

# University Hospital of Northern British Columbia Visitors Guide



**northern health**  
*the northern way of caring*

# **WELCOME TO THE UNIVERSITY HOSPITAL OF NORTHERN BRITISH COLUMBIA**

Deemed B.C.'s "northern capital," Prince George is a major centre for resource and transportation activity and a service centre for surrounding communities, as well as home to the University of Northern British Columbia. It is located on the traditional territory of the Lheidli T'enneh Nation.

The City of Prince George is an energetic, active and diverse community that provides a strong focal point and identity to the north. It has a flourishing economy that offers full opportunities for recreation, housing, employment, education, dining, entertainment and culture. Prince George is a community that is known for opening its doors and showing our visitors the beauty of the north. For more tourism information, please visit [tourismpg.com](http://tourismpg.com) or call 1-800-668-7646.

The University Hospital of Northern British Columbia (UHNBC) is a vibrant health facility, growing to meet the needs of residents from across northern British Columbia. UHNBC is the largest acute care facility within the Northern Health region, and a hub for specialized health services in the province's northern interior.

University Hospital of Northern British Columbia  
1475 Edmonton Street  
Prince George, BC V2M 1S2  
Tel: 250-565-2000

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As a visitor to the University Hospital of Northern British Columbia, you may be unaware of the services and activities that the city of Prince George has to offer you. This patient visitor guide has been compiled to assist you in finding the services you need to make your stay more pleasurable. It includes information on restaurants, accommodations, transportation, and kid-friendly activities available to you.

If you require information about UHNBC and answers to frequently asked questions, please ask for a copy of the UHNBC Patient Guide. We have included some basic information about UHNBC below.

## **FRONT DOORS**

The main entrance doors at UHNBC open daily at 6 a.m. and are locked at 8:30 p.m. After this time, entrance to UHNBC is only permitted through the Emergency department.

## **HOSPITAL AUXILIARY**

When you first enter the front doors of UHNBC, you will see an information desk operated by the Hospital Auxiliary. They can help guide you to the service area you are looking for. If you are at UHNBC to visit a loved one, they can direct you to the correct nursing station and unit your loved one is staying on. They are usually available Monday to Friday, from 9 a.m. to 6 p.m., and Saturday to Sunday from 12 p.m. to 4 p.m. If someone is not at the information desk, please feel free to ask the switchboard for support.

## **ADMITTING DEPARTMENT/PATIENT REGISTRATION**

Admitting and/or patient registration is located on the ground level through the main entrance doors of UHNBC. They are open from 6:00 a.m. to 11 p.m. daily. If you are at UHNBC for a planned surgery, diagnostic services and/or outpatient services, please check in at patient registration when you arrive at the hospital.

You are asked to bring your personal care card and encouraged to bring picture ID. You will be asked to fill out a questionnaire on your demographics (address, family doctor, next of kin) prior to registration.

## **PERSONAL BELONGINGS**

You are welcome to bring in your personal *fragrance free* hygiene products (e.g. toothbrush, toothpaste, shampoo, hair brush, and razor), your pyjamas, bathrobe and slippers. However, your medical condition may prevent you from being able to use these items at this time; check with a member of your health care team.

UHNBC cannot be held responsible for any lost or stolen items, so we strongly encourage patients to keep all credit cards, large sums of cash, electronics and jewellery at home.

If your stay with us was unexpected, UHNBC can store some small valuables for a short period of time. You will require picture ID to pick up your items on discharge at the Admitting office on the ground level. If you require this service, please contact UHNBC and ask for the Admission department or speak to one of your care providers.

## **LOST AND FOUND**

If you misplace an item while at UHNBC, please check with the security office to see if it has been handed in. The security office is located near the emergency exit doors; they are available 24 hours a day, 7 days a week.

## **VISITING HOURS**

In recognition of the important role families play in a patients recovery, UHNBC is committed to patient and family Centred Care. Based on the patients need for privacy and rest or to respect the privacy and rights of other patients, the number of visitors and the length of visits will be determined to support patient needs. If a visitor is feeling unwell (e.g. cold or flu) or has been caring for someone who is unwell, please have them wait to visit until they are feeling better.

## **HAND CLEANING**

Protect yourself and others from spreading germs and infection by washing your hands. The importance of hand hygiene cannot be overstated as it is the very foundation of staff and patient safety and quality care at UHNBC. It is imperative to wash your hands after using the washroom and before eating. You will find alcohol based liquid/foam hand sanitizer available on each unit and when entering or exiting the building.

## **UHNBC SERVICES**

### **Mailbox**

There is a mailbox located on the ground level of UHNBC; upon entering the main entrances please turn left. If you wish to have mail sent to you at UHNBC while you are a patient, please address it with your name, the unit you are staying on and hospital address.

### **Banking**

A bank machine is available for cash withdrawals at the main entrance inside UHNBC. At this time, there is nowhere at UHNBC where cheques can be cashed.

### **Payphones**

Payphones are available for use on the ground level near the main entrance of UHNBC in the hallway beside the gift shop. Direct taxi lines are also available in the same area.

### **Wireless Internet Wifi**

UHNBC is happy to offer you free WIFI access so you can stay connected. No registration is required and there is no fee for the service. It can be accessed by virtually any wireless enabled device (e.g. smart phone, tablet, laptop) by following these simple steps:

To Connect:

1. Enable wireless on your device
2. Attach to NHAPublic when prompted

3. Open your internet browser
4. Agree to the terms of use

While our aim is to ensure this service is effective and available, we do not offer any service level guarantees or technical support to users of this service.

### **Gift Shop**

The gift shop is operated by the Hospital Auxiliary and located at the front entrance of UHNBC. It is open Monday to Friday from 10 a.m. – 7 p.m., and 12 p.m. – 4 p.m. on weekends and holidays.

## **FOOD SERVICES AT UHNBC**

### **Cafeteria Hours**

The cafeteria is located on the ground level in UHNBC, and is open 6:30 a.m. - 6:30 p.m. every day. Items such as sandwiches, fruit, and snacks are also available during regular hours based on availability. The cafeteria accepts, cash, debit, Visa and MasterCard.

### **Tim Hortons Hours**

Tim Hortons is located in the UHNBC cafeteria on the ground level. Tim Hortons is open Monday to Friday 6:30 a.m. - 6:30 p.m., and Saturday to Sunday 6:30 a.m. - 2 p.m. It is closed on all statutory holidays. Tim Hortons accepts, cash, debit, Tim cards, Visa and MasterCard.

### **Vending Machines**

Vending machines are located on the ground-floor level through the back doors of the cafeteria



# GOING HOME FROM UHNBC

## Planning

It is important to start planning for your return home as soon as you are aware you will be staying at UHNBC. Your health care team will begin this planning on day one of your stay with us to ensure your transition home goes smoothly. Discharge planning at UHNBC can include interdisciplinary meetings with your health care team to develop a plan for your safe return to community. Patients are typically released from hospital by 11 a.m. on the date that they are discharged. At UHNBC, we want to ensure you have a smooth transition from hospital to home so if you have any concerns about returning home, please share them with one of your care providers for planning and problem solving support.

Some things for you to consider:

- Transportation:** Are you able to drive home? Are there family/friends that can pick you up?
- Keys:** Do you have your house/car keys with you? If not, does family, friends, neighbour?
- Clothing and toiletries:** Do you have adequate clothing to return home in? Can a friend or family member bring you your jacket, shoes and other required clothing?
- Help at home:** Will you need any further assistance in your home post discharge? Are there friends and family that can provide you with additional support immediately following your hospitalization? Do you have the financial means to hire additional short-term support?
- Prescriptions:** Do you have all the necessary medications at home? Do you need to pick up prescriptions on the way home?
- Follow-up appointments:** Have you been asked to see anyone in the community following your admission? If so, please ensure you have transportation there and back.

If you need additional support planning for any one of these needs, please inform a member of your health care team.

## Transfers between hospitals

You may have been transferred to UHNBC from your home community or you may be transferred from UHNBC to another hospital to meet your health care needs. The hospital you are transferred to is determined by bed availability and patients are triaged on a provincial level.

B.C. residents with valid MSP will not be billed by B.C. Ambulance for hospital transfers. Out-of-province residents should call 1-800-665-7199 for applicable transportation fees. **Patients will be discharged directly from the hospital they are transferred to. It is the responsibility of patients to make all return transportation and accommodation arrangements for their trip back to their home community at their own expense.** Please keep all receipts for possible reimbursement by your extended health plans or for tax deduction purposes. A member of your care team will speak to you about a possible hospital transfer. If you would like a travel or accommodation guide for the community you are being transferred to, please ask to speak to a social worker.

## TRAVEL INFORMATION

### Flights

The Prince George Airport is an international airport serving northern British Columbia. The Prince George Airport (YXS) is located on 4141 Airport Road. They offer daily flights with a variety of airlines. YXS offers great service, a restaurant, and pay parking. For more information about Prince George Airport, call 250-963-2400 or visit their website at [www.pgairport.ca](http://www.pgairport.ca)

Airlines providing service to Prince George Airport include:

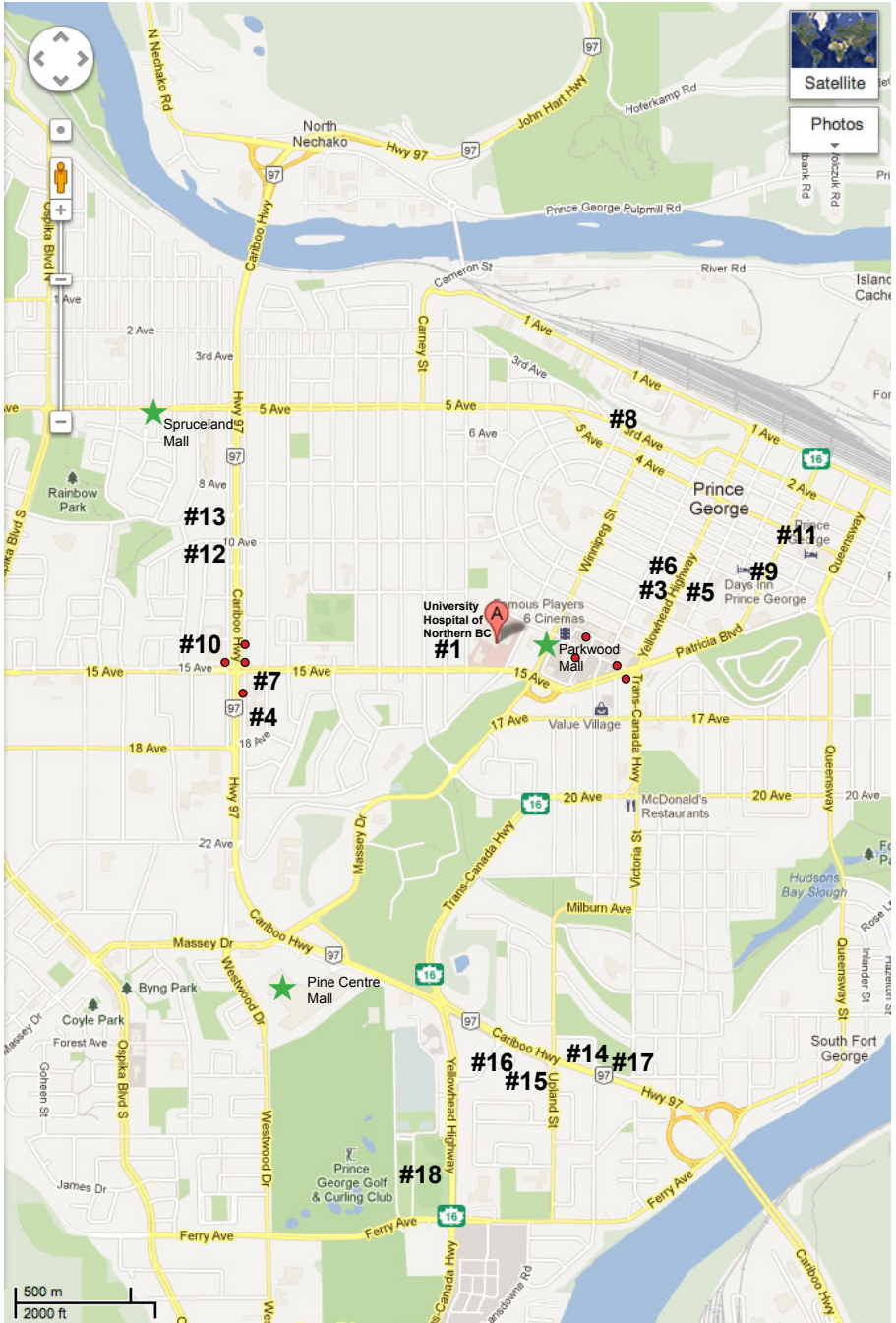
- West Jet 1-888-937-8538
- Air Canada 1-888-247-2262
- Central Mountain Air 1-888-865-8585

If you require a shuttle from the airport to your accommodation, please contact 250-563-2220.

## ACCOMMODATIONS IN PRINCE GEORGE

Listed in order of closest to UHNBC

Name/location/distance	Phone Number/Fax Number	Room Type
<b>(#1) Kordyban Lodge</b> 1100 Alward Street V2M7B1 500 Meters	Phone: 250-562-3535 Fax: 250-XXX-XXXX	Priority for Cancer Patients and their families but can support other patients and families if vacant. Please call for more info.
<b>(#2) Connaught Motor Inn</b> 1550 Victoria Street V2L 2L3 750 Meters	Phone: 250-562-4441 Fax: 250-562-4441	2 people, 1 queen bed w/ kitchen; 2 people, 2 queen beds w/kitchen. Ground rooms, wheelchair accessible, pets, smoking, Wi-Fi and restaurant included.
<b>(#3) Best Western Hotel</b> 910 Victoria Street 1.1km	Phone: 250-563-1267 Fax: 250-563-9904	1 person, 1 queen bed; 2 people, 2 queen beds Ground level, grab bars, pet friendly, smoking, restaurant, pool, laundry, microwave and Wi-Fi available.
<b>(#4) Canada's Best Value Inn</b> 1630 Central Street, East, V2M 3C2 1.3km	Phone: 250-563-3671 Fax: 250-563-7594	2 people, 1 queen bed; 2 people, 2 queen beds. Bathrooms include grab bars, 2 floors (10 stairs)
<b>(#5) Coast Inn of the North</b> 770 Brunswick Street 1.3km	Phone: 250-563-0121 Fax: 250-277-4109	2 people, 2 double beds; 2 people, 1 king bed w/ fridge. Elevators, grabbars, shower mat, no smoking, pet friendly, balcony and wheelchair accessible rooms.
<b>(#6) Travelodge Hotel</b> 1458 7th Avenue 1.3km	Phone: 250-563-0666 Fax: 250-563-5775	1 person, 1 queen bed; 2 people, 2 queen bed. No smoking, pet friendly, Wi-Fi, ground level, kitchen units, bath chair and breakfast included.
<b>(#7) Camelot Court Motel</b> 1600 Central Street East 1.3km	Phone: 250-563-0661 Fax: 250-563-5775	2 people, 1 queen bed; 2 people, 2 queen bed. 2-3 people, 2 queen beds, 1 pullout couch, kitchen; Ground level, Wi-Fi, pet friendly, smoking, restaurant and pool.
<b>(#8) Economy Inn</b> 1915 3rd Avenue, V2M 1G6 1.4km	Phone: 250-563-7106 Fax: 561-7216	1 person, 1 queen bed; 2 people, 2 queen beds. Fridge, microwave, ground rooms, grab bars and bath mat included.
<b>(#9) Days Inn</b> 600 Quebec Street 1.5km	Phone: 250-562-7072 Fax: 562-0492	2 people, 2 queen beds. Elevators, wheelchair accessible and fridge in each room.
<b>(#10) Spruceland Inn</b> 1391 Central St, West 1.5km	Phone: 250-563-0102 Fax: 250-563-0358	1 person, 1 queen bed; 2 people, 2 double bed. Fridges, pet friendly, smoking, Wi-Fi, kitchenettes and ground level rooms.



**● Restaurants**

**# Accommodations** (see other side for room rates)

**★ Shopping Malls**

<p><b>Parkwood Mall</b></p> <ul style="list-style-type: none"> <li>• Greyhound Station</li> <li>• Grocery Store</li> <li>• Post Office</li> <li>• Coffee Shop</li> <li>• Restaurants</li> <li>• Pharmacies</li> <li>• Movie Theatre</li> </ul>	<p><b>Spruceland Mall</b></p> <ul style="list-style-type: none"> <li>• Grocery Store</li> <li>• Post Office</li> <li>• Coffee Shop</li> <li>• Fast Food</li> <li>• Pharmacies</li> <li>• Bank</li> </ul>
<p><b>Pine Centre Mall</b></p> <ul style="list-style-type: none"> <li>• Post Office</li> <li>• Fast Foods</li> <li>• Pharmacies</li> <li>• Banks</li> </ul>	

## ACCOMMODATIONS IN PRINCE GEORGE

Listed in order of closest to UHNBC

Name/location/distance	Phone Number/Fax Number	Room Type
<b>(#11) Ramada</b> 444 George Street V2I 1R6 1.9km	Phone: 250-563-0055 Fax: 250-563-6042	2 people, 1 king bed; 2 people, 2 queen bed. Wheelchair friendly (nothing specifically "accessible"), elevators, fridge,microwave and freezer, restaurant, no smoking, no pets.
<b>(#12) Esther's Inn</b> 1151 Commercial Crescent 2.0km	Phone: 250-562-4131 Fax: 250-562-4145	1 person, 1 queen bed; 2 people, 2 queen beds. Specialty rooms for wheelchair accessible. Ground rooms,kitchenettes,no pets, no smoking, Wi-Fi and walkers available.
<b>(#13) Gramma's Inn</b> 901 Central Street, West 2.0km	Phone: 250-563-7174 Fax: 250-563-7147	1 person, 1 queen bed; 2 people, 2 double bed. 1 bedroom suite w/ kitchen, pullout couch and full bathroom. Fridge, pet friendly, no smoking, ground level, Wi-Fi and laundry available.
<b>(#14) 97 Motor Inn</b> 2713 Spruce street 2.5km	Phone:250-562-6010 Fax: 250-562-3869	1 person, 1 queen bed; 2 people, 2 queenbed. Wheelchair accessible, ground level rooms,smoking, pet friendly, Wi-Fi and kitchenettes available.
<b>(#15) Four Points by Sheraton</b> 1790 HWY 97 South V2L 5L3 2.5km	Phone: 250-564-7100 Fax: 250-564-7199	2 people, 2 queen bed; 1 person, 1 king bed. Wheelchair accessible, pet friendly,no smoking, fridge, microwave,ground level, restaurant and Wi-Fi available.
<b>(#16) Prestige Treasure Cove Hotel</b> 2005 Highway 97 V2N 7A3 2.7km	Phone: 250-614-9111 Fax: 250-614-9101	2 people, 2 queen bed; 2 people, 1 king bed;2 people, 1 jr. suite. All room bookings include breakfast.
<b>(#17) Carmel Inn</b> 1502 Highway 97 South 2.7km	Phone: 250-564-6339 Fax: 250-562-0597	1 person, 1 queen bed; 2 people, 2 double bed Wheelchair accessible, ground level,laundry,restaurant, pet friendly smoking, Wi-Fi and kitchenettes available.
<b>(#18) Sandman Signature</b> 299 Recreational Place 3.0km	Phone: 250-645-7263 Fax:2 50-645-2450	2 people, 1 queen bed; 1 person, 1 king bed. Wheelchair accessible. Pet friendly, no smoking, ground level, fridge and microwave available.

**Please keep in mind prices do not include taxes, and are subject to change without notice. Also, distance indicated below is the walking distance from UHNBC to that hotel listed. Please make sure to request the medical rate at the time of booking.**

## **Train**

Via Rail provides quality transportation from the Prince George station to a variety of stops throughout B.C. and Canada. Their services include Wifi, cold storage of specific medications, access to oxygen and respirators, diabetic meals and storage of wheelchairs. Eligible companions who are accompanying someone with a disability can travel free.

For more information or to make reservations, contact 1-888-842-7245 or visit their website at [www.viarail.ca](http://www.viarail.ca).

## **BUS SERVICES**

### **Northern Health Connections Bus**

Northern Health Connections is a travel service program for patients requiring travel for out-of-town medical appointments in northern B.C, Vancouver, and Kamloops. They provide patients with transportation options to reduce one of the costs associated with visiting specialists, obtaining specialized diagnostic testing, and receiving other health care services not available in the patient's home community.

## **How can I book my seat?**

You are eligible to book a seat after your physician refers you for a medical appointment or procedure outside your home community. Check the Northern Health Connections brochure or visit the website at <https://nhconnections.ca> for a schedule.

Once you are aware of the dates you need to travel, please call Northern Health Connections at 1-888-647-4997 to make your reservations. Please have your care card number and appointment information ready. There is also a kiosk in the main lobby where you may purchase a ticket with a credit card.

## **Greyhound**

Greyhound offers daily bus service from Prince George to a variety of locations all over BC, Canada and North America. They offer refundable fares that give you the flexibility to change your travel dates based on your health care needs. For information on routes and ticket prices, contact them at 1-800-661-TRIP (8747) or visit their website at [www.greyhound.ca](http://www.greyhound.ca).

They are located two blocks from UHNBC at 1566 12th Ave, Prince George, BC V2L 3S9.

## **Car Rentals**

Car rentals are a great option if you require immediate transportation.

To inquire about renting a car, contact:

- Budget Car Rental at 250-562-0768 or 250-963-6904
- National Car Rental at 250-963-7473 or 250-564-4847
- Enterprise Rent a Car at 250-614-8366



## LOCAL TRANSPORTATION

### Public Transit

There are several bus stops within a short distance of UHNBC. Please ask for a Prince George transit brochure or call for more information on routes and times.

Phone: 250-563-0011

Cost:

- Adults \$2.50
- Seniors \$2.00
- Students \$2.00
- Kids under 4 ride free

\*Monthly passes are available.

### Taxi Companies

For immediate transportation needs, please contact one of the local taxi companies. Direct lines are located on the ground level beside the gift shop and near the emergency exit doors at UHNBC.

- Emerald Taxi: 250-563-3333
- Prince George Taxi: 250-564-4444  
(wheelchair accessible by request)

## PRINCE GEORGE COMMUNITY SERVICES

Prince George is the fourth largest city in British Columbia with a population of approximately 84,000. It is a major centre for shopping and a service centre for surrounding communities, as well as home to the University of Northern British Columbia. In Prince George, B.C.'s northern capital, you are just minutes from being fully immersed in the wonders of our natural surroundings – this is a true outdoor person's paradise. A warm, friendly and diverse population attests to our community spirit. You can be assured of discovering a myriad of entertainment and recreational options year-round, from heritage and cultural opportunities to good old family fun.

We have compiled a list of businesses and services within walking distance of UHNBC; there are several more available to you through use of a vehicle or public transportation. Please look on the attached map for additional guidance and direction.

### **Tourist Information**

For more information on events and what Prince George has to offer, please visit the local tourism information center located at #101 – 1300 First Avenue or call 1-800-668-7646. You can also find information at their website at [www.tourismpg.com](http://www.tourismpg.com).

Hours:

Monday – Friday, 8:30 a.m. - 5 p.m.

### **Grocery Stores**

- Save on Foods (Parkwood Mall); 450 meters (5 minute walk)
- Save on Foods (Spruceland Mall); 2.3 km (29 minute walk)

### **Banking**

- Bank of Montreal (15th and Central); 1.4 km (19 minute walk); 250-565-8650
- Scotia Bank (Spruceland Mall); 2.3 km (29 minute walk); 250-960-4700
- CIBC (Spruceland Mall); 2.3 km (29 minute walk); 250-614-6444
- Money Mart (15th and Central); 1.5 km (19 minutes walk); 250-563-7511
- Instalozans (1671 15th Avenue); 500 meters (6 minute walk); 250-612-4030

### **Post Office**

- London Drugs (Parkwood Mall); 550 meters (6 minute walk); 250-561-7488
- Shoppers Drug Mart (Spruceland Mall); 2.3 km (29 minute walk); 250-562-2311

## Gas Stations

- Mr. G (15th and Central); 1.4 km (19 minute walk)
- Chevron / Town Pantry (15th and Central); 1.3 km (16 minute walk)
- Petro Canada (5th and Carney); 1.7 km (5 minutes)

## Coffee Shops

- Second Cup (Parkwood Mall); 550 meters (6 minute walk)
- Booster Juice (Parkwood Mall); 300 meters (4 minute walk)
- Starbucks (15th and Central); 1.4 km (18 minute walk)

## Restaurants

(\$=\$10.00, \$\$=\$15.00, \$\$\$=\$20.00)

Please ask individual restaurants if they provide a delivery service.

- China Cup (Parkwood Mall); 300 meters (4 minute walk); \$\$
- Red Robin (Parkwood Mall); 300 meters (4 minute walk); \$\$
- Pizza Hut (Parkwood Mall); 300 meters (4 minute walk); \$\$
- Quiznos Classic Sub (Parkwood Mall); 300 meters (4 minute walk); \$
- McDonalds (15<sup>th</sup> and Central); 1.4km (18 minute walk); \$
- Tandoori (15<sup>th</sup> and Central); 1.5km (19 minute walk); \$\$
- Delano's Family Restaurant (1515 Victoria street); 1.4 km (4 minute walk); \$
- Moxies Bar and Grill(15<sup>th</sup> and Central); 1.6 km (20 minute walk); \$\$\$
- Earls (15<sup>th</sup> and Central); 1.3 km (17 minute walk); \$\$\$
- Daddy O's Pizza and Ribs (15th and Central); 1.3 km (17 minute walk); \$\$
- Denny's Restaurant (15<sup>th</sup> and Central); 1.3 km (17 minute walk); \$
- Little Caesars (Spruceland Mall); 2.3 km (29 minute walk); \$

## Pharmacies

We recognize you may need to visit a local pharmacy for your prescriptions. Some of the pharmacies listed below are within walking distance to UHNBC. Several local pharmacies will also deliver if you call in your prescription in advance and provide them with adequate time to arrange for delivery.

- Save On Foods (Parkwood Mall): 250-564-4525; 450 meters (5 minute walk)
- Save On Foods (Spruceland Mall): 250-563-8112; 2.4km (30 minute walk)
- Shoppers Drug Mart (Spruceland Mall); 250-562-2311; 2.4 km (30 minute walk)
- Costco: 250-561-0784; 4.0 km (51 minute walk)
- Real Canadian Superstore: 250-960-1327; 3.4 km (44 minute walk)
- Reid's Pharmacy: 250-564-6666; 900 meters (11 minute walk)
- London Drugs (Parkwood Mall): 250-561-0011; 450 meters (5 minute walk)
- Evergreen: 250-564-7147; 1.7 km (20 minute walk)

## ACCOMMODATIONS

Prince George has a variety of accommodations to meet your needs, for all purposes and any length of stay. It has an array of lodgings options available, from public and private campgrounds to international hotel chains and everything in between.

### Bed and Breakfasts

Contact the Prince George Bed and Breakfast hot-line at 1-877-562-2626 or visit [princegeorgebnb.com](http://princegeorgebnb.com) for more information on B&B's available.

## **Campgrounds**

There are various camping options outside of city limits around Prince George. For more information, contact Tourism Prince George at 1-800-668-7646.

## **Hotels and Motels**

A list of hotels and motels within 3km of UHNBC is provided in the middle of this guide. They are listed in order of those closest to the hospital and indicated on the attached map. Please inquire about pricing and request the medical rate when booking your stay.

## **FAMILY-FRIENDLY ACTIVITIES**

If you are here to provide support for a loved one staying in hospital and looking for activities to pass the time when they are resting or involved in programming at UHNBC, the following is a list of family-friendly activities available to you.

### **Public library**

The Prince George Public Library is directed by a dedicated volunteer Board appointed by Prince George City Council. The public library is a great place to relax, access the internet and their computers, read books and watch educational movies. The public library is located only two blocks from UHNBC at 887 Dominion Street. For hours of operation, you can contact them at 250-563-9251.

Hours are the following:

- Monday to Thursday, 10 a.m. - 9 p.m.
- Friday to Saturday, 10 a.m. - 5:30 p.m.
- Sunday, 1 p.m. - 5 p.m.

## Swimming pools

Swimming can be an ideal time for passing time, getting active and for relaxation. Prince George has two swimming locations:

- Aquatic Center; 3.1km (40 minute walk); 250-561-7787
- Four Seasons Leisure; 1.3 km (16 minute walk); 250-561-7636

Swimming times may vary, please contact the pool(s) to find out more information.

## Movie theatre

Prince George offers a variety of 3D and regular movies at Famous Players in Parkwood Mall, just one block from UHNBC. For information on movie times, please phone 250-612-3993 or visit [www.famousplayers.com](http://www.famousplayers.com).

## Museum

The Exploration Place is located in Lheidle T'enneh Park in the Fraser Fort George Regional Museum and offers a wide variety of galleries and exhibits, including a palaeontology exhibit, First Nations exhibit, children's gallery and the Prince George Sports Hall of Fame. Contact 250-562-1612 for times and hours of operation or visit them at 333 Becott Place.

The Prince George Railway and Forestry Museum has one of the largest vintage rail collections in the province, including vintage rail cars, locomotives and historical buildings.

Please contact 250-563-7351 for times and hours of operation or visit them at 850 River Road.

## Parks

Parks can be an enjoyable environment for you and your family when your loved one is in the hospital. Parks are a great for you to spend some time alone, play with your children or have a picnic. Prince George has several parks to offer; listed below are just a few within the city centre.

- Connaught Hill – This park provides beautiful scenery, isolated walking trails and park benches to have picnics, located 2.6 km away (35 minute walk).

- L'heidli T'enneh Park – This park invites people of all ages to get together and offers a variety of activities, such as a water park, train ride, walking trails, volleyball nets and a large stage for events. Located 2.4 km away (30 minute walk).

## CHILD CARE

If you are in need of immediate child care, please contact the Child Care Resource and Referral Center in Prince George at 1-800-663-7867 or 250-563-2483 for a list of screened child care options. If you know in advance you will be travelling to Prince George and are in need of child care you can also email the center at [ccrr@pgymca.bc.ca](mailto:ccrr@pgymca.bc.ca).

## Your Health Care Team

Members	Name/contact information
Doctor(s)	
Specialist(s)	
Nurse	
Social Worker	
Occupational Therapy	
Recreational Therapy	
Physiotherapy	
Dietitian	
Speech and Language	
Long Term Care Case Manager	
Other	

# Notes:

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