The hostel is a 20-minute walk to the Institute. For current seasonal rates see website.

Members: \$27 (dorm room), \$31.59 (2-bed), \$63 (private room)
 Non-members: \$30 (dorm room), \$34.50 (2-bed), \$69 (private room)
 Family rooms: \$79 / day (members), \$86.90 (non-members)

*Membership is \$35 for 2 years.

Contact: 10647 - 81 Avenue
 Edmonton, AB T6E 1Y1
 780-988-6836 (phone) or 1-877-467-8336
 780-988-8698 (fax) www.hihostels.ca/westerncanada/1404/HI-Edmonton.hostel

13. *University of Alberta – Michener Park*

These 2 and 3 bedroom townhouses are located in a quite family-oriented student housing community 10 minutes' drive from ISTAR. All units are fully furnished and offer kitchen facilities; coin-operated laundry facilities are onsite. Additional fees for parking, internet, telephone and cable tv. *Good location for families.*

2-bedroom townhouses: \$871 to \$946/month

3-bedroom townhouses: \$1,090 to \$1,149 / month

Contact: Michener Park Guest Suites
 602G Michener Park
 Edmonton, AB T6H 4N1
 780-492-7044
 780-492-7731 (fax)

14. *Camping Accommodation*

River Valley Campsite

http://www.rainbow-valley.com/about_us.php for information.

Whitemud Creek RV Resort

<http://whitemudcreek.com/> for information

15. *Other Accommodation Options*

Other accommodation options (including campgrounds, bed and breakfasts and private homes for rent) can be found at the following website: www.discoveredmonton.com/Edmonton/Wheretostay.

Calgary

1. *River Wynde B&B and River Lee B&B*

Within walking distance of our Calgary office, these are two separate properties from the same owners. Located on a quiet residential street, in the heart of a trendy shopping district and accessible by transit and with plenty of parking available. Your stay includes full breakfast, free local calls, fitness center passes, wireless internet, and access to bicycle loaners. Some rooms feature an office area, fireplace, or private entrance.

To receive 10% good neighbour discount (off daily rates – discount already in weekly rates) indicate you are taking a course at ISTAR nearby. Weekly rates are “stay for seven, pay for six”.

Rooms: \$110.00 - \$150.00 / night
 Suites: \$175.00 - \$195.00 / night

Contact:	220 10A ST. NW (River Wynde) www.riverwynde.ca info@riverwynde.ca 403-270-8448	218 10A ST. NW (River Lee) www.riverlee.ca 403-270-8448
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2. *Super 8 Motel Calgary Motel Village*

All rooms offer wireless high speed internet, fridge, hair dryers, and a continental breakfast. There is a seasonal outdoor heated pool in the summer for your enjoyment.

1 Queen size bed: \$95 - \$105 / night
 2 Queen size beds: \$105 - \$115 / night
 3 Bed suites \$155 - \$169 / night

Contact: 1904 Crowchild Trail NW
 Calgary, Alberta T2M 3Y7
 Phone: 403-289-9211
 Fax: 403-282-7824 super8motelcalgary@shaw.ca

3. *Best Western Suites Downtown*

The Best Western is a 100% smoke free facility. This all-suite hotel offers guests a choice of spacious junior, one-bedroom or two-bedroom suites with kitchens as well as high-speed Internet, mini-fridge, microwave and coffee/tea maker. Also included are a deluxe continental breakfast and free underground parking. The Best Western is steps away from trendy 17th Avenue and Calgary’s finest restaurants and shops. **To receive 10 – 15% of standard rates, indicate that you are taking a course at the University of Alberta when making the reservation.**

Contact: 1330 8th Street SW
 Calgary, AB T2R 1B6
 403-228-6900
 1-800-981-2555 <http://www.bestwesternalberta.com/hotels/best-western-suites-downtown/>

4. *Delta Bow Valley*

Positioned as the gateway to downtown Calgary, the Delta Bow Valley features a heated underground parkade and is within walking distance to downtown shopping and amenities. Unique to downtown Calgary the Delta Bow Valley offers a complimentary downtown morning sedan service, which will transport all ISTAR travelers directly

to anywhere they need to go in the downtown core. This service is available Monday through Friday, from 7:00 - 9:30 AM.

Delta Room: \$139.00 / night

Contact: 209-4th Avenue SE
 Calgary, Alberta T2G 0C6
 Phone: 403-266-1980
 Fax: 403-205-5460 www.deltahotels.com

5. *Kensington Riverside Inn*

A luxury inn very near to our Calgary office. Your Inn “experience” will include complimentary high-speed wireless internet, evening turndown service, coffee and tea service with morning newspaper, and gourmet a la carte breakfast at Chef’s Table (up to \$20/peronson for breakfast). Guests also enjoy 15% Discount when Dining at Chef’s Table, the on-site AAA 4-Diamond fine dining facility, offering a modern twist on classic French cuisine.

Luxury Queen	\$209 - \$303 / night
Executive King with Fireplace	\$249 - \$322 / night
Luxury Suite	\$329 - \$398 / night

Advance bookings and weekend stays may be eligible for 10-15% discount (two and three night stay minimum).

Contact: 1126 Memorial Drive NW
 Calgary, Alberta T2N 3E3
 Phone: 403.228.4442 Toll Free: 877.313. 3733
 Fax: 403.228.9608 www.kensingtonriversideinn.com

6. *A Good Knight B & B*

A family run Bed & Breakfast, offering lodging in a newly built, Victorian styled home set amongst the peacefulness and charm of one of Calgary’s oldest neighbourhoods. Located on minutes from **Calgary's** downtown core. All rooms feature queen size beds, coffee makers, color tv, free Wifi and local calls.

Deluxe Room with ensuite bathroom \$125 - \$175 / night
 Standard Room with private (though unattached) bathroom \$99 – \$150 / night

Hot breakfast included for stays in Deluxe or Standard Rooms

Studio Apartment
 Six nights or less: \$135 / night
 Weekly rate: \$770 (\$110 per night)
 Monthly rate: \$2850 (\$95 per night)

Features a fully equipped gourmet kitchen, sitting room/dining room, a cozy bedroom with a queen bed and en-suite bath with tub and shower, and French patio doors lead to a deck and garden area.

Contact: 1728 - 7 Avenue N.W.
 Calgary, Alberta T2N 0Z4
 Phone: (403) 270-7628 Toll Free: (800) 261-4954
 Cell Phone: (403) 918-7628
 E-Mail: stay@agoodknight.com www.agoodknight.com