

# Resources for Leisure and Personal Enrichment



November 2019

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.....780-616-8137

## Continuing Education

- Edmonton Lifelong Learners Association (ELLA)  
*Non-Credit Courses (50+yrs)* .....780-492-5055  
(*fine and liberal arts, sciences, humanities; \$275 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
- 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 ..... 780-616-8137
- YWCA Edmonton..... 780-423-YWCA (9922)

## Recreation and Culture

- 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  
*Community League Swims* ..... 780-437-2913  
*Directory of Community Leagues*.....[www.efcl.org](http://www.efcl.org)
- 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.....[www.edmontonsport.com](http://www.edmontonsport.com)  
*Online Resources and Sport Referrals*
- Events Edmonton ..... 780-423-2822
- 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)* *Bill Rees (central)*
- 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)  
*Volunteer Connector (volunteer opportunity postings)*  
.....[www.volunteerconnector.org](http://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.*