



Community Better Challenge Competing Communities List

Thank you for checking out the ParticipACTION Community Better Challenge Competing Communities list. Building this list was no small feat, it included combing through Statistics Canada data, Canada Post data, Indigenous and Northern Affairs Canada data and a lot of mapping. If you've been looking for a friend to go into the depths of census-subdivision areas, dissemination blocks and forward sortation areas we can be that friend.

We had a few goals in mind to make the ParticipACTION Community Better Challenge successful. The first and most important is to **make the Community Better Challenge accessible and inclusive**. To do this we have connected every postal code in Canada (more than 860,000) to one of our competing communities. No matter where you live, all your physical activity minutes will help your community compete and maybe even win.

The second was to ensure the prizes will **support the whole community**. Each competing community is connected to a municipality or group of municipalities that will steward the prizes associated with being named Canada's Most Active Community, or one of five regional community winners. For competitive fairness, competing communities have a population of 1,500 or more people based on available Statistics Canada data (minimum 200 people in the Territories).

If you are from a smaller municipality, you may not be named as one of our 1,350+ competing communities. Your municipality has been grouped together with other municipalities of less than 1,500 people or you have been connected to a larger municipality.

We welcome all feedback about ways to continue to make the ParticipACTION Community Better Challenge accessible, inclusive and to support the whole community. Please send a note to info@participaction.com with your ideas, and we will consider them as we plan for next year's challenge.

**Get Together. Get Active.
Get Winning.**



British Columbia

Abbotsford	Comox	Invermere
Anmore	Coquitlam	Kamloops
Armstrong	Courtenay	Kamloops 1
Black Creek	Cowichan	Kelowna
Bowen Island	Cowichan Bay	Kent
Bulkley-Nechako	Cowichan Valley	Keremeos
Burnaby	Cranbrook	Kimberley
Burns Lake	Creston	Kitimat
Burrard Inlet 3	Cumberland	Kootenay Region
Campbell River	Dawson Creek	Ladysmith
Capilano 5	Delta	Lake Country
Capital	Duck Lake 7	Langford
Cariboo	Duncan	Langley
Castlegar	East Kootenay	Lumby
Central Kootenay	East Saanich 2	Maple Ridge
Central Saanich	Enderby	Merritt
Chase	Esquimalt	Metchosin
Chemainus	Fernie	Mission
Chilliwack	Fort St. John	Musqueam 2
Cobble Hill	Gabriola	Nanaimo
Coldstream	Golden	Nanoose Bay
Columbia-Shuswap	Grand Forks	Nelson
Columbia-Shuswap A	Highlands	New Songhees 1A
Colwood	Hope	New Westminster



Nisga'a	Prince George	Summerland
North Cowichan	Prince Rupert	Sunshine Coast
North Saanich	Qualicum Beach	Surrey
North Vancouver	Queen Charlotte	Terrace
Oak Bay	Quesnel	Thornhill
Okanagan I	Revelstoke	Trail
Okanagan-Similkameen	Richmond	Tsawwassen
Oliver	Saanich	Tsinstikeptum 9
One Hundred Mile House	Salmon Arm	Vancouver
Osoyoos	Salt Spring Island	Vanderhoof
Parksville	Sechelt	Vernon
Peace River	Sicamous	Victoria
Peachland	Sidney	View Royal
Penticton	Smithers	Warfield
Pitt Meadows	Sooke	West Kelowna
Port Alberni	Spallumcheen	West Vancouver
Port Coquitlam	Sparwood	Whistler
Port Moody	Squamish	White Rock
Powell River	Strathcona	Williams Lake



Alberta

Airdrie	Crowsnest Pass	Lethbridge County
Athabasca	Cypress County	Lloydminster
Athabasca County	Devon	Maskwacis
Banff	Drayton Valley	Medicine Hat
Barrhead	Drumheller	Minburn County No. 27
Barrhead County No. 11	Edmonton	Morinville
Beaumont	Edson	Mountain View County
Big Lakes	Foothills County	Newell County
Blackfalds	Foothills No. 31	Northern Lights County
Blood 148	Fort Saskatchewan	Okotoks
Bonnyville	Forty Mile County No. 8	Olds
Bonnyville No. 87	Grande Prairie	Opportunity No. 17
Brazeau County	Grande Prairie County	Parkland County
Brooks	High River	Peace River
Calgary	Hinton	Penhold
Camrose	Innisfail	Pincher Creek
Camrose County	Kneehill County	Ponoka
Canmore	Lac Ste. Anne County	Ponoka County
Cardston County	Lacombe	Provost
Chestermere	Lacombe County	Red Deer
Clearwater County	Lamont	Red Deer County
Coaldale	Leduc	Rocky Mountain House
Cochrane	Leduc County	Rocky View County
Cold Lake	Lethbridge	Saddle Lake 125



Siksika 146

Wood Buffalo

Slave Lake

Woodlands County

Spruce Grove

Yellowhead County

St. Albert

St. Paul

Stettler

Stoney 142, 143, 144

Stony Plain

Strathcona County

Strathmore

Sturgeon County

Sylvan Lake

Taber

Two Hills County No. 21

Vegreville

Vermilion

Vermilion River County

Wainwright

Wainwright No. 61

Warner County No. 5

Westlock

Westlock County

Wetaskiwin

Wetaskiwin County

Wheatland County

Whitecourt



Saskatchewan

Battleford

Buckland No. 491

Buena Vista

Canwood

Carrot River

Corman Park No. 344

Edenwold No. 158

Estevan

Foam Lake

Humboldt

Kindersley

Lajord - Moosejaw

LLOYDMINSTER (AB)

Martensville

MEADOW LAKE

Moose Jaw

North Battleford

Pelican Narrows

Pelican Narrows 184B

PRINCE ALBERT

Prince Albert No. 461

Radville

REGINA

SASKATOON

Swift Current

Vanscoy

Warman

WEYBURN

WHITE CITY

YORKTON

Manitoba

Alexander	Lac du Bonnet	Sandy Bay 5
Altona	Lorne	Selkirk
Armstrong	Macdonald	Split Lake (Part) 171
Brandon	Morden	Springfield
Brokenhead	Morris	St. Andrews
Cartier	Nelson House 170	St. Clements
Cornwallis	Niverville	St. François Xavier
Dauphin	North Cypress	St. Theresa Point
De Salaberry	North Norfolk	Stanley
Dufferin	Norway House 17	Ste. Anne
East St. Paul	Oakland - Wawanesa	Steinbach
Flin Flon	Ochre River	Stuartburn
Fort Alexander 3	Opaskwayak Cree Nation	Taché
Garden Hill First Nation	Peguis 1B	The Pas
Gimli	Pembina	Thompson
Gods River	Piney	Victoria
Grey	Pipestone	Wallace
Hanover	Portage la Prairie	West St. Paul
Headingley	Pukatawagan 198	Whitemouth
Kelsey	Rhineland	Winkler
Killarney - Turtle Mountain	Ritchot	Winnipeg
La Broquerie	Rockwood	Woodlands
	Rosedale	

Ontario

Adelaide-Metcalfe	Blind River	Chatham-Kent
Adjala-Tosorontio	Bluewater	Chatsworth
Admaston/Bromley	Bracebridge	Clarence-Rockland
Ajax	Bradford West	Clarington
Akwesasne	Gwillimbury	Clearview
Alfred and Plantagenet	Brampton	Cobourg
Algoma	Brant	Cochrane
Alnwick/Haldimand	Brantford	Collingwood
Amaranth	Brighton	Cornwall
Amherstburg	Brock	Couchiching
Arnprior	Brockton	Douro-Dummer
Arran-Elderslie	Brockville	Drummond/North Elmsley
Ashfield-Colborne- Wawanosh	Burlington	Dryden
Asphodel-Norwood	Caledon	Dutton/Dunwich
Augusta	Callander	Dysart and Others
Aurora	Cambridge	East Ferris
Aylmer	Carleton Place	East Garafraxa
Bancroft	Cavan-Monaghan	East Gwillimbury
Barrie	Central Elgin	East Hawkesbury
Bayham	Central Frontenac	East Luther Grand Valley
Beckwith	Central Huron	East Zorra-Tavistock
Belleville	Central Manitoulin	Elizabethtown-Kitley
Blandford-Blenheim	Centre Wellington	Elliot Lake
	Champlain	Erin



Espanola	Hastings Highlands	Laurentian Valley
Essa	Hawkesbury	Leamington
Essex	Highlands East	Leeds and the Thousand Islands
Etobicoke	Horton	Lincoln
Fort Erie	Huntsville	London
Fort Frances	Huron East	Loyalist
Fort William First Nation	Huron-Kinloss	Lucan Biddulph
French River / Rivière des Français	Ingersoll	Madawaska Valley
Gananoque	Innisfil	Malahide
Garden River	Iroquois Falls	Mapleton
Georgian Bluffs	Kapuskasing	Marathon
Georgina	Kashechewan / Fort Albany	Markham
Goderich	Kawartha Lakes	McDougall
Gravenhurst	Kenora	McNab/Braeside
Greater Madawaska	Kincardine	Meaford
Greater Napanee	King	Melancthon
Greater Sudbury / Grand Sudbury	Kingston	Middlesex Centre
Grey Highlands	Kingsville	Midland
Grimsby	Kirkland Lake	Milton
Guelph	Kitchener	Minden Hills
Guelph/Eramosa	Lake of Bays	Minto
Haldimand County	Lakeshore	Mississauga
Halton Hills	Lambton Shores	Mississippi Mills
Hamilton	Lanark Highlands	Mono
Hanover	LaSalle	Montague
	Laurentian Hills	Mulmur



Muskoka Lakes	Otonabee-South	Rideau Lakes
Neebing	Monaghan	Russell
New Tecumseth	Ottawa	Sables-Spanish Rivers
Newmarket	Owen Sound	Sandy Lake 88
Niagara Falls	Parry Sound	Sarnia
Niagara-on-the-Lake	Pelham	Saugeen Shores
Nipissing 10	Pembroke	Sault Ste. Marie
Norfolk County	Penetanguishene	Scarborough
North Bay	Perry	Scugog
North Dumfries	Perth	Seguin
North Dundas	Perth East	Selwyn
North Glengarry	Perth South	Severn
North Grenville	Petawawa	Shelburne
North Kawartha	Peterborough	Shuniah
North Perth	Pickering	Sioux Lookout
North Stormont	Pikangikum 14	Six Nations
North York	Plympton-Wyoming	Smith-Ennismore-Lakefield
Northeastern Manitoulin and the Islands	Point Edward	Smiths Falls
Northern Bruce Peninsula	Port Colborne	South Bruce
Norwich	Port Hope	South Bruce Peninsula
Oakville	Prince Edward County	South Dundas
Oliver Paipoonge	Puslinch	South Frontenac
Orangeville	Quinte West	South Glengarry
Orillia	Ramara	South Huron
Oro-Medonte	Red Lake	South Stormont
Oshawa	Renfrew	Southwest Middlesex
	Richmond Hill	



South-West Oxford

Southwold

Springwater

St. Catharines

St. Clair

St. Marys

St. Thomas

Stone Mills

Stratford

Strathroy-Caradoc

Sturgeon Falls

Tay

Tay Valley / Addington

Highlands

Tecumseh

Temiskaming Shores

Thames Centre

The Blue Mountains

The Nation / La Nation

Thorold

Thunder Bay

Tillsonburg

Timmins

Tiny

Toronto

Trent Hills

Tweed

Tyendinaga

Uxbridge

Vaughan

Wainfleet

Wasaga Beach

Waterloo

Welland

Wellesley

Wellington North

West Grey

West Lincoln

West Nipissing / Nipissing
Ouest

West Perth

Whitby

Whitchurch-Stouffville

Whitewater Region

Wikwemikong Unceded

Wilmot

Windsor

Woodstock

Woolwich

Zorra

Quebec

Acton Vale	Blainville	Chandler
Adstock	Boisbriand	Chapais
Albanel	Boischatel	Charlemagne
Alma	Bois-des-Filion	Châteauguay
Amherst	Bonaventure	Château-Richer
Amos	Boucherville	Chelsea
Amqui	Brigham	Chertsey
Ange-Gardien	Bromont	Chibougamau
Asbestos	Brossard	Chute-aux-Outardes
Ascot Corner	Brownsburg-Chatham	Clermont (MRC Charlevoix-Est)
Austin	Cacouna	Coaticook
Baie-Comeau	Candiac	Compton
Baie-D'Urfé	Cantley	Contrecoeur
Baie-Saint-Paul	Canton de Hatley	Cookshire-Eaton
Barraute	Cap-Chat	Coteau-du-Lac
Beaconsfield	Caplan	Côte-Saint-Luc
Beauceville	Cap-Saint-Ignace	Cowansville
Beauharnois	Cap-Santé	Crabtree
Beaumont	Carignan	Danville
Beaupré	Carleton-sur-Mer	Daveluyville
Bécancour	Causapscal	Dégelis
Bedford	Chambly	Déléage
Beloeil	Chambord	Delson
Berthier-sur-mer	Champlain	



Deschambault-Grondines	Grande-Rivière	Lac-Brome
Deux-Montagnes	Grenville	Lac-des-Écorces
Disraeli	Grenville-sur-la-Rouge	Lac-Etchemin
Dolbeau-Mistassini	Hampstead	Lachute
Dollard-Des Ormeaux	Havre-Saint-Pierre	Lac-Mégantic
Donnacona	Hébertville	Lacolle
Dorval	Hemmingford	Lac-Supérieur
Drummondville	Hinchinbrooke	Lambton
Dudswell	Hudson	L'Ancienne-Lorette
Dunham	Huntingdon	L'Ange-Gardien
East Angus	Inukjuak	Lanoraie
East Broughton	Joliette	Larouche
Eastman	Kahnawake	L'Ascension-de-Notre-Seigneur
Farnham	Kingsey Falls	L'Assomption
Ferme-Neuve	Kirkland	Laurier-Station
Fermont	Kuuujuaq	Laval
Forestville	La Guadeloupe	Lavaltrie
Fossambault-sur-le-Lac	La Malbaie	Lebel-sur-Quévillon
Franklin	La Pêche	L'Épiphanie
Frontenac	La Pocatière	Léry
Gaspé	La Prairie	Les Cèdres
Gatineau	La Présentation	Les Coteaux
Gore	La Sarre	Les Escoumins
Gouvernement régional d'Eeyou Istchee Baie-James	La Tuque	Les Îles-de-la-Madeleine
Gracefield	Labelle	Lévis
Granby	Lac-Beauport	L'Île-Perrot



L'Islet	Mont-Laurier	Orford
Listuguj	Montmagny	Ormstown
Longueuil	Montréal	Otterburn Park
Lorraine	Montréal-Est	Papineauville
Louiseville	Montréal-Ouest	Paspébiac
Lyster	Mont-Royal	Percé
Macamic	Mont-Saint-Grégoire	Pessamit
Magog	Mont-Saint-Hilaire	Piedmont
Malartic	Mont-Tremblant	Pierreville
Manawan	Morin-Heights	Pincourt
Mandeville	Neuville	Plessisville
Maniwaki	New Richmond	Pohénégamook
Mansfield-et-Pontefract	Nicolet	Pointe-Calumet
Maria	Nomingue	Pointe-Claire
Marieville	Normandin	Pointe-des-Cascades
Mascouche	Notre-Dame-de-l'Île-Perrot	Pointe-Lebel
Mashteuiatsh	Notre-Dame-des-Pins	Pontiac
Maskinongé	Notre-Dame-des-Prairies	Pont-Rouge
Matane	Notre-Dame-du-Bon-Conseil	Port-Cartier
McMasterville	Notre-Dame-du-Laus	Port-Daniel--Gascons
Mercier	Notre-Dame-du-Mont-Carmel	Portneuf
Messines	Nouvelle	Potton
Métabetchouan--Lac-à-la-Croix	Obedjiwan	Prévost
Mille-Isles	Oka	Price
Mirabel		Princeville
Mont-Joli		Puvirnituq

Québec	Saint-Alphonse-Rodriguez	Saint-Calixte
Rawdon	Saint-Amable	Saint-Césaire
Repentigny	Saint-Ambroise	Saint-Charles-Borromée
Richelieu	Saint-Ambroise-de-Kildare	Saint-Charles-de-Bellechasse
Richmond	Saint-Anaclet-de-Lessard	Saint-Charles-sur-Richelieu
Rigaud	Saint-André-Avellin	Saint-Christophe-d'Arthabaska
Rimouski	Saint-André-d'Argenteuil	Saint-Chrysostome
Ripon	Saint-Anicet	Saint-Clet
Rivière-Beaudette	Saint-Anselme	Saint-Colomban
Rivière-du-Loup	Saint-Antoine-de-Tilly	Saint-Côme
Rivière-Rouge	Saint-Antoine-sur-Richelieu	Saint-Côme--Linière
Roberval	Saint-Antoin	Saint-Constant
Rosemère	Saint-Apollinaire	Saint-Cuthbert
Rougemont	Saint-Augustin-de-Desmaures	Saint-Cyprien-de-Napierville
Rouyn-Noranda	Saint-Barthélemy	Saint-Cyrille-de-Lessard
Roxton Pond	Saint-Basile	Saint-Cyrille-de-Wendover
Sacré-Coeur	Saint-Basile-le-Grand	Saint-Damase (MRC Les Maskoutains)
Saguenay	Saint-Benoît-Labre	Saint-Damien
Saint-Adolphe-d'Howard	Saint-Bernard	Saint-Damien-de-Buckland
Saint-Agapit	Saint-Bernard-de-Lacolle	Saint-David-de-Falardeau
Saint-Albert	Saint-Blaise-sur-Richelieu	Saint-Denis-de-Brompton
Saint-Alexandre	Saint-Boniface	Saint-Denis-sur-Richelieu
Saint-Alexandre-de-Kamouraska	Saint-Bruno	
Saint-Alexis-des-Monts	Saint-Bruno-de-Montarville	
Saint-Alphonse-de-Granby		



Saint-Dominique	Sainte-Genève-de-Berthier	Saint-Fabien
Saint-Donat (MRC Matawinie)	Sainte-Hélène-de-Bagot	Saint-Faustin--Lac-Carré
Sainte-Adèle	Sainte-Julie	Saint-Félicien
Sainte-Agathe-des-Monts	Sainte-Julienne	Saint-Félix-de-Valois
Sainte-Angèle-de-Monnoir	Sainte-Justine	Saint-Ferdinand
Sainte-Anne-de-Beaupré	Saint-Élie-de-Caxton	Saint-Ferréol-les-Neiges
Sainte-Anne-de-Bellevue	Sainte-Luce	Saint-Flavien
Sainte-Anne-de-la-Pérade	Saint-Elzéar (MRC La Nouvelle-Beauce)	Saint-François-de-la-Rivière-du-Sud
Sainte-Anne-de-Sabrevois	Sainte-Madeleine	Saint-François-du-Lac
Sainte-Anne-des-Lacs	Sainte-Marcelline-de-Kildare	Saint-François-Xavier-de-Brompton
Sainte-Anne-des-Monts	Sainte-Marguerite-du-Lac-Masson	Saint-Fulgence
Sainte-Anne-de-Sorel	Sainte-Marie	Saint-Gabriel
Sainte-Anne-des-Plaines	Sainte-Marthe-sur-le-Lac	Saint-Gabriel-de-Valcartier
Sainte-Béatrix	Sainte-Martine	Saint-Gédéon
Sainte-Brigitte-de-Laval	Sainte-Mélanie	Saint-Gédéon-de-Beauce
Sainte-Catherine	Sainte-Perpétue	Saint-Georges
Sainte-Catherine-de-Hatley	Saint-Éphrem-de-Beauce	Saint-Germain-de-Grantham
Sainte-Catherine-de-la-Jacques-Cartier	Sainte-Sophie	Saint-Gervais
Sainte-Cécile-de-Milton	Saint-Esprit	Saint-Gilles
Sainte-Claire	Sainte-Thècle	Saint-Henri
Sainte-Clotilde	Sainte-Thérèse	Saint-Hippolyte
Sainte-Clotilde-de-Horton	Saint-Étienne-des-Grès	Saint-Honoré
Sainte-Croix	Saint-Eustache	Saint-Honoré-de-Shenley
Sainte-Émélie-de-l'Énergie	Sainte-Victoire-de-Sorel	Saint-Hyacinthe

Saint-Ignace-de-Loyola	Saint-Louis-de-Gonzague (MRC Beauharnois-Salaberry)	Saint-Paul-de-l'Île-aux-Noix
Saint-Isidore (MRC La Nouvelle-Beauce)	Saint-Lucien	Saint-Paulin
Saint-Isidore (MRC Roussillon)	Saint-Malachie	Saint-Philippe
Saint-Jacques	Saint-Marc-des-Carières	Saint-Pie
Saint-Jacques-le-Mineur	Saint-Marc-sur-Richelieu	Saint-Pierre-de-L'Île-d'Orléans
Saint-Jean-Baptiste	Saint-Martin	Saint-Placide
Saint-Jean-de-Dieu	Saint-Mathias-sur-Richelieu	Saint-Polycarpe
Saint-Jean-de-Matha	Saint-Mathieu	Saint-Prime
Saint-Jean-Port-Joli	Saint-Mathieu-de-Beloeil	Saint-Prosper
Saint-Jean-sur-Richelieu	Saint-Maurice	Saint-Raphaël
Saint-Jérôme	Saint-Michel	Saint-Raymond
Saint-Joseph-de-Beauce	Saint-Michel-de-Bellechasse	Saint-Rémi
Saint-Joseph-de-Coleraine	Saint-Michel-des-Saints	Saint-Robert
Saint-Joseph-de-Sorel	Saint-Narcisse	Saint-Roch-de-l'Achigan
Saint-Joseph-du-Lac	Saint-Nazaire	Saint-Roch-de-Richelieu
Saint-Lambert	Saint-Ours	Saint-Sauveur
Saint-Lambert-de-Lauzon	Saint-Pacôme	Saint-Stanislas-de-Kostka
Saint-Laurent-de-l'Île-d'Orléans	Saint-Pamphile	Saint-Sulpice
Saint-Lazare	Saint-Pascal	Saint-Théodore-d'Acton
Saint-Léonard d'Aston	Saint-Patrice-de-Sherrington	Saint-Thomas
Saint-Liboire	Saint-Paul	Saint-Tite
Saint-Liguori	Saint-Paul-d'Abbotsford	Saint-Ulric
Saint-Lin--Laurentides		Saint-Valérien-de-Milton
		Saint-Victor
		Saint-Zacharie



Saint-Zotique

Témiscaming

Vaudreuil-Dorion

Salaberry-de-Valleyfield

Témiscouata-sur-le-lac

Venise-en-Québec

Salluit

Terrasse-Vaudreuil

Verchères

Sayabec

Terrebonne

Victoriaville

Scott

Thetford Mines

Ville-Marie

Senneterre

Thurso

Warwick

Sept-Îles

Trois-Pistoles

Waswanipi

Shannon

Trois-Rivières

Waterloo

Shawinigan

Upton

Waterville

Shawville

Valcourt

Weedon

Shefford

Val-David

Wendake

Sherbrooke

Val-des-Monts

Westmount

Sorel-Tracy

Val-d'Or

Wickham

Stanstead

Val-Joli

Windsor

Stoke

Vallée-Jonction

Yamachiche

Stoneham-et-Tewkesbury

Val-Morin

Yamaska

Sutton

Varenes

New Brunswick

Acadieville	Coverdale	Inkerman
Allardville	Dalhousie	Kedgwick
Alnwick	Dieppe	Kent
Balmoral	Dorchester	Kingsclear
Bathurst	Douglas	Kingston
Beaubassin East / Beaubassin-est	Drummond	Lamèque & Le Goulet
Beresford	Dundas	Lincoln
Blackville	Durham & Belldune	Manners Sutton
Blissville	Edmundston	Maugerville
Botsford	ELSIPOGTOG FIRST NATION	Memramcook
Bouctouche	Florenceville-Bristol	Minto
Bright	Fredericton	Miramichi
Brighton	Gagetown & Greenwich	Moncton
Burnt Church First Nation	Glenelg	Musquash
Burton	Grand Bay-Westfield	Neguac
Campbellton	Grand Falls / Grand-Sault	Nelson
Campobello Island	Grand Manan	New Maryland
Canterbury & McAdam	Grande-Anse	Northampton
Cap-Pelé	Greenwich	Northesk
Caraquet	Hampton	Norton
Carleton / Doaktown	Hardwicke	Oromocto
Charlo & Eel River	Hartland	Paquetville
Crossing	Hillsborough	Peel & Aberdeen
Clair & Lake Baker		Pennfield



Perth-Andover	Saint George	Shippagan
Perth-Andover / Tobique First Nation	Saint James	Simonds
Petitcodiac	Saint John	Southampton
Petit-Rocher	Saint Mary	Southesk
Plaster Rock / Gordon / Denmark	Saint Marys	Springfield
Pointe-Verte & Nigadoo	Saint Stephen	Stanley
Prince William & Queensbury	Saint-André	Studholm
Queens County	Saint-Antoine	Sussex
Quispamsis	Saint-Charles	Sussex Corner
Richibucto	Sainte-Anne-de- Madawaska	Tracadie-Sheila
Richibucto 15	Saint-Isidore	Upham
Richmond	Saint-Jacques	Upper Miramichi
Riverview	Saint-Joseph	Wakefield
Rivière-Verte	Saint-Léonard	Weldford
Rogersville	Saint-Louis	Wellington
Rothesay	Saint-Louis de Kent	Westfield
Sackville	Saint-Quentin	Wicklow
Saint Andrews	Salisbury	Wilmot
Saint David	Saumarez	Woodstock
	Shediac	



Nova Scotia

Amherst

Annapolis

Antigonish

Argyle

Barrington

Bridgewater

Cape Breton

Chester

Clare

Colchester County

Coldbrook

Cumberland

Digby

East Hants

Eskasoni 3

Guysborough

Halifax

Kentville

Kings County

Lunenburg

Lunenburg County

New Glasgow

New Minas

Pictou

Port Hawkesbury

Queens County

Richmond County

Stellarton

Trenton

Truro

Victoria County

West Hants

Wolfville

Yarmouth



Prince Edward Island

Charlottetown

Cornwall

District 1 Souris - Elmira

District 15 Brackley - Hunter River

District 16 Cornwall - Meadowbank

District 17 New Haven - Rocky Point

District 18 Rustico - Emerald

District 19 Borden - Kinkora

District 2 Georgetown - Pownal

District 20 Kensington - Malpeque

District 24 Evangeline - Miscouche

District 25 O'Leary - Inverness

District 26 Alberton - Bloomfield

District 4 Belfast - Murray River

District 5 Mermaid - Stratford

District 7 Morell - Donagh

District 8 Stanhope - Marshfield

Kingston

Stratford

Summerside



Newfoundland and Labrador

Bay Bulls

Bay Roberts

Bishop's Falls

Carbonear

Channel-Port aux Basques

Clarenville

Conception Bay South

Corner Brook

Deer Lake

Flatrock

Gander

Glovertown

Grand Falls-Windsor

Happy Valley-Goose Bay

Holyrood

Kippens

Labrador City

Logy Bay-Middle Cove-Outer Cove

Marystown

Massey Drive

Mount Pearl

New-Wes-Valley

Paradise

Pasadena

Placentia

Portugal Cove-St. Philip's

Pouch Cove

Springdale

St. Anthony

St. John's

Stephenville

Torbay

Trinity Bay North

Wabush



Yukon

Carcross

Carmacks

Dawson

Faro

Haines Junction

Ibex Valley

Macpherson-Grizzly Valley

Marsh Lake

Mayo

Old Crow

Pelly Crossing

Remote Yukon

Ross River

Tagish

Teslin

Watson Lake

Whitehorse



Northwest Territories

Aklavik

Behchokò

Déline

Detah

Fort Good Hope

Fort Liard

Fort McPherson

Fort Providence

Fort Resolution

Fort Simpson

Fort Smith

Gamèti

Hay River

Inuvik

Lutselk'e

Norman Wells

Paulatuk

Remote Northwest Territories

Tuktoyaktuk

Tulita

Ulukhaktok

Whati

Yellowknife



Nunavut

Arctic Bay

Arviat

Baker Lake

Cambridge Bay

Cape Dorset

Chesterfield Inlet

Clyde River

Coral Harbour

Gjoa Haven

Hall Beach

Igloolik

Iqaluit

Kimmirut

Kugaaruk

Kugluktuk

Pangnirtung

Pond Inlet

Qikiqtarjuaq

Rankin Inlet

Remote Nunavut (NT)

Repulse Bay

Resolute

Sanikiluaq

Taloyoak

Whale Cove