

counselling on such problems as marital relations, parent-child relations and family budgeting. Counselling and recreational services for older or retired people are being developed by many agencies, and child and youth organizations with recreational and character-building programs offer group participation in physical education, camping, the development of special skills, and other opportunities for healthful activity. Welfare councils and community planning councils contribute to the planning and co-ordinating of local welfare services.

Fitness and recreation are encouraged and promoted under the federal Fitness and Amateur Sport Act (1961), under which grants are made to national organizations to assist national and international aspects of the program and to provinces to develop and extend community effort.

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