



# Resources for Personal Enrichment/Leisure



the support network

(Note: please see our other Resource Lists for additional resources)

## Assertiveness and Self Esteem

Bissell Centre	
<i>Employment Services for Inner City</i>	424-4385
(employment and life skills workshops)	
Catholic Social Services	
<i>Family Living Program (FLP)</i>	420-6081
(professionally directed workshops on issues such as depression, couple communication, anger, and boundary setting)	
City of Edmonton Community Services (no cost)	
<i>Men &amp; Relationships Weekender</i>	496-4777
<i>Men Without Hats</i> (drop-in)	496-4777
<i>Men's Talk &amp; Do 1 &amp; 2</i>	496-4777
Family Centre, The	
<i>Adult Therapy Group</i>	424-5580
<i>Raising Self Esteem and Building Skills in Assertion</i>	917-8205
Jasper Place Child & Family Resource Centre	
<i>Personal Development Courses (no cost)</i>	489-2243
KARA Family Resource Centre	
<i>Personal Development Courses (no cost)</i>	478-5396
<i>"Finding Your Balance" Talking Circle</i>	478-5396
Mill Woods Family Resource Centre	
<i>Adult Groups (e.g. Adult Tutoring; Count to Ten; Money Basics; Women's Workshop)</i>	413-4521

## Continuing Education

Concordia University College of Alberta	
<i>Continuing Education Division</i>	413-7808
Edmonton Lifelong Learners Association	492-5055
(ELLA; non-credit courses for adults 50+; liberal arts, sciences and humanities; minimal cost; U of A)	
Grant MacEwan College	
<i>Continuing Education/Distance &amp; Online Study</i>	497-5040
<i>Minerva Senior Studies Institute</i>	497-5082
Metro Continuing Education	428-1111
<i>2000+ personal enrichment/special interest courses per year</i>	
Northern Alberta Institute of Technology (NAIT)	
<i>Continuing Education</i>	378-5000
Norquest College	
<i>Continuing Education</i>	644-6000
<i>Saturday Passport to Learning</i>	644-6756
University of Alberta - Faculty of Extension	
<i>(credit and non-credit programs for continuing education/professional development)</i>	492-3116

## Personal and/or Spiritual Growth

Aboriginal Consulting Services Association	
<i>Creative Healing Family Program</i>	448-0378
Bent Arrow Traditional Healing Society	
<i>Circle of Hope</i>	481-3451
Centre for Spiritual Awareness	469-1909
Edmonton Life Enrichment Centre	462-4491
Hope Foundation of Alberta, The	492-1222
Mars Hill Centre ( <i>Christian/faith-based</i> )	
<i>Recovery Groups, e.g. "Boundaries"</i>	435-0202
Mustard Seed – Chapel Service (inner city)	426-5600
Native Seniors Centre	
<i>Cultural &amp; Spiritual Journeys (55+)</i>	476-6595
Providence Renewal Centre ( <i>Christian-based</i> )	430-9491
Salvation Army - The Chapel	424-9222
Society for Personal Growth	434-4834
Star of the North Retreat Centre	459-5511
YWCA Edmonton	423-9922

## Recreation and Culture

City of Edmonton – Attractions (recorded info)	496-8787
<i>e.g. Fort Edmonton, Nature Centre, Zoo</i>	
City of Edmonton Community Services	
<i>For recreation referrals in your area</i>	496-4999
<i>Leisure Access Program</i>	496-4918
<i>Seasonal Program Guides are available at City recreation facilities/libraries &amp; include those for:</i>	
<i>City Arts Centre (adults/children)</i>	496-6955
<i>Leisure Opportunities for Persons with Special Needs</i>	496-4917
<i>Priceless Fun &amp; Program Guides</i>	496-4999
<i>Recreational Programs for Older Adults</i>	496-7366
Discover Edmonton and Edmonton events	
<a href="http://www.discoveredmonton.com/Events/index.html">www.discoveredmonton.com/Events/index.html</a>	
Edmonton Federation of Community Leagues	437-2913
Edmonton Sport Council ( <i>sport referrals</i> )	497-7678
<a href="http://www.edmontonsport.com">www.edmontonsport.com</a>	
YMCA of Edmonton	
<i>Castledowns</i> (north)	476-9622
<i>Downtown</i> (central)	421-9622
<i>Jamie Platz</i> (west end)	481-9622
<i>William Lutzky</i> (south)	439-9622

## Volunteer Opportunities

Go Volunteer	<a href="http://www.govolunteer.ca">www.govolunteer.ca</a>
The Support Network – Volunteer Information & Referral	
211 Edmonton	211
Volunteer Edmonton	<a href="http://www.volunteeredmonton.com">www.volunteeredmonton.com</a>

For more information, or if you cannot find the particular service you are looking for:

**Within Edmonton dial: 2-1-1      Outside of Edmonton call: 482-INFO (4636)      [www.211edmonton.info](http://www.211edmonton.info)**

Inclusion of an agency or service on this list does not constitute an endorsement by The Support Network.  
Last Updated: April 14, 2008 – please obtain a new copy if more than 6 months old  
For copies of this and other resource lists go to [www.thesupportnetwork.com](http://www.thesupportnetwork.com) and click on "Resource Lists".

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