

Resources for Leisure and Personal Enrichment

May 2023



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, Self-Esteem, and Life Skills

- Alberta Health Services - Primary Care Network Services
Assert Yourself Workshops (on demand)
Effective Communication Workshop
Relationships in Motion Workshop
.....www.albertafindadoctor.ca/workshops/home
Bissell Workforce (life management workshops) 780-424-4385
Chrysalis: An Alberta Society for Citizens with Disabilities
Personal Development Course 780-454-9656
(18+ yrs with developmental disabilities)
The Family Centre - Edmonton 780-423-2831
Building Self-Esteem (18+ yrs)
Effective Communication Skills (18+ yrs)

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 - Online and Continuing Education)
Edmonton Public Schools
Metro Continuing Education 780-428-1111
(personal enrichment/special interest courses; registration and
material fees apply)
MacEwan University 780-497-4400
Continuing Education
NorQuest College 780-644-6000
Post-Secondary and Continuing Education Programs
Northern Alberta Institute of Technology (NAIT)
Corporate and Continuing Education 780-378-6990
University of Alberta
Online and Continuing Education 780-492-3113

Financial Literacy

- City of Edmonton 311
Financial Empowerment Program 780-496-2800
Consolidated Credit Counselling Services of Canada, Inc.
Financial Education Resources 1-888-477-7397
Credit Counselling Society 1-888-527-8999
Financial Literacy Workshops and Webinars
Money Mentors www.moneymentors.ca
Financial Classes 1-888-294-0076
United Way of the Alberta Capital Region
Empower U (multiple locations) 780-990-1000

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

- Bent Arrow Traditional Healing Society 780-481-3451
Edmonton Aboriginal Seniors Centre (55+ yrs) 587-525-8969
The Family Centre - Edmonton
Journey to Self-Discovery (18+ yrs) 780-497-7536
Society for Personal Growth 780-616-8137
Who I Am Workshop One-to-One
YWCA Edmonton 780-423-YWCA (9922)

Recreation and Culture

- City of Edmonton www.edmonton.ca
Abundant Community Edmonton 780-720-3797
Accessibility for People with Disabilities 780-496-4917
Activities, Parks, and Recreation 311
Attractions and Events 311
(e.g. Fort Edmonton, Nature Centre, Muttart, Zoo)
Leisure Access Program 311
Program Guides www.edmonton.ca
Copies also available at City recreation facilities / libraries
Edmonton Federation of Community Leagues 780-437-2913
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
Seed Library (Stanley A. Milner) 780-496-7070
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 780-426-9259
For referrals to community events 211

Volunteerism

- Edmonton Chamber of Voluntary Organizations www.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.