

Resources for Leisure and Personal Enrichment



November 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*
Workshops (relationships, communication, assertiveness, diet, active living, anxiety management, diabetes support, and more)
.....www.albertafindadoctor.ca/workshops/home
- Bissell Workforce Development
Employment Workshops (18+yrs).....780-424-4385
- Chrysalis: An Alberta Society for Citizens with Disabilities
Personal Development Course780-454-9656
(18+yrs with developmental disabilities)
- The Family Centre - Edmonton
Mental Health, Parenting, and Life Skills Workshops (18+yrs)
.....780-423-2831

Continuing Education

- Edmonton Lifelong Learners Association (ELLA)
Non-Credit Courses (50+yrs; fine and liberal arts, sciences, humanities, and physical activities; income-based bursary available; partnered with University of Alberta – Faculty of Extension)
.....825-901-0515
- Edmonton Public Schools
Metro Continuing Education (personal, professional, and special interest courses; registration and material fees apply)...780-428-1111
- MacEwan University - *Continuing Education*.....780-497-4400
- NorQuest College
Post-Secondary and Continuing Education Programs
.....780-644-6000
- Northern Alberta Institute of Technology (NAIT)
Corporate and Continuing Education780-378-6990
- University of Alberta
Online and Continuing Education.....780-492-3113

Financial Literacy

- Consolidated Credit Counselling Services of Canada, Inc.
Financial Education Resources 1-888-477-7397
- Credit Counselling Society
Workshops and Webinars, Debt Management
..... 1-888-527-8999
- Money Mentors.....www.moneymentors.ca
Financial Webinars, Debt Management..... 1-888-294-0076
- United Way of the Alberta Capital Region
Empower U (financial coaching; low-income; multiple locations)
..... 780-990-1000

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

- 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
Who I Am Workshop One-to-One (18+yrs) 780-434-4837
- 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 (e.g. Fort Edmonton, Muttart, Zoo)..311
Leisure Access Program (low-income; recreation facilities)..311
Program Guides (available at City recreation facilities/ libraries)
..... www.edmonton.ca
- Edmonton Federation of Community Leagues 780-437-2913
Directory of Community Leagues..... www.efcl.org
- Edmonton Public Library
Programs for Adults, Children, Families, and Youth
(online courses, book clubs, and more) www.epl.ca
Seed Library (Stanley A. Milner; gardening)..... 780-496-7070
- Edmonton Sport Council - *Sport and Active Recreation Referrals*
(online information and resources)... www.edmontonsport.com
- Events Edmonton www.eventsedmonton.ca
Events and Festivals..... 780-423-2822
- Francis Winspear Centre for Music..... 780-428-1414
- TELUS World of Science – Edmonton..... 780-451-3344
- YMCA of Northern Alberta (Bill Rees) 780-429-YMCA (9622)
Boyle Street Plaza (central)..... 780-426-9259
Castle Downs (north) 780-476-9622
Don Wheaton (central) 780-452-9622
Jamie Platz (west)..... 780-481-9622
William Lutsky (south) 780-439-9622
- For referrals to community events 211

Volunteerism

- Edmonton Chamber of Voluntary Organizations..... www.ecvo.ca
Volunteerism (resources)..... 780-801-4727
- goVolunteer - *Volunteer Opportunity Postings*
..... 780-482-INFO (4636)
- Volunteer Connector - *Volunteer Opportunity Postings* 211
..... www.volunteerconnector.org

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.