

Resources for Leisure and Personal Enrichment



May 2022

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 - <i>Skill Enhancement</i>780-424-4385 (<i>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 Northern Alberta (<i>personal development workshops</i>)780-421-1175	
The Family Centre - Edmonton <i>Building Self-Esteem (18+yrs)</i>780-423-2831 <i>Effective Communication Skills (18+yrs)</i>780-423-2831	
Society for Personal Growth.....780-616-8137	

Continuing Education

Edmonton Lifelong Learners Association (ELLA) <i>Non-Credit Courses (50+yrs)</i>780-492-5055 (<i>fine and liberal arts, sciences, humanities; \$350 for maximum of 4 courses; income-based bursary available; partnered with University of Alberta - Faculty of Extension</i>)	
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 Northern Alberta <i>Me and Money - Women's Financial Literacy</i> .780-784-2203	
Money Mentors..... www.moneymentors.ca <i>Financial Classes</i> 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

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 www.edmonton.ca <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> www.edmonton.ca Copies also available at City recreation facilities / libraries	
Edmonton Federation of Community Leagues 587-650-5721 <i>Directory of Community Leagues</i> www.efcl.org	
Edmonton Public Library..... www.epl.ca <i>Programs for Adults, Children, Families, and Youth</i> (<i>online courses, book clubs, and more</i>) 780-496-7000	
Edmonton Sport Council www.edmontonsport.com (<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) 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 780-426-9259	
For referrals to community events 211	

Volunteerism

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

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.