



# Resources for Personal Enrichment/Leisure

(Alberta requires 10-digit dialing – use area code 780 unless otherwise noted)

## Assertiveness and Self Esteem

- Bissell Centre  
*Employment Services (inner city)* 424-4385 x137  
 (employment and life skills workshops)
- Catholic Social Services  
*Family Living Program (FLP)* 420-6081  
 (professionally directed workshops on issues such as depression, couple communication, anger, and boundary setting)
- City of Edmonton Community Services (*no cost*)  
*Men & Relationships Weekender* 496-4777  
*Men Without Hats (drop-in)* 496-4777  
*Men's Talk & Do 1 & 2* 496-4777
- Elizabeth Fry Society 784-2205  
 (*personal development workshops*)
- The Family Centre  
*Adult Group Therapy* 424-5580  
*Raising Self Esteem and Building Skills in Assertion* 917-8205
- KARA Family Resource Centre  
*Personal Development Courses (no cost)* 478-5396  
 (e.g. Family Sharing Circle)
- Mars Hill Centre –  
*Boundaries (Christian based)* 435-0202  
 (Offered twice per year)
- Mill Woods Family Resource Centre  
*Adult Groups* 413-4521 x106

## Continuing Education

- Concordia University College of Alberta 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  
*Continuing Education/ Distance & Online Study* 497-5207  
*Minerva Senior Studies Institute* 497-5082
- Metro Continuing Education 428-1111  
*1000+ personal enrichment/special interest courses per year*
- Norquest College 644-6000  
*Saturday Passport to Learning* 644-6755
- NAIT 471-6248
- University of Alberta - Faculty of Extension  
 (*credit and non-credit programs for continuing education/professional development*) 492-7237

## Personal and/or Spiritual Growth

- Aboriginal Consulting Services Association  
*Creative Healing Family Program* 448-0378
- Bent Arrow Traditional Healing Society  
*Circle of Hope* 481-3451
- Centre for Spiritual Living 469-1909
- Edmonton Life Enrichment Centre 462-4491
- Hope Foundation of Alberta, The 492-1222
- Mars Hill Centre (*Christian/faith-based*)  
*Recovery Groups, e.g. "Boundaries"* 435-0202
- Mustard Seed – Chapel Service (*inner city*) 426-5600
- Native Seniors Centre  
*Cultural & spiritual journeys (55+)* 476-6595
- Providence Renewal Centre (*Christian-based*) 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 311  
*e.g. Fort Edmonton, Nature Centre, Zoo*
- City of Edmonton Community Services  
*For recreation referrals in your area* 496-4999  
*Leisure Access Program* 496-4918
- Seasonal Program Guides are available at City recreation facilities/libraries & include those for:*
- City Arts Centre (adults/children) 496-6955(311)  
*Leisure Opportunities for Persons with Special Needs* 496-4917  
*Priceless Fun & Program Guides* 311  
*Recreational Programs for Older Adults* 311
- Discover Edmonton and Edmonton events  
[www.discoveredmonton.com/Edmonton/Events](http://www.discoveredmonton.com/Edmonton/Events)
- Edmonton Sport Council (*sport referrals*) 497-7678  
[www.edmontonsport.com](http://www.edmontonsport.com)
- YMCA of Edmonton  
*Castledowns (north)* 476-9622  
*Don Wheaton (central)* 452-9622  
*Jamie Platz (west end)* 481-9622  
*William Lutzky (south)* 439-9622

## Volunteer Opportunities

- Go Volunteer [www.govolunteer.ca](http://www.govolunteer.ca)
- The Support Network – Volunteer Information & Referral  
 211 Edmonton 211  
 Volunteer Edmonton [www.volunteeredmonton.com](http://www.volunteeredmonton.com)

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For more information, or if you cannot find the particular service you are looking for:  
**Within Edmonton dial: 2-1-1 If 211 is not yet available in your area call: 780-482-INFO (4636)**  
[www.211edmonton.com](http://www.211edmonton.com)

Inclusion of an agency or service on this list does not constitute an endorsement by 211.

Last Updated: November 2009 – please obtain a new copy if more than 6 months old

For copies of this and other resource lists go to [www.211edmonton.com](http://www.211edmonton.com) and click on “Resource Lists”.

The Support Network • Edmonton, Alberta • Phone: 780-482-0198 • Fax: 780-488-1495