



Resources for Personal Enrichment/Leisure

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

Assertiveness and Self Esteem

Bissell Centre	
<i>Employment Services (inner city)</i>	424-4385 x137
(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 & Relationships Weekender</i>	496-4777
<i>Men Without Hats (drop-in)</i>	496-4777
<i>Men's Talk & Do 1 & 2</i>	496-4777
Elizabeth Fry Society	784-2205
(personal development workshops)	
The Family Centre	
<i>Adult Group Therapy</i>	424-5580
<i>Raising Self Esteem and Building Skills in Assertion</i>	917-8205
KARA Family Resource Centre	
<i>Personal Development Courses (no cost)</i>	478-5396
Mars Hill Centre –	
<i>Boundaries (Christian based)</i>	435-0202
(Offered twice per year)	
Mill Woods Family Resource Centre	
<i>Adult Groups</i>	413-4521

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	
<i>Continuing Education/ Distance & Online Study</i>	497-5207
<i>Minerva Senior Studies Institute</i>	497-5082
Metro Continuing Education	428-1111
<i>1000+ personal enrichment/special interest courses per year</i>	
Norquest College	644-6000
<i>Saturday Passport to Learning</i>	644-6755
NAIT	471-6248
University of Alberta - Faculty of Extension	
(credit and non-credit programs for continuing education/professional development)	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 Living (Science of Mind)	469-1909
Edmonton Life Enrichment Centre	462-4491
Hope Foundation of Alberta, The	492-1222
Mars Hill Centre (Christian/faith-based)	
<i>Recovery Groups, e.g. "Boundaries"</i>	435-0202
Mustard Seed – Chapel Service (inner city)	426-5600
Native Seniors Centre	
<i>Cultural & spiritual journeys (55+)</i>	476-6595
Providence Renewal Centre (Christian-based)	430-9491
Salvation Army - The Chapel	424-9222 x319
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
<i>e.g. Fort Edmonton, Nature Centre, Zoo</i>	
City of Edmonton Community Services	
<i>For recreation referrals in your area</i>	311
<i>Leisure Access Program</i>	496-4918
<i>Seasonal Program Guides are available at City recreation facilities/libraries & include those for:</i>	
<i>City Arts Centre (adults/children)</i>	311
<i>Leisure Opportunities for Persons with Special Needs</i>	496-4917
<i>Priceless Fun & Program Guides</i>	311
<i>Recreational programs for older adults</i>	311
Discover Edmonton and Edmonton events	
www.discoveredmonton.com/Events	
Edmonton Sport Council (sport referrals)	497-7678
www.edmontonsport.com	
YMCA of Edmonton	
<i>Castledowns (north)</i>	476-9622
<i>Don Wheaton (central)</i>	452-9622
<i>Jamie Platz (west end)</i>	481-9622
<i>William Lutzky (south)</i>	439-9622

Volunteerism

Go Volunteer	www.govolunteer.ca
The Support Network	
<i>211 Edmonton- Volunteer Information & Referral</i>	211
<i>Volunteer Edmonton</i>	www.volunteeredmonton.com
<i>(VE provides volunteer education only)</i>	

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

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

Last Updated: May 2010 – please obtain a new copy if more than 6 months old

For copies of this and other resource lists go to www.211edmonton.com and click on “Resource Lists”.

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