

## Fun activities for families

Where can we get some ideas for an, at home, family night?

- <http://www.parentinghumor.com/activitycenter/familynight/index.html>
- <http://www.amazingmoms.com/htm/family-games-night.htm>
- <http://www.familyactivityideas.com/indoor.php>

Where can we find seasonal crafts and holiday activities for our family?

- <http://familyfun.go.com/>

## Getting physically active

How do I find out the contact information for different sports?

- <http://www.sportnovascotia.ca/Members/OurMembers/tabid/257/Default.aspx>

What do we need to know about getting kids physically active?

- <http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pag-gap/cy-ej/pdf/guide-k-eng.pdf>

Is there financial help to get my kid into sports and other recreation?

- <http://www.sportnovascotia.ca/KidSport/tabid/145/Default.aspx>
- <http://www.canadiantire.ca/jumpstart/funding.html>

Contact your local recreation office for information on P.R.O. Kids funding.

Bridgewater:

- <http://www.bridgewater.ca/parks-recreation-and-culture/parks-recreation-and-culture.html>

Chester:

- <http://www.chesterareans.ca/>

Municipality of Lunenburg:

- [http://www.modl.ca/municipal\\_services\\_-\\_recreation/index.html](http://www.modl.ca/municipal_services_-_recreation/index.html)

Region of Queens:

- <http://www.regionofqueens.com/index.asp?id=7>

Shelburne Parks and Recreation:

- <http://www.auracom.com/tnshelb/Shelburne7.html#Local%20Programs%20and%20Events>

Town of Lockeport:

- <http://www.lockeport.ns.ca/page23.php>

Municipality of Shelburne:

- [http://www.municipalityofshelburne.ca/top\\_links/recreation/index.php](http://www.municipalityofshelburne.ca/top_links/recreation/index.php)

District of Barrington:

- [http://www.barringtonmunicipality.com/recreation\\_complex.htm](http://www.barringtonmunicipality.com/recreation_complex.htm)

Others:

- <http://www.recreationns.ns.ca/connect>

**South Shore Family Resource Association**  
**[www.southshorefamilyresource.org](http://www.southshorefamilyresource.org)**

Family Support Centre  
156 York Street, Bridgewater, Nova Scotia, B4V 1R3  
Phone: (902)543-1301

Buccaneer Bay/Heritage House Outreach Centre  
432 Jubilee Road, Apartment 109, Hebbville, Nova Scotia, B4V 6X1  
Phone: (902)543-7535

Queens Family Resource Centre  
106 College Street, Liverpool, Nova Scotia, B0T 1K0  
Phone: (902)354-7176

King Street Family Resource Centre  
35 King Street, Shelburne, Nova Scotia, B0T 1W0  
Phone: (902)875-3256