

Resources for Leisure and Personal Enrichment



May 2021

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

Visit www.edmonton.cmha.ca to obtain a new copy if more than 6 months old.

Assertiveness and Self-Esteem

- Bissell Centre Workforce - *Skill Enhancement*780-424-4385
(*employment and life skills workshops*)
- Chrysalis: An Alberta Society for Citizens with Disabilities
Personal Development Course780-454-9656
(*individuals 18+yrs with developmental disabilities*)
- The Elizabeth Fry Society of Edmonton
(*personal development workshops*)780-421-1175
- The Family Centre - Edmonton
Self-Esteem and Assertiveness780-497-7536
- Society for Personal Growth780-616-8137

Continuing Education

- Edmonton Lifelong Learners Association (ELLA)
Non-Credit Courses (50+yrs)780-492-5055
(*fine and liberal arts, sciences, humanities; \$350 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
- NorQuest College780-644-6000
- Northern Alberta Institute of Technology (NAIT)780-378-6990
- 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 Literacy780-784-2203
- Money Mentors www.moneymentors.ca
- Financial Classes* 1-888-294-0076

Literacy

- Centre for Family Literacy780-421-7323
- 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
- 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 587-650-5721
- Directory of Community Leagues* www.efcl.org
- 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 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) 780-476-9622
- Don Wheaton (central) 780-452-9622
- Jamie Platz (west) 780-481-9622
- William Lutsky (south) 780-439-9622
- YMCA Welcome Village 780-426-9249
- For referrals to community events 211

Volunteerism

- Edmonton Chamber of Voluntary Organizations ecvo.ca
- Volunteerism (resources)* 780-801-4727
- goVolunteer www.govolunteer.ca
(*volunteer opportunity postings*)
- Volunteer Connector www.volunteerconnector.org
(*volunteer opportunity postings*)
- 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.

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.