

Resources for Leisure and Personal Enrichment



May 2018

Visit 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 Education780-428-1111
(*personal enrichment/special interest courses; registration and material fees apply*)
- MacEwan University
Continuing Education780-497-4400
Minerva Senior Studies Institute (50+yrs)780-497-4400
Online and Distance Learning780-497-5040
- 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 Literacy780-421-7323
- 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) 587-525-8969
- 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
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
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
Programs for Adults, Children, Families and Youth
(*online courses, book clubs, and more*) 780-496-7000
- Edmonton Sport Council Society www.edmontonsport.com
Online Resources and Sport Referrals
- Events Edmonton 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
goVolunteer (volunteer opportunity postings) www.govolunteer.ca
Volunteer Connector (volunteer opportunity postings)
..... www.volunteerconnector.org
- 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.