

## About Sunny Hill

Sunny Hill Health Centre for Children is a provincial facility offering specialized services to children with disabilities, their families and communities throughout British Columbia. Using a family-centred approach, Sunny Hill helps promote the healthy development of children and youth by supporting families and community service providers in their efforts. It is also a resource for educational services and information about disabilities. Services are delivered close to home in a child's community, or on site at Sunny Hill, located in Vancouver.

## How To Contact Us

Therapeutic Recreation Services  
Sunny Hill Health Centre For Children  
3644 Slocan Street, Vancouver, BC V5M 3E8  
Direct Line: 604-453-8316  
Phone: (604) 453-8300 Local 8277  
Toll Free: 1-888-300-3088 Local 8277/8316  
Fax: (604) 453-8301  
[www.bcchildrens.ca/sunnyhill](http://www.bcchildrens.ca/sunnyhill)

*Promoting Better Health for Children with Disabilities  
through Clinical Services, Education and Research*



## Guiding Principles

At Sunny Hill Health Centre for Children (Sunny Hill), we believe that fun activities are vital for a child's health. All children should have a chance to experience activities that will help them with their physical, mental, social and emotional well-being. Age and ability should not prevent a child from doing activities that he or she wants to do.

There are many ways that we can help your child enjoy the benefits of recreation.

Therapeutic Recreation: We find out what opportunities will work best with your child and what is available in your community. We will assess what assistance your child needs to do the activities that he/she likes.

### AQUATICS

Most children love the pool and the therapeutic effects of water. A therapist will assess your child's skills and see if there is special equipment and techniques to help your child in the water. We will check resources in your home community and help you learn about using the pool when your child is at home.



### MUSIC THERAPY

Music is a wonderful way for a child to express themselves nonverbally. Working with music and musical instruments can help your child with communication, self-expression, self-awareness, motor and cognitive skills.

## Services Offered

### INPATIENT SERVICES

We will work with your child individually and in groups. We will give your child activities that will help his/her treatment. We will work with your child to adapt recreation activities so that he/she can participate in recreation activities. Your child, of course, will focus on having fun.

Recreation, aquatic and music therapists work alongside other health care team members. Participation in recreation activities helps to support other treatments. There will be opportunities for you and your child to participate in recreation activities within Sunny Hill. Your child may also be able to participate in activities that are outside of the health care environment.



### OUTPATIENT SERVICES

The recreation therapists at Sunny Hill will work with you and your child to identify how he/she can best participate in recreation activities in your community. The recreation therapists work with you and the team members to identify:

- Your child's leisure interests
- Barriers to participating and possible solutions
- How to adapt program activities
- Special equipment your child may need and how to get it
- Any accessibility issues you may come across
- Strategies for adapting regular physical education classes

### OUTREACH

Following a referral to Sunny Hill, outreach can be provided at the community's request. Each outreach is designed to meet the child's, family and community needs.

