London’s Child & Youth Network is providing this list to assist you in beginning to explore recreation and healthy living for you and your family. The list in no way is meant to include every resource or opportunity that is available to you as each person’s needs are unique. If you know of a resource that should be considered for this tool, please forward it on to cyn@london.ca. The best way to find the right program is to ask!

Ask friends, neighbours, teachers, other parents at school, the library, the arena, or the community centre.

Please see reverse side for list of resources.