



ECALA

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Advanced Education  
Learning Opportunity Directory

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2022-2025

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# Action for Healthy Communities

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## Website

<https://a4hc.ca/>

## Mandate

Action for Healthy Communities Society of Edmonton (AHC) is a registered charity in operation since 1995. AHC works with individuals, families, and groups to build their capacity to integrate into society successfully. AHC adopts a more broadly defined concept of community health as described by the World Health Organization: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." Therefore, AHC's mission is to foster individual and group participation and improve the comprehensive and holistic health of diverse communities. AHC's mandate is to build the capacity of individuals and groups to improve their lives and communities through a unique community-building process, including support, mentoring, and training.

## Basic Digital Skills

### Courses

#### *Basic Computer Literacy Level 1*

Do you want to learn how to use a computer? Come and learn about

- Parts of a computer
- Word processors
- The internet
- Emails
- Presentations
- Resumes and cover letters
- Job search websites

## *Basic Computer Literacy Level 2*

Do you know the basics of computers and want to learn more? In this class you will learn about

- Smart phones
- Social media
- Online safety
- Online learning and online tools
- Online shopping
- Job searching online
- And more

## *Senior Basic Computer Literacy*

Do you know the basics of computers and want to learn more? In this class you will learn about

- Smart phones
- Social media
- Online safety
- Online learning and online tools
- Online shopping
- Job searching online
- And more

# English Language Learning

## **Courses**

### *English Level 1*

Are you a newcomer or immigrant? Do you want to learn English? Come work on listening, speaking, reading, and writing. Learn about

- Greetings
- Introductions
- Shopping
- Family and friends
- Jobs
- Phone calls
- Etc.

## *English Level 2*

Are you a newcomer or immigrant? Do you want to learn English? Come work on listening, speaking, reading, and writing. Learn about

- Greetings
- Introductions
- Shopping
- Family and friends
- Jobs
- Phone calls
- Etc.

## *English Level 3*

This course is for high beginners learning English. It is for all learners: immigrants, newcomers, and Canadian citizens. Work on listening, speaking, reading, and writing in English.

## *Senior English Beginner Level 1*

Do you want to learn English? Are you a senior? Come to this class and learn about

- Greetings
- Personal information
- Likes and dislikes
- Emergency calling
- Numbers
- Shopping
- Directions
- Food
- Weather
- Seeing a doctor
- Etc.

## Senior English Beginner Level 2

You know basic English. Now you want to get even better at listening and speaking. Come and practice English and learn about

- Canadian culture
- Personal life
- The home
- Recreation
- Shopping
- Seniors' health problems
- Getting emergency help at home
- Travelling
- Cultures and holiday celebrations
- And more!

# Alberta Immigrant Women & Children Centre

(Previously Somali Canadian Women and Children Association)

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## Website

<https://somalicanadianwomen.ca/> (Website defunct)

New Website: <https://aiwcc.ca/>

## Mandate

Somali Canadian Women and Children Association (SCWCA) is a non-profit organization that recognizes responses to and focuses on the unique concerns and needs of immigrant and refugee women, girls and their families. SCWCA's uniqueness is based on having a narrow gender-related mandate, which has provided best practices in developing customized female-focused initiatives. These initiatives always include children and youth well-being as important outcomes of our engagement. SCWCA has made the transition to Canada more comfortable, pleasant and successful for many immigrant women, children and youth.

## Basic Digital Skills

### Learning Activity

#### *Employment Enhancement for New Immigrant Women: Basic Computer Skills*

Do you want to learn how to use a computer? Do you need to use a computer in your job? Come to this class and learn

- Microsoft Word, Excel, and PowerPoint
- Basic computer vocabulary
- How to use a USB stick
- How to get onto the internet safely
- How to use email

This beginner course will also give you practice reading and writing in English.

## English Language Learning

### Courses

#### *Employment Enhancement for New Immigrant Women: ELL Course*

Are you a newcomer to Canada? Do you want to speak English better? Do you want help finding a job? Come to this English language learning class and

- Get better at listening, speaking, reading, and writing in English
- Learn about everyday activities
- Learn about the city
- Learn about talking to the doctor
- Practice interview questions and answers
- And more!

# ASSIST Community Services Centre

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## Website

<http://assistcsc.org/en/>

## Mandate

ASSIST Community Services Centre (ASSIST) is a non-profit and charitable organization operating in the city of Edmonton since 1977. Its mission is to enhance the lives of individuals and families through quality programs and services. Their primary mandate is assisting immigrants through practical settlement services and support to facilitate their successful integration into mainstream society. Additionally, ASSIST's key objective is to provide an integrated and comprehensive series of programs to promote the health and well-being of immigrants of all ages (children, youth, adults and seniors) from diverse cultural, linguistic, and ethnic origins.

## English Language Learning

### Courses

#### *Daily English for Beginners*

Do you want to get better at reading, listening, and having conversations in English? Come to this class and learn about our city and community, transportation and road safety, health and wellness, jobs and work, and money and banking.

## Family Literacy

### *Learning English through Raising Children*

Learning English together!

In this fun and educational program, you and your children will:

- Meet other parents and children to learn English together
- Listen to stories that make you laugh or think
- Sing songs in English as well as in Mandarin or Cantonese
- Learn English through fun activities and practice conversations

By the end of each program, you will feel more confident speaking English to your children and others. You will build a better relationship with your children through reading stories and singing songs in English together! You will also learn about community resources and Canadian culture, including child-rearing practices.

## Basic Digital Skills

### *Digital Literacy Learning Beginner - Intermediate*

Do you want to learn how to use a computer or learn new skills? Come to this class and learn how to use a computer to learn about the community activities, filling in forms, email, transportation, health and wellness, jobs and banking.

# Ben Calf Robe Society

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## Website

<http://bcrsociety.ab.ca/>

## Mandate

In 1980, a group of concerned citizens began to look at Aboriginal education in the City of Edmonton and discovered that some 80% of Native children did not complete high school. Their solution was to establish a school where Indigenous children felt accepted and culturally comfortable and thus encouraged to remain in school and complete



their grade twelve. With the collaboration of the Catholic School Board, the Ben Calf Robe Society school was created. We believe that our children are sacred. Our work will strive to protect and enhance that sacredness by providing Indigenous children and their families with a holistic education, supportive social services, and programs of high quality and cultural relevance.

## Skills for Learning

### Course

#### *Collective Kitchens - Indigenous*

This is a program you will be excited to take. You will be with a group of people who share the same interest. The Facilitators will support you through your journey in the discovery of "All things food." You will learn all about basic cooking skills, cooking tips, cultural recipes, nutrition, reading labels, reading recipes, changing recipe quantities, coupons, budgeting, cooking for kids and kitchen safety. You will learn how to prepare low-cost healthy meals and appropriate portion sizes for your family. You will be provided with an outline of the daily schedule when you sign up. You will receive a variety of kitchen items to help support you in your learning experience. In addition, you will also receive recipes and all the food for each recipe. You will also be involved in choosing the recipes. This program runs for five days (Monday – Friday) six times a year.

## Buffalo Keeper Nehiyaw Centre of Edmonton

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### Mandate

Buffalo Keeper Nehiyaw Centre is created to help Aboriginal people of all ages in the social service field, employment, life skills, computer skills, cultural awareness and training.

## Skills for Learning

### Tutoring

#### *Walking in a Good Way – Indigenous*

Walking in a Good Way sessions are culturally relevant and reduce barriers to learning for Indigenous people who are impacted by mental health trauma and lack of life and literacy skills. The sessions are designed for Indigenous people recently released from institutions who want to continue with the spiritual guidance they received from Elders and Knowledge Keepers. Participants will learn Indigenous cultural teachings, ceremonies, language, the Sweat-Lodge, askopewis and how to be a proper helper. Every two weeks Pipe ceremonies, soup and Bannock feast and traditional teachings of their ancestry will assist them in finding their lost identity. Drum making, rattle making and other teachings and Bannock making lessons are some of the other activities in sessions.

## Canadian Arab Friendship Association

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### Website

<https://www.aisca.ab.ca/members/cafa/>

### Mandate

The Canadian Arab Friendship Association is Edmonton based, not-for-profit community service agency with over forty years of bridging Canadian and Arab and other ethnic cultures in Edmonton in an educational and productive manner. The organization is led by a committed group of long-term employees, educators, and volunteers. Our overarching mission is to ensure that immigrant families and newcomers have access to programs and a support network that helps them adapt to their new life in Canada.

## Basic Digital Skills

### Course

#### *Learn it! Use it!*

Come learn how to use a computer. Learn about the parts of a computer, software programs (applications), and the internet. Also learn to create documents and use email. Learn new vocabulary, spelling and writing in English. The skills you learn will help you in your daily life and let you join society better.

## English Language Learning

### Courses

#### *Refresh Circle*

Are you a newcomer or Canadian citizen? Are you 55 years or older? Then the “Refresh Circle” course is for you. It will help you get better at listening, reading, speaking and writing in English and help with computer training. You will make friends, have discussions, work in groups, and learn how to use a computer. You will read paragraphs and stories, do crafts, play games and do physical activities. You will learn about services and opportunities in your community. You may have a chance to share your knowledge and skills through volunteer work in social services. You can get extra support if you need to talk with someone in private outside of the class.

Note: We are offering this course online.

#### *English as a Second Language*

Are you at CLB Level 1 – 4? Do you want to use English in your daily life? This class helps you with listening, speaking, reading and writing in English. We talk about things like

- Reading phone bills, medicine labels etc.
- Paying bills online
- Talking with teachers at parent-teacher interviews
- Filling out forms
- Writing short stories

- Learning about Canadian culture
- Grammar
- Small talk
- And more!

You will get to do role plays, practice computer skills, do quizzes, watch ESL videos, and speak with your teacher and classmates using Zoom and Google Classroom.

Note: We are offering this class online/hybrid now.

### *Reading Language Proficiency*

Are you at CLB Level 1 – 4? Do you want to get better at reading? Then come to “Reading Language Proficiency”. You will practice

- Reading clearly and slowly
- Reading for meaning
- Reading common words
- Reading simple short paragraphs about daily life topics
- Reading short stories
- Writing basic messages and texts

You can practice your computer skills, type your homework, do quizzes, listen to ESL videos and speak with your teacher and classmates using Zoom and Google Classroom.

Note: We are offering this class online now.

### *Writing for Beginners*

Do you want to learn to write in English? Are you CLB level Literacy to 4? You will learn to share ideas in writing.

Literacy to CLB 2 learners will work on

- Making alphabet letters
- Pencil/pen grip
- Spelling simple words and sentences
- Filling out forms

CLB 3-4 learners will work on

- Writing sentences
- Writing paragraphs

- Write text messages
- Write emails
- Using grammar correctly

You will use computers to practice typing sentences and emails.

Note: We are offering this class online/hybrid as needed.

## Centre for Family Literacy

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### Website

<http://www.familit.ca/>

### Mandate

The Centre for Family Literacy (CFL) believes that literacy skills develop in families first. The CFL focuses on assisting families in their attempts to improve their literacy skills by developing and delivering family and adult literacy programs in the Capital region; providing training to family literacy professionals in Alberta and across the country; serving as an information and program resource to family literacy professionals in Alberta; raising awareness about the importance of literacy and its impact on individuals, families and communities; and acting as a catalyst for inter-agency support for families.

## Adult Literacy

### Courses

#### *Adult Book Club*

Join our book club! This program is for adults who want to get better at reading in a fun way. In book club, you will meet once a week for 10 weeks to read and talk about a book. This group will help you safely work on reading, understanding, learning new words and writing. Tell us what you want to learn about and we will add it where we can. Books for each session will be chosen by what we hear from you!

## Family Literacy Program

### *Family Book Club*

The Family Book Club program offers fun, hands-on literacy (reading and writing), language, and number activities for you and your children ages 0 – 6 years. We meet once a week for 10 weeks in a row. You will learn to help your child love reading and writing, develop a positive relationship with your child, and learn new ways to read with your children. We will read and talk about books. You will build your own reading, understanding, vocabulary, writing and number skills through activities that help you share books with your children.

## Tutoring

### *Volunteer Adult Tutor Program: Adult Literacy*

What do you want to learn? Do you want to get your G.E.D.? Do you want a job? Do you want to help your kids with their homework? If you want to get better at reading, writing, or math, we can help! Call today to find a tutor to help you learn what you want!

## Basic Digital Skills

### Course

#### *Keeping Up with the Kids: Basic Computer Skills*

Join us as we “keep up with the kids” by working on basic computer skills, once a week for 10 weeks. You will learn how to:

- Use your laptop, tablet or smartphone
- Explore social media and stay connected with family and friends
- Use online tools for work/school
- Know when information is true or “fake news”
- Find information online or sign up for a class
- Look for and apply for jobs online

After each class, practice time lets you work on your skills or get help! We are here to help with questions or technology skills you want to learn!

# Cerebral Palsy Association in Alberta

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## Website

[www.cpalberta.com](http://www.cpalberta.com)

## Mandate

Cerebral Palsy Alberta (CPAA) is committed to empowering, supporting and enriching the lives of individuals affected by cerebral palsy and other disabilities to achieve their full potential.

Statistically, individuals with disabilities are one third less likely to be employed and one half less likely to participate in post-secondary education. The rates of participation in extracurricular activities are far below that of the general population, and they are more likely to engage in passive, solitary activities.

## Basic Digital Skills

### Learning Activity

#### *ComputAbilities – Intro to iPad*

Come learn about iPads. Learn about the parts of the iPad and how they work, how to use an iPad, and some basic iPad applications.

By the end of this course, you will be able to use the buttons and screen on the iPad, take pictures, find and download applications, and more!

iPads will be provided.

#### *ComputAbilities - iPad Social Media*

Learn the basics of how to use social media applications on an iPad (Facebook, Facebook Messenger, YouTube, Twitter, Instagram etc.), how to create email and use accounts, post pictures, movies and more. A lot of practice time is included so that you can practice your new skills.

By the end of the program, you will know how to find and use applications on your iPad and be able to connect with others over social media.

# Connect Society

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## Website

<https://connectsociety.org/>

## Mandate

Connect Society has been serving Deaf and Hard of Hearing individuals since 1963. Their vision is: "Empowering Deaf and Hard of Hearing children, adults and their families to engage fully within their communities". The Connect Society's target population consists of Deaf and Hard of Hearing children and youth, hearing children whose parents are Deaf or Hard of Hearing, Deaf and Hard of Hearing adults and families of Deaf and Hard of Hearing individuals. Their core beliefs are that every individual is unique and valued for their diverse talents, attributes and abilities in all aspects of life. The ability to communicate fully is essential to all aspects of living. The Connect Society strives to empower people to access the supports they require to participate as fully as possible in all aspects of community life to fulfill their aspirations.

## Adult Literacy

### Courses

#### *ASL Learner's Licence Preparation*

This class will help you will all the information you need to pass your Class 7 Learner's License.

- Taught in ASL
- Access to Clear Language Guidebook or flash cards
- Interactive, fun lessons
- Access to tutoring sessions
- Help to book interpreter for Class 7 test

By the end of the class, you will understand the vocabulary and concepts you need to pass the Class 7 test.



## *Connect Cooks*

This collective kitchen is for Deaf and Hard of Hearing adults. You will meet once a week to cook and learn together. You will learn about

- Healthy eating
- Food safety
- Online grocery shopping
- Low-cost cooking

As you cook you will improve your math and reading and writing skills and become more independent.

## *Job Ready*

Would you like to know more about finding a job? Would you like to have help with a job search? We would like to help with some of the things that make it hard like:

- resumes,
- cover letters,
- interviews,
- networking
- and more!

By the end of the course, you will understand the process from beginning to end in finding a job. You will be able to identify what type of job you would like and what skills you will need to get that job.

## **Family Literacy**

### *Literacy Enrichment*

Hello parents! It's hard to get out to the library right now, so we thought we would bring our library to you! Just fill out a form to get started. Then we will carefully pick 10 books or a literacy backpack for you to share with your family. Literacy backpacks are 1 book with activities and games that add more fun to reading. When you are finished with the books or backpack, please return them and fill out a short survey with the QR code on the bag.

We have other ways for you to get involved too!

Lunch and Learn – come join us for a light lunch and some learning for parents. Topics include Hearing Loss 101, Deaf Bing, and hearing aid technology.

Read In Week – are you an ASL user? Are you learning ASL? So are many of our children. Come to a preschool class and read them a story in ASL.

## *Parent and Child Learn and Play*

### **Session 1 ASL Parent Child Mother Goose**

This program is for Deaf and hard of hearing parents or parents whose children are deaf or are learning American Sign Language (ASL). Would you like to communicate better with your child? Would you like to learn more ASL? Do you want to learn ASL handshapes and rhymes? In this program you will learn more about bonding with your child, making eye contact, communicating, and using ASL. You will learn about how early literacy happens in everyday activities. You will learn how using ASL helps build your child's vocabulary and understanding. You will meet new families and hopefully make new friends. By the end of the class your ASL skills will be improved, and you will feel more comfortable using ASL with your child and in the community.

### **Session 2 ASL Read with Me**

This course is a family literacy program primarily for Deaf adults. Would you like to get better at reading with your kids? Do you want to learn about how reading in ASL (American Sign Language) helps kids in learning to read? Do you want more ideas to help your child learn ASL? With the help of Deaf mentors/tutors we will teach the basics and help you meet your literacy goals. By the end of the program, you will feel more confident using ASL skills at home and in the community, meet new friends, and help grow your child's language skills.

## Basic Digital Skills

### Course

#### *Seniors Digital Literacy*

Do you feel a little lost in the digital world? Would you like answers to your tech questions? You will learn some easy problem-solving skills to help you find things on your computer or smart device. You will learn about

- Searching websites (e.g., Google)
- Social media (e.g., Facebook, Twitter)
- Streaming (how to watch shows on your device)
- Online banking, shopping
- And more!

By the end of the course, you will have learned how to find things on your computer or smart device and know how to problem solve ways to answer and solve your own computer or smart device questions.

## Council for the Advancement of African Canadians in Alberta (Africa Centre)

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### Website

<https://www.africacentre.ca/>

### Mandate

The Council for Advancement of African Canadians in Alberta (CAAC), operating as Africa Centre, was incorporated in 2006. We are the largest pan African non-profit organization in Western Canada, serving as a community hub that provides programs and services from a place of cultural awareness and competency to the families in our diverse community. We acknowledge the diversity of our cultural background as a source of strength that brings capacity and competencies to shape a thriving community in Alberta. We have a strong African Indigenous cultural foundation incorporated across our programs and services. We

strive to create opportunities for full access and participation of all Albertans in all aspects of society including economic, social, cultural and educational endeavours and contribute to the holistic development and wellness of individuals, family, and community.

## Basic Digital Skills

### Course

#### *Basic Digital Learning Skills for African Seniors*

Do you want to learn how to use your computer or smart phone? Do you want to find things on the internet, connect with family online, and send emails? Come to our Basic Digital Learning skills for African Seniors course. In this course you will learn how to use

- WhatsApp and other texting
- Emails
- Social media like Facebook
- Video conferencing like Zoom
- YouTube
- Websites for online shopping
- And more!

## Creating Hope Society

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### Website

<https://www.creatinghopesociety.ca/>

### Mandate

Creating Hope Society is a non-profit society established to recognize that the sixties and seventies child welfare scoop of Aboriginal children is a continuation of the Residential Schools era. We believe that it is time to halt the cycle of Aboriginal children being separated from their families and communities.

Creating Hope Society is carrying forward a healing process, commenced for Residential School survivors, to those who are products of a Child Welfare system that has perpetuated the legacy of Residential Schools.

Our mission is to build on our strengths to create hope for the future for Aboriginal people impacted by the Child Welfare system, through healing processes, support, reconciliation, and sharing what we have learned with each other.

## Skills for Learning

### Learning Activity

#### *Learning Our Indigenous History - Indigenous*

Do you want to know more about your Indigenous history? Do you want to learn some Cree? Do you want to get better at writing in English and using everyday math skills? Come to one, two, or all of the workshops to find out more about

- Tobacco Tie Teachings
- Turtle Island
- Tipi Pole Teachings
- Medicines and Medicines Bags
- Dreamcatchers
- Beading
- Dancing
- Drum and Rattle
- Bannock Making
- Indigenous Nutrition
- Talking Stick
- Moss Bag Teachings

# Cultural Connections Institute – The Learning Exchange (CCI-LEX)

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## Website

<http://www.cci-lex.ca>

## Mandate

Since 2003, CCI-LEX has been changing the lives of thousands of newcomers to Edmonton by promoting the personal growth of adult learners through English language instruction and the exchange of cultural knowledge.

Our vision is that all English language learners are able to engage and contribute to their communities in a way that is meaningful to them.

## English Language Learning

### Courses

#### *Workplace Communication Skills*

Do you need to improve your English for work? In this class, you will learn and practice English for:

- writing emails
- sharing your opinions
- giving and following instructions
- expressing yourself clearly
- networking
- job search: resume and interviews

You will also discuss and learn about standard rules, practices, and etiquette in the Canadian workplace. After this class, you will be more confident to communicate with your boss and co-workers and understand the Canadian workplace better!

## Reading and Writing Skills

Do you want to write good sentences and paragraphs? Do you need to improve your reading skills?

In this class, you will:

- learn and practice good sentence structure
- review important grammar points
- practice reading different kinds of texts
- develop and use creative ideas in writing
- learn and practice good paragraph structure

You will also practice different formal and informal writing, for example, writing an email for work and writing an email to a friend. After this class, you will be more confident and express yourself clearly by writing good sentences and paragraphs!

# Dickinsfield Amity House

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## Website

<http://www.amityhouse.ca/>

## Mandate

Dickinsfield Amity House exists to promote and encourage the independence and well-being of individuals and families by providing social, recreational, and educational programming at the preventive level. Their current programs include Teaching Tots, an Early Intervention preschool program; Drop in, where the community can get together, addressing social isolation and connecting to resources; outreach, where a social worker can work with program participants and connect them to services and supports; and their ECALA funded programs, ELL, Collective Kitchens and Umbrella Kitchens. Dickinsfield Amity House is located in a CRHC unit with a secondary location in the Londonderry Community League. Their program participants reflect the diversity of the community, with a higher than city-wide average number of newcomers, single-parent families, families living with low income and unemployed/underemployed individuals.

## Adult Literacy

### Course

#### *Kistehitah kimeskanam (Honour your Journey) - Indigenous*

Do you want to learn more about your Indigenous culture and language? Do you want to meet with Elders and Knowledge Keepers and learn Indigenous ways of knowing and learning? Would you like to make a pair of moccasins for a new baby to help welcome the baby into the community? Come join our learning circles to learn teachings about

- Common cultural practices like prayers, smudging etc.
- Nehiyawewin language
- Cultural resources for healing
- Family relationships
- Traditional cultural crafting skills like beading and moccasin making
- Impacts of intergenerational trauma
- And more

This course is offered in partnership with Indigenous Birth of Alberta (Kihew awasis wakamik).

## Skills for Learning

### Courses

#### *Collective Kitchens*

Cooking and connection are what you will find in a Collective Kitchen program. Small groups get together (in person or virtually) in different agencies across the city. You will prepare and take home healthy meals for yourself and your family. With hands on food preparation you will learn new skills such as

- budgeting
- meal preparation
- kitchen safety
- math
- reading and writing

You will make new friends as you work through recipes in small groups. At most sites, a meal is made and eaten together. At the end of the session,



you will take home 4 different meals. You can freeze these meals and save them for when time and/or money is tight.

### *Cooking with Aunty - Indigenous*

Cooking with Aunty is an Indigenous focused program, led by a Metis Birth worker and chef. It combines cooking and connecting. You will meet online two times a month to make a meal “together” and then share the meal afterwards. You will make new friends and connections, get support, and share stories. Families are welcome – get the kids in the kitchen too! This course is offered in partnership with Indigenous Birth Alberta.

## Edmonton City Centre Church Corporation (E4C)

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### **Website**

<https://e4calberta.org/>

### **Mandate**

E4C is a non-profit, charitable organization working for almost 50 years to help vulnerable people here and now. E4C's ultimate goal is to prevent and eventually eliminate poverty. They acknowledge that their mission is possible with the help of others who are ready to see the strength they see in the people they serve. Currently, E4C operates more than 20 distinct programs to meet the changing needs of the community and touches the lives of close to 15,000 Edmontonians each year.

## English Language Learning

### **Courses**

#### *Foundational Skills Through Conversation (English Conversation Circle)*

Do you want a safe place to meet other people and become more confident in your English? Join our English Conversation Circle! You will be

able to practice your English speaking, listening, reading and writing skills, while learning more about Canadian culture. We will cover topics like the Canadian workplace, Canadian citizenship and Canadian holidays and traditions.

## **Family Literacy**

### *Daily Literacy*

By attending Daily Literacy sessions, you will be able to meet other people while learning fun ways to practice literacy skills in your everyday life. Daily Literacy sessions will be designed to help you practice your English speaking, listening, reading, and writing skills through activities based on experiences we have every day, such as documents sent home from schools, financial information, recipes and nutrition labels.

# Edmonton Immigrant Services Association

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## **Website**

<http://www.eisa-edmonton.org/>

## **Mandate**

Edmonton Immigrant Services Association (EISA) is a not-for-profit charitable organization that assists new immigrants, refugees and first-generation Canadians with their settlement, adaptation, and integration needs regardless of age, gender, religion, nationality or ethnic origin. EISA's vision is that participating newcomers are successfully integrated into the Canadian society and are actively engaged in their communities. Community volunteers and staff provide a variety of settlement and integration programs and services that are responsive to clients' needs. Newcomers can access our services from 80 delivery sites in Edmonton and surrounding areas, Grande Prairie and Fort McMurray.

## English Language Learning

### Courses

#### *English Language Learning Levels 2-5*

Do you want to get better at speaking, listening, reading, and writing in English? In our Level 2 and 3 courses you will get better at basic English language skills for daily living. Level 3 to 5 courses will build your English language skills and teach grammar and information about life in Canada. Learning more English will help you settle into life in Edmonton.

## Edmonton Mennonite Centre for Newcomers

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### Website

<https://emcn.ab.ca/>

### Mandate

Edmonton Mennonite Centre for Newcomers (EMCN) is a community agency that seeks to assist immigrants and refugees coming to the Edmonton area to achieve full participation in the community and contribute their experiences and skills to enrich the lives of all Canadians. We envision a future where many citizens walk with newcomers to bridge their transition into the community. To achieve this vision, EMCN serves as a key catalyst and leading collaborator in positively shaping the attitudes, behaviours, and practices of organizations and individuals in order to value the diversity that newcomers bring to the community. Our work is founded on the core values of social justice, diversity, compassion and responsibility.

# English Language Learning

## Courses

### *Community Outreach*

Classes will be in person or on Zoom. You can join some classes using your telephone. You will practice reading, writing, listening, and speaking about topics that interest you. We plan the lessons by listening to the learners. We have Beginner and Intermediate levels.

### *Seniors English as Another Language*

English classes for seniors aged 55+. Classes will be in person or on Zoom. You can join some classes using your telephone. You will practice reading, writing, listening, and speaking about topics that interest you. We plan the lessons by listening to the learners. Our students enjoy the classes because they can spend time with their friends, but they are also learning about the services and activities in Edmonton.

## Family Literacy

### *Parenting and Literacy*

This class is for parents of young children that are too young to go to elementary school. Parents can bring their children. Sometimes, the parents and children will learn together. Sometimes, daycare workers will watch the children while the parents learn. The parents will learn about English skills for joining in with their community in Canada and they will learn how they can help their children to learn in Canadian schools.

# Indo-Canadian Women's Association

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## Website

<http://icwaedmonton.org/>

## Mandate

The Indo Canadian Women's Association (ICWA) was established in 1984 and is a leader in western Canada advocating for the rights of immigrant women, men and youth. Through settlement assistance, skill-building community activities, and adult education, they try to ensure that newcomers are assisted to the utmost in their journey of settlement and integration in Canada.

## Basic Digital Skills

### Course

#### *Digital Literacy Class*

Are you looking to improve your computer skills? The Digital Literacy Class will give you the basics about computers, smart phones, tablets etc. At the end of the course, you will be able to

- surf the internet and email
- use smart devices like computers and phones
- understand and use computer settings
- understand and use some basic computer programs

## English Language Learning

### Course

#### *English Conversation Class for Seniors*

Do you want to get better at speaking, listening, reading, and writing in English? At the end of this course, you will be able to

- have a simple conversation
- speak, read and write simple sentences
- listen to others and have a discussion

## *English as a Second Language*

Come to English as a second language to get better at speaking, listening, reading, and writing in English. By the end of the course, you will be able to

- have a conversation and speak in sentences
- listen to others and have a discussion
- read and write complex sentences

This course will help you learn the English language skills needed to be a successful member of Canadian society.

# Multicultural Family Resource Society

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## **Website**

<https://www.mfrsedmonton.org/>

## **Mandate**

In 2005, the Multicultural Health Brokers Co-operative (MCHB) co-founded Multicultural Family Resource Society (MFRS) to provide participant-driven programming to Newcomer families and youth who face a number of barriers, including social isolation, economic poverty, food and housing insecurity, Post Traumatic Stress Disorder and other mental health issues related to war trauma, and cultural and language barriers. MFRS participants often lack the confidence, knowledge and skills to access supports and services to find jobs, navigate schools and the healthcare systems. Currently, MFRS works with over 2000 newcomers to provide direct services and programs that address these integrations and quality of life issues by reducing the social challenges that newcomers face in a way that is responsive to the culture of the families.

# English Language Learning

## Courses

### *English for Community Integration - Intermediate*

Every Sunday starting on September 5th (from 1 pm to 4 pm) you will have a chance to work on your English language skills. Our teachers look forward to getting to know you and finding out what you would like to learn. In the past, we have gone on field trips to the library, visited community gardens and gone for walks in the river valley. The course is free, and all are welcome to attend. We provide writing materials, including journals and copies of learning materials.

### *English for Community Integration: Parkdale-Cromdale*

Would you like to improve your ability to read, write and speak English? At MFRS, we have a free English language learning course that might interest you. Our classes are small, and our teachers are friendly. You will have the chance to meet other people, make friends, visit Edmonton attractions and learn together. You can bring your children to the course too – at no cost. We will use city buses, learn about the health care system, schools, how to find a job and other topics that interest you.

### *English for Community Integration - Beginner - Family Support Office*

Are you new to Edmonton and Canada? Hoping to learn English? At MFRS, we have a free course that can help you. It's for people like you who want to learn a new language. We have friendly teachers, small classes and practical and fun ways to learn. You will meet other newcomers, make new friends and become more familiar with the city. You can also bring your children.

### *English for Community Integration – Intermediate - Family Support Office*

Take your English language skills to the next level! MFRS is holding free classes for newcomers who have completed basic English and now want

to keep improving. We'll help you become even more confident reading, writing and speaking English. All in a relaxed friendly environment where you can make new friends. Bring your children too. We will use city buses and learn to get around Edmonton. You will also learn more about the health care system, how schools work and how to find a job.

## Norwood Child and Family Resource Centre

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### Website

<https://www.norwoodcentre.com/>

### Mandate

Norwood builds on the strengths of children and families through support and education to optimize child development and connect families to the community. They use a holistic approach to meet the emotional, social, health and emerging needs of families in the community. Norwood strongly believes that when they work with children, they do so within a trauma-informed and strength-based model and never in isolation of families and communities. Their programs focus on prevention and early intervention in early childhood and family support.

## Adult Literacy

### Course

#### Family Literacy

##### *Empowered Parenting*

Come learn about the health, safety, behavior and development of your child. Watch videos, have conversations, and do activities that grow positive relationships and support positive parenting. Get ideas to feel confident as a parent and to help you connect with your child. Get to know other parents. Talk about ways to help your child grow healthy and strong. Feel supported in your parenting journey and learn new parenting skills.



# P.A.L.S- Project Adult Literacy Society

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## Website

<https://palsedmonton.ca/>

## Mandate

The mission of P.A.L.S. is changing lives through literacy. The mandate is to provide opportunities for adults who have low literacy – reading, writing, math, and English language skills so that they can fully participate in the community, make informed decisions, and improve employment. The strategy is that volunteers from the community tutor/mentor the adult learners in small groups, 6 to 8 adult learners and one to one tutoring. The adult learner builds on their current skills to increase capacity and meet goals.

## Adult Literacy

### Tutoring

#### *One-to-One Tutoring Reading and Writing*

Are you struggling with reading or writing? Learners at PALS work one-to-one with a tutor to improve their skills. We will match you with a tutor who understands your unique needs and learning style. One-to-one tutoring allows us to focus on your areas of challenge and we can go back and address any learning gaps you need to. You can work online or in-person at the PALS office or at a library near your home. Meetings are for a few hours each week at a time that works for you.

### Courses

#### *Book Club*

Come to Book Club! We will read an easy novel for adults and work on vocabulary, writing and just reading better. The books can be about real life, funny or murder stories! We do three books a year and they take 12

weeks each to read. You can come for just one book or all of them. Meet new people, laugh and see how much fun reading can be!

### *SingAlong*

Come to Singalong! Read and sing the music of Canada! You will have an opportunity to read and sing the lyrics to many songs, improve your reading, your vocabulary and your understanding of Canadian culture. Singing helps with pronunciation. Chunking is an important part of reading and also in learning to speak another language. Music is naturally chunked into phrases and will really help you to apply this skill to your reading and speaking. We will sing old songs, new songs and even songs we write together. Make friends and have fun! Join PALS Singalong!

## Basic Digital Skills

### **Tutoring**

#### *One-to-One Tutoring: Basic Digital Skills*

We want to help you feel more comfortable with computers, tablets, smartphones etc. Come learn about

- the parts of a computer
- kinds of software like word processors, spreadsheets, power point
- using email
- using search engines like Google
- joining social media like Facebook or Twitter

## English Language Learning

### **Courses**

#### *LELL Groups*

Our group classes have up to four people in them. You will practice and get better at speaking English, having conversations, and pronouncing words. Speak more confidently and clearly in English. These classes are for people at Canadian Language Benchmark 2 to 5.

## Tutoring

### *ELL Tutoring*

Come work one-to-one with a tutor to get better at having conversations, reading, and writing in English. We will match you with a tutor who understands your needs and learning style. You can work online or in-person at the P.A.L.S. office or at a library near your home. Meetings are for a few hours each week at a time that works for you.

## Numeracy

### Tutoring

#### *One-to-One Tutoring: Math*

Want to improve your math skills for work, school, or everyday life? We can help!

- Meet with a volunteer tutor one-on-one or in small groups for a few hours each week, at a time that works for you.
- Use learning materials with real-life examples.
- Go at your own pace and build on what you already know.
- Gain confidence with numbers, improve your problem-solving skills and learn how to apply math skills to everyday tasks.

### Learning Activity

#### *Math Test Prep Workshops*

Are you preparing to go back to school? Looking to start an apprenticeship? This workshop can help!

- Learn how to study and prepare for an exam
- Learn how to deal with anxiety
- Learn tips and strategies for writing an exam
- Learn how to solve many kinds of math problems

This workshop will include a practice exam to try out what you learn and a review session for immediate feedback.

# Russian Language and Culture Education Society of Alberta

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## Website

<https://www.erudit.ca/>

## Mandate

The Russian Language and Culture Education Society of Alberta's mission is to provide a high-quality EAL education, which prepares students to learn, to work, and to live fully; to help newcomers acquire English as fast as possible and to adapt themselves to a new culture. Their purpose is to assist students in reaching their educational, vocational, linguistic, and personal goals. They aim to preserve Russian Heritage (language, traditions, culture, customs) among Russian speaking Canadians and newcomers; provide help with daily life issues and settlement services; help with a better understanding of Canadian multiculturalism (for example, multicultural women's group to share recipes, crafts, stories, topic discussions, guest speakers, interest groups, etc.); and give all newcomers equal opportunities to fully use their potentials (sport activities, cultural festivals, etc.).

## English Language Learning

### Course

#### *English as Another Language (EAL) for Adults*

Do you want to learn English and also learn about Canada? In this course you will get better at listening, speaking, reading, and writing in English. Learn new grammar and new vocabulary that you can use every day, have discussions with classmates, and make new friends.

# Terra Centre for Teen Parents

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## Website

<https://terracentre.ca>

## Mandate

Terra Centre is a non-profit organization helping pregnant and parenting teens to develop self-reliance and skills to be successful parents and contributing family members. The work of the agency personnel is dedicated to meeting Terra's mission and vision. Their mission is to empower teen parents to succeed, and their vision is to help teen parent families thrive and enrich our community.

## Basic Digital Skills

### Course

#### *Literacy for Living - Basic Digital Skills*

Knowing how to use a computer is something everyone needs to be able to do. You need computers, phones, or tablets to get information, services, to do schoolwork, and even to find a job.

In this course you will learn to

- use computers, smart phones and/or tablets
- find things on the computer
- use the internet to learn new things about parenting
- use the internet to find resources for you and your child
- use the internet to find a job
- and more!

## Skills for Learning

### Family Literacy

#### *Literacy for Living – Family Engagement*

Literacy for Living family program is a time for you to learn with other parents about how you can help build literacy learning in your family. You will make literacy goals and learn literacy strategies for you and your child. You will learn to make your home literacy rich and find ways to use literacy strategies in everyday activities. You will learn to help prepare your child to be a great reader. You and your child will learn and sing new songs, share great children's books and laugh together with other parents and their children.

## The Candora Society

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### Website

<http://www.candora.ca/index.html>

### Mandate

Candora, founded in 1988, provides community-based and directed programs to respond to the identified needs of residents living in the area. Their mandate is to work with the residents of northeast Edmonton to help create a positive environment for individuals and families to live and grow and collectively address issues of concern in their communities using a community development lens. The Candora Society recognizes and provides opportunities for progressive learning about issues that impact their community members' lives. Their motto is "People helping people make a difference".

## English Language Learning

### Courses

#### *English Language Learning Basic 1 (Pre-Benchmark CLB 1)*

Come and join Candora's beginner level English classes! Basic 1 is offered twice a week from September until June. In the classroom you will:

- learn new words and simple phrases

- learn to talk about yourself, make simple requests, have short conversations
- practice reading and writing skills at the beginner level.

Become a part of our English Language Learning (ELL) community, make new friends and study new skills in a positive environment!

### *English Language Learning Basic 2 (CLB 2-3)*

Come and join Basic 2 level English classes at Candora! The sessions are offered twice a week from September until June. In the classroom you will:

- talk about everyday things, describe experiences, have simple conversations
- learn new words, phrases, and simple grammar structures
- practice reading short stories and writing simple sentences

Become a part of our English Language Learning (ELL) community, make new friends and study new skills in a positive environment!

### *English Language Learning Intermediate (CLB 4-5)*

Come and join Intermediate level English classes at Candora! We offer sessions twice a week from September until June. In the classroom you will:

- increase your confidence in speaking English,
- learn to express yourself in different everyday situations,
- practice your listening, reading, and writing skills
- learn new words and grammar structures.

Become a part of our English Language Learning (ELL) community, make new friends and study new skills in a positive environment!

### *English Language Learning Online (CLB 5-6)*

Do you want to keep learning online? Then join Online English classes at Candora! The Intermediate level lessons are offered twice a week from September until June. In the classroom you will:

- increase your confidence in speaking English
- learn to express yourself in different everyday situations
- practice your listening, reading, and writing skills
- learn new words and grammar structures.

Become a part of our English Language Learning (ELL) community, make new friends and study new skills in a positive environment!

# The Learning Centre Literacy Association

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## Website

<https://www.tlcla.org/>

## Mandate

Mission: The Learning Centre Literacy Association engages people in community-based learning and literacy development that further enables them to make positive changes for themselves and their communities.

Vision Statement: The Learning Centre Literacy Association: A vibrant, diverse community confidently exploring and using literacy. The Association, in keeping with its Mission and Vision Statements, offers various on-site and outreach literacy/numeracy adult learning opportunities, as well as one to one volunteer tutoring to encourage involvement of Edmonton's marginalized or underprivileged citizens. On-site programs are offered on a continuous intake basis from September to June. Current outreach locations include the Alberta Hospital, Buffalo Sage Wellness House, The Neighbour Centre, Edmonton Indigenous Seniors Centre and the Bissell Centre. Francophone Literacy programs are also available on the south side at the l'Alliance Jeunesse-Famille de l'Alberta Society (AJFAS) location.

## Adult Literacy

### Courses

*Reading and Writing for Academic Goals (English and Francophone)*

Do you need to get better at reading and writing before you can go to post-secondary school? We help you figure out your goals and then work on them. We can help with



- grammar and mechanics
- essay writing
- reading
- exams and academic upgrading
- and more!

### *Reading and Writing for Life Goals and Creative Writing (English and Francophone)*

Do you want to read and write better? We can help you with things like

- knowing what sounds letters say
- basic everyday vocabulary (like going to the doctor or shopping)
- spelling
- sentence making
- pronunciation

We will help you figure out your goals and make a plan so you can reach them.

### *Reading and Writing for Employment Goals (English and Francophone)*

Do you need to get better at reading and writing for your job? We can help you learn to

- write a resume and cover letter
- send good emails
- write technically and professionally
- use and analyze documents
- search for jobs online using key words
- use workplace vocabulary

### *Cree Language and Storytelling - Indigenous*

The classes will provide Cree language training using Cree syllabics, and oral teachings. Elders will be available to connect students with traditional knowledge based on participants' cultural learning goals.

## Basic Digital Skills

### Courses

#### *Basic Digital Skills (English and Francophone)*

How do you get online? How can you stay safe online? What can you do online? In this class you will learn how to use a computer, the internet and other tech. You will learn to

- use a computer and other devices
- get places on the internet
- use programs to write and print
- do things online with other people
- decide what is good information
- and more!

#### *Indigenous Digital Storytelling - Indigenous*

Basic Digital Skills for Life Goals focuses on developing adult literacy skills for Indigenous students with a focus on basic digital skills. Regardless of computer experience, participants will have the opportunity to develop typing, web browsing and basic program skills. Participants will have access to computers and the internet that will allow them to practice their skills at home and in the community; if they do not own devices, laptops will be provided at no extra cost. Participants will be introduced to digital storytelling and have the opportunity to write and publish personal reflections on their self-made blogs.

## Numeracy

### Courses

#### *Math and Numeracy for Academic Goals (English and Francophone)*

Do you want to go to post-secondary school but need help with math? This course will help you with

- elementary math
- junior high math
- high school math
- GED/diploma preparation

- ways to apply math
- and more

### *Math and Numeracy for Life Goals (English and Francophone)*

Do you need help with math for everyday life? In this course you will get help with

- budgeting
- figuring out the GST or discounts when shopping
- figuring out how much to tip
- understanding taxes

We will set goals together with you and then plan the course so that you learn what you want to know about math in everyday life.

### *Math and Numeracy for Employment Goals (English and Francophone)*

Do you want a different job and need math to do it? This course can help. We help with

- basic math skills
- word problems
- problem solving
- and more

You will learn the math and reading skills you need to help you do your job better or to be able to find a better job.

## The Red Road Healing Society

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### **Website**

[www.redroadjourney.ca](http://www.redroadjourney.ca)

### **Mandate**

The Red Road Healing Society's vision is to walk with all our relatives on the Red Road of life by remembering, renewing and restoring our traditional roles and values that bring life to continually move forward, 'in a healthy way' as Indigenous People. They do this by providing professional social, education, health and legal services through an existing cultural,

grassroots, community-based agency that provides a spectrum of holistic services for children, youth, adults and families in the City of Edmonton. Their Mandate is Indigenous Early Intervention and Prevention that we have done for 21+ years and accredited for 14 years.

## Adult Literacy

### Courses

#### *Stoney Language - Indigenous*

Come learn the Stoney language, the language of the Nakota and Dakota people. Learn cultural ways of knowing and sharing. Have more social engagement and ceremony on reserve through understanding more of the language and ceremonial protocols.

## United Cultures of Canada Association

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### Website

<http://www.ucca.ca/wordpress/>

### Mandate

United Cultures of Canada's (UCCA) mandate is to create situations of inclusion for immigrants and refugees, leading to their successful integration and effective participation in Canadian society. They work to build community capacity and promote civic participation amongst newcomers. To achieve this, UCCA offers public education and training programs, interpretation and other direct services and develop resources for community education in areas of victim support, laws, human rights, health, diversity and inclusion.

## Basic Digital Skills

### Courses

#### *Adult Basic Digital Literacy*

Computers are very useful, and you need to know how to use one! Come to our computer class and learn to use the computer to

- use Facebook, Zoom, or Skype.
- find movies and newspapers in your own language
- do online banking and shopping
- fill out forms
- look for a job
- help your children with school

Call us and start learning from home!

## English Language Learning

### Courses

#### *English for Life Skills (ELS)*

Do you want to talk to your doctor or your child's teacher in English? In our English for Life Skills program, you will learn English to help you

- visit the doctor
- order food
- do your banking
- write a resume
- and more!

You will practice speaking, listening, reading, and writing by doing many fun activities.

#### *IELTS Exam Preparation*

Do you want help getting ready for an English Language Proficiency (ELP) test like IELTS, TOEFL, CELPIP, CLB, or Duolingo? Our IELTS test preparation program will help you get ready for all four tests – listening, speaking, reading, and writing. Our language expert worked as an IELTS examiner and can teach you ways to pass the test! Join us to get a good score from 5.5 to 7.