

Where can I find?

Getting Around

Public Transit and more:

Translink at www.translink.ca or call 604-953-3333

- The web site gives schedules, fares and maps for all types of Vancouver public transit. It also has a section on driving in Vancouver with traffic maps and updates.
- Bus schedules are available in both the BC Children's and BC Womens' lobbies.

Volunteer Rides

- Red Cross Family Support Program: Phone 604-709-6618 to ask if a volunteer driver is available. Calling as far as in advance as possible is recommended.

How can they help me?

They can give rides for errands, shopping and outings to close by locations.

- Canadian Cancer Society Volunteer Driver Program; Phone 604-872-2034 between 7 a.m. and 5:00 p.m. Phone ahead to be sure a ride is available.

How can they help me?

They can give you rides to and from medical appointments, the airport or the bus terminal.

Taxi

Direct lines to Yellow cabs are found:

- BC Children's: Main lobby beside the parking elevator.
- BC Women's: Lounge/waiting area beside the entrance 97 Admitting.

Places to Shop

King Edward Mall:

Where is it? Oak Street and King Edward Street

How far away is it? It is a ten minute walk from the hospital

It has a Safeway, pharmacy within Safeway, a bank, postal services and other small shops and restaurants.

Oakridge Centre <http://oakridge.shopping.ca>

Where is it? Cambie Street and West 41st Avenue

How far away is it? It is a 20 to 30 minute walk or take the #17 Oak Street Bus southbound to West 41st and walk a few blocks east.

It is the largest mall in the area. It has many shops, movie theatres, restaurants, food stalls, banks and more.

Other smaller shopping areas:

- *Oak Street & West 16th Avenue* is a small shopping area with Max's Deli, ethnic specialty stores, and restaurants.
- *Cambie Street* has many restaurants, a health food store called Choices, a movie theater, a DVD rental store, clothing stores and coffee shops.
- *Main Street* has many antique and second-hand stores, clothing stores, delis and produce stores with ethnic foods, restaurants and many coffee shops, all the way from 8th Avenue up to 30rd Avenue.
- *Kerrisdale Area* is at West 41st Avenue and Boulevard, and is about a 10 to 15 minute drive. There are upscale clothing shops, florists, books, bakeries, restaurants, banks, and a liquor store.

Things to Do

Parks:

Queen Elizabeth Park

<http://vancouver.ca/parks/parks/queenelizabeth>

33rd Avenue and Cambie Street. This is a 15 to 20 minute walk. Seasons in the Park, an upscale restaurant, and the Bloedel Conservatory are here. There is also a pitch and putt golf course, tennis courts and garden and picnic areas.

Van Dusen Botanical Garden

<http://vancouver.ca/parks/parks/vandusen>

37th Avenue and on Oak Street. It is about a 10 min. walk. There is an entry price. Shaughnessy Restaurant is located on site.

Community Centres:

When you need a workout, swim, or a 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

<http://vancouver.ca/parks/cc/douglas/index.htm>

801 W 22nd Avenue, 604-257-8130

Kerrisdale

<http://vancouver.ca/parks/cc/kerrisdale/index.htm>

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

Riley Park Community Centre

<http://vancouver.ca/parks/cc/riley/index.htm>

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 <http://www.festivalcinemas.ca>

604-709-3456

3440 Cambie Street

Empire Theatre

604-263-1944, In Oakridge Centre

Someone to talk to:

If you need someone to talk to, a friendly shoulder, a person to give some comfort and companionship you can:

- call the Hospital Chaplain at local 2753.
- call the Red Cross Volunteer coordinator and ask for a volunteer to come by, call 604-709-6618.
- connect with the Family Support Coordinator, in the Family Support & Resource Centre on the 2nd floor of the Ambulatory Care building or call local 6086
- Ask to see a social worker.

Groups that can help:

Parent Support Groups:

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, call the Hospital Chaplain at 604-875-2753.

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.

Its good to ask!