

# Resources for Leisure and Personal Enrichment



November 2020

Service delivery may be affected by COVID-19. Please contact the agency to confirm availability of the service.

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 Workforce - <i>Skill Enhancement</i> .....	780-424-4385
<i>(inner city; employment and life skills workshops)</i>	
Chrysalis: An Alberta Society for Citizens with Disabilities	
<i>Personal Development Course</i> .....	780-454-9656
<i>(individuals 18+yrs with developmental disabilities)</i>	
The Elizabeth Fry Society of Edmonton	
<i>(personal development workshops)</i> .....	780-421-1175
The Family Centre - Edmonton	
<i>Self-Esteem and Assertiveness</i> .....	780-497-7536
Society for Personal Growth .....	780-616-8137

## Continuing Education

Edmonton Public Schools	
<i>Metro Continuing Education</i> .....	780-428-1111
<i>(personal enrichment/special interest courses; registration and material fees apply)</i>	
MacEwan University	
<i>Continuing Education</i> .....	780-497-4400
NorQuest College.....	780-644-6000
Northern Alberta Institute of Technology (NAIT) ....	780-378-6990
University of Alberta - <i>Faculty of Extension</i> .....	780-492-3116

## Financial Literacy

Consolidated Credit Counselling Services of Canada, Inc.	
<i>Financial Literacy Education</i> .....	1-888-477-7397
Credit Counselling Society.....	1-888-527-8999
The Elizabeth Fry Society of Edmonton	
<i>Me and Money - Women's Financial Literacy</i> .780-784-2203	
Money Mentors .....	<a href="http://www.moneymentors.ca">www.moneymentors.ca</a>
<i>Financial Classes</i> .....	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	
<i>Early Intervention Counselling Program</i> .....	780-448-0378
Bent Arrow Traditional Healing Society.....	780-481-3451
Edmonton Aboriginal Seniors Centre (55+yrs) .....	587-525-8969
The Mustard Seed - Edmonton	
<i>Spiritual Development (inner city)</i> .....	780-426-5600
The Salvation Army - Edmonton	
<i>Chapel Service</i> .....	780-429-4274
Society for Personal Growth.....	780-616-8137
YWCA Edmonton.....	780-423-YWCA (9922)

## Recreation and Culture

City of Edmonton .....	<a href="http://www.edmonton.ca">www.edmonton.ca</a>	
<i>Accessibility Services Liaison</i> .....	780-496-4917	
<i>Attractions / Activities, Parks, and Recreation</i> .....	311	
<i>(e.g. Fort Edmonton, Nature Centre, Muttart, Zoo)</i>		
<i>Leisure Access Program</i> .....	311	
<i>Seasonal Program Guides</i> .....	<a href="http://www.edmonton.ca">www.edmonton.ca</a>	
Copies also available at City recreation facilities / libraries		
Edmonton Federation of Community Leagues .....	587-650-5721	
<i>Directory of Community Leagues</i> .....	<a href="http://www.efcl.org">www.efcl.org</a>	
Edmonton Public Library .....	<a href="http://www.epl.ca">www.epl.ca</a>	
<i>Programs for Adults, Children, Families, and Youth</i>		
<i>(online courses, book clubs, and more)</i> .....		780-496-7000
Edmonton Sport Council .....	<a href="http://www.edmontonsport.com">www.edmontonsport.com</a>	
<i>Online Resources and Sport Referrals</i>		
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)	
For referrals to community events .....	211	

## Volunteerism

Edmonton Chamber of Voluntary Organizations.....	<a href="http://ecvo.ca">ecvo.ca</a>
<i>Volunteerism (resources)</i> .....	780-801-4727
goVolunteer .....	<a href="http://www.govolunteer.ca">www.govolunteer.ca</a>
<i>Volunteer opportunity postings</i>	
Volunteer Connector .....	<a href="http://www.volunteerconnector.org">www.volunteerconnector.org</a>
<i>Volunteer opportunity postings</i>	
For referrals to volunteer opportunities .....	211

211 is now available province-wide by dialing 2-1-1, texting INFO to 211, or through live chat at [www.ab.211.ca](http://www.ab.211.ca).

Contact 211 for more information or if you cannot find the particular service you are looking for.

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