

# Resources for Leisure and Personal Enrichment

November 2024



Please contact the agency to confirm availability of the service.  
Contact 211 for more information. Dial 2-1-1, text INFO to 211, or live chat at [www.ab.211.ca](http://www.ab.211.ca).

## **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](http://www.albertafindadoctor.ca/workshops/home)
- Chrysalis: An Alberta Society for Citizens with Disabilities  
*Personal Development Course* ..... 780-454-9656  
*(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 Education* ..... 780-378-6990
- 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](http://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 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**

- Edmonton Aboriginal Seniors Centre (55+yrs)..... 587-525-8969
- The Family Centre - Edmonton  
*Journey to Self-Discovery (18+yrs)* ..... 780-497-7536
- YWCA Edmonton..... 780-423-YWCA (9922)

## **Recreation and Culture**

- City of Edmonton ..... [www.edmonton.ca](http://www.edmonton.ca)  
*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](http://www.edmonton.ca)
- Edmonton Federation of Community Leagues ..... 780-437-2913  
*Directory of Community Leagues*..... [www.efcl.org](http://www.efcl.org)
- Edmonton Public Library  
*Programs for Adults, Children, Families, and Youth (online courses, book clubs, and more)*..... [www.epl.ca](http://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](http://www.edmontonsport.com)
- Events Edmonton ..... [www.eventsedmonton.ca](http://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](http://www.ecvo.ca)  
*Volunteerism (resources)*..... 780-428-5487
- goVolunteer - *Volunteer Opportunity Postings*  
..... 780-482-INFO (4636)
- Volunteer Connector - *Volunteer Opportunity Postings* ..... 211  
..... [www.volunteerconnector.org](http://www.volunteerconnector.org)

Visit [www.edmonton.cmha.ca](http://www.edmonton.cmha.ca) to obtain a new copy of this list if more than 6 months old.  
Inclusion of an agency or service on this list does not constitute an endorsement by 211.