

# Resources for Leisure and Personal Enrichment



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Visit [www.edmonton.cmha.ca](http://www.edmonton.cmha.ca) to obtain a new copy if more than 6 months old.

## Assertiveness and Self-Esteem

- Bissell Centre - *Skill Enhancement* .....780-424-4385  
(*inner city; employment and life skills workshops*)  
Chrysalis: An Alberta Society for Citizens with Disabilities  
*Personal Development Course*.....780-454-9656  
(*individuals 18+yrs with developmental disabilities*)  
City of Edmonton Citizen Services  
*Men Without Hats (drop-in)*.....780-496-4777  
The Elizabeth Fry Society of Edmonton  
(*personal development workshops*).....780-421-1175  
The Family Centre - Edmonton  
*Self - Esteem and Assertiveness*.....780-497-7536  
Society for Personal Growth.....780-434-4834

## Continuing Education

- Edmonton Lifelong Learners Association (ELLA)  
*Non-Credit Courses (50+yrs)* .....780-492-5055  
(*fine and liberal arts, sciences, humanities; \$260 for maximum of 4 courses; income based bursary available; partnered with University of Alberta - Faculty of Extension*)  
Edmonton Public Schools  
*Metro Continuing Education* .....780-428-1111  
(*personal enrichment/special interest courses; registration and material fees apply*)  
MacEwan University  
*Continuing Education* .....780-497-4400  
*Minerva Senior Studies Institute (50+yrs)* .....780-497-4400  
*Online and Distance Learning* .....780-497-5040  
NorQuest College.....780-644-6000  
Northern Alberta Institute of Technology (NAIT) .....780-471-6248  
University of Alberta - *Faculty of Extension*.....780-492-3116

## Financial Literacy

- Consolidated Credit Counselling Services of Canada, Inc.  
*Financial Literacy Education*..... 1-888-477-7397  
Credit Counselling Society ..... 1-888-527-8999  
The Elizabeth Fry Society of Edmonton  
*Me and Money - Women's Financial Literacy*.780-784-2203  
Money Mentors – *Financial Fitness Classes* ..... 1-888-294-0076

## Literacy

- Centre for Family Literacy .....780-421-7323  
The Learning Centre Literacy Association (18+yrs)...780-429-0675  
NorQuest College – *Literacy and Essential Skills* ....780-644-6000  
PALS - Project Adult Literacy Society (18+yrs).....780-424-5514

## Personal and / or Spiritual Growth

- Aboriginal Counselling Services Association of Alberta  
*Early Intervention Counselling Program*..... 780-448-0378  
Bent Arrow Traditional Healing Society ..... 780-481-3451  
Edmonton Aboriginal Seniors Centre (55+yrs) ..... 780-476-6595  
The Mustard Seed – Edmonton  
*Spiritual Development (inner city)* ..... 780-426-5600  
The Salvation Army - Edmonton - *Chapel Service*...780-429-4274  
Society for Personal Growth ..... 780-434-4834  
YWCA Edmonton..... 780-423-YWCA (9922)

## Recreation and Culture

- Art Gallery of Alberta ..... 780-422-6223  
City of Edmonton ..... [www.edmonton.ca](http://www.edmonton.ca)  
*Accessibility Services Liaison* ..... 780-496-4917  
*Attractions / Activities, Parks, and Recreation*..... 311  
(*e.g. Fort Edmonton, Nature Centre, Muttart, Zoo*)  
*Leisure Access Program* ..... 311  
*Seasonal Program Guides*..... [www.edmonton.ca](http://www.edmonton.ca)  
Copies also available at City recreation facilities / libraries  
Edmonton Federation of Community Leagues ..... 780-437-2913  
*Community League Swims*  
*Directory of Community Leagues*  
Edmonton Public Library..... [www.epl.ca](http://www.epl.ca)  
*Programs for Adults, Children, Families and Youth*  
(*online courses, book clubs, and more*) ..... 780-496-7000  
Edmonton Sport Council Society ..... [www.edmontonsport.com](http://www.edmontonsport.com)  
*Online Resources and Sport Referrals*  
Events Edmonton ..... [www.eventsedmonton.ca](http://www.eventsedmonton.ca)  
Francis Winspear Centre for Music..... 780-428-1414  
TELUS World of Science - Edmonton..... 780-451-3344  
YMCA of Northern Alberta ..... 780-429-YMCA (9622)  
*Castle Downs (north)* ..... *Jamie Platz (west)*  
*Don Wheaton (central)* ..... *William Lutsky (south)*  
*Welcome Village (Boyle Street Plaza)*  
For referrals to community events ..... 211

## Volunteerism

- Edmonton Chamber of Voluntary Organizations  
*Volunteerism (resources)* ..... [ecvo.ca](http://ecvo.ca)  
*goVolunteer (volunteer opportunity postings)* [www.govolunteer.ca](http://www.govolunteer.ca)  
For referrals to volunteer opportunities ..... 211

Dial 2-1-1 within Edmonton for more information or if you cannot find the particular service you are looking for.

**If 211 is not yet available in your area call 780-482-INFO (4636).**

*Inclusion of an agency or service on this list does not constitute an endorsement by 211.*