

Riley Park, 50 East 30th Avenue,
604- 257-8545.

- has an indoor swimming pool

Centre Culturel Francophone de Vancouver; 1551 West 7th Avenue,
604-736-9806

Movie Theatres:

Park Theatre, 604-709-3456,

3440 Cambie Street

Empire Theatre, 604-263-1944,

In Oakridge Centre

Parent Support:

The Red Cross Family Support Program

sponsors a drop-in Parent Coffee

Night three evenings a week: Monday,

Wednesday, Thursday, 7:30 – 9:30 p.m.

in Room 3D3 in the hospital.

Churches and Faith Groups:

There are a variety of churches and spiritual meeting places near the hospital.

The Chaplain keeps a list of churches and faith groups. If you would like to talk with

a minister or leader of your own faith,

contact the Hospital Chaplain, phone

604-875-2753.

If you are feeling lonely:

Being in the hospital, away from your home community, without the support of family and your friends can be hard. If you need someone to talk to, a friendly shoulder, a person to give some comfort and companionship you can:

- contact the Hospital Chaplain
- local 2753.
- call the Red Cross Volunteer coordinator and ask for a volunteer to come by, call 604-709-6618.
- call the social work department and ask that the social worker for your unit stop in - local 2149.

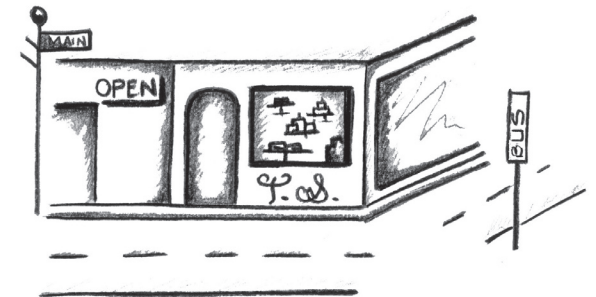
It is sometimes hard to reach out when you are feeling low. We encourage you to do it. A heart to heart talk with an understanding listener can be a relief and comfort.



*Developed by the Department of Learning
& Development and Partners in Care
Family Advisory Committee*

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In the Neighbourhood



FAMILY ISSUES

INFORMATION FOR FAMILIES
ABOUT BC CHILDREN'S
HOSPITAL

4480 OAK STREET
VANCOUVER, BC V6H 3V4
604-875-2345
1-888-300-3088
WWW.BCCHILDRENS.CA

Transportation:

Bus

Trans Link 604-953-3333

Bus Fares: adult: \$2.25/\$3.25/\$4.50 - 1/2/3 zones; child (12 and under): \$1.50/\$2/\$3, under 5 free if accompanied by adult. Discount fares – (weekdays after 6:30pm and weekend and holidays). Adult All zones \$2.25 and child 12 and under \$1.50

To Downtown Vancouver:

- At the front of BCCH on Oak Street, take #17 DOWNTOWN bus going north. This bus takes you all the way downtown.

To Oakridge Shopping Centre:

- Across the street from BCCH on Oak Street take the #17 bus going south to 41st Avenue, then transfer to the #41 bus going east or walk a few blocks.

Tip: Bus schedules are available in the hospital lobby or phone 604-953-3333.

Volunteer Rides

Red Cross Family Support Program can provide rides for errands, shopping and outings, dependent upon volunteer availability and specific need. Please arrange in advance. Call, Red Cross Family Support Program Coordinator at 604-709-6618

Canadian Cancer Society Volunteer Driver Program for Greater Vancouver Area

Phone 604-872-2034 between 7 a.m. and 5:00 p.m. Phone ahead to be sure a ride is available. Service is provided to and from medical appointments, airport or bus terminal.

Taxi

Approximate cost from BCCH to:

- Airport - \$20. - \$30. Depending on traffic
- Oakridge Centre - \$10.

Tip: Direct line for a taxi cab beside the Information Desk in the lobby

Gas Stations

- Mohawk and Shell, W King Edward & Oak
- Chevron and PetroCanada, West 41st and Oak

Shopping Areas:

King Edward Mall at Oak and West King Edward is a ten minute walk from the hospital: Safeway, Pharmacy within Safeway, TD Canada Trust with a Green Machine, Postal Services and other small shops and restaurants.

Oakridge Centre at Cambie and West 41st is the largest mall in the area. It has many shops, movie theatres, restaurants, food stalls, banks and more. It is a 20 - 30 minute walk or take the #17 Oak Street Bus southbound to West 41st and walk the couple of blocks east.

Other smaller shopping areas:

- Oak Street & West 16th – produce, Max’s Deli, ethnic specialty stores, restaurant.
- Main at King Edward (West 25th) - collection of antique second-hand stores, deli and cheese store, produce stores with ethnic foods and restaurants.

- Kerrisdale West 41st and Boulevard - upscale clothing shops, florists, books, bakeries, restaurants, banks, liquor store, Shoppers Drug Mart and London Drugs.

Parks:

Douglas Park and Community Centre, 604-257-8130, 801 West 22nd Avenue is a short walk. It runs special events and programs for children. It is surrounded by playing fields and playgrounds.

Queen Elizabeth Park, 33rd and Cambie Street is a short walk. The Quarry House Restaurant and Bloedel Conservatory are located here, plus a pitch and putt golf course, tennis courts and extensive garden/picnic areas.

Van Dusen Botanical Garden, about a 10 minute walk south on Oak St., must pay entry price. “Shaughnessy Restaurant”, 604-261-0011, located on site.

Community Centres closest to BCCH:

When you need a physical workout, swim, program for a sibling think about a community centre. You will have to pay a small “drop in” fee but can then use the gym or pool.

Douglas Park: 801 W 22nd Avenue, 604-257-8130

Kerrisdale: 5851 W. Boulevard, @ 42nd Avenue, 604-257-8100

- has an indoor swimming pool