



INFORMATION FOR INTERNATIONAL PATIENTS AND FAMILIES VISITING SICKKIDS

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At SickKids, we believe that all critically ill children deserve access to specialized health care regardless of their place of origin or geographic location. We also recognize that travelling for treatment can be an overwhelming experience, so we have put together this package to help you get oriented during your stay.

This package was prepared for families of children receiving health care at The Hospital for Sick Children (SickKids) through the International Patient Program. In this package, you will find a map of SickKids and how to find us, and a map of the hospital and various clinics. You will also find a map of Toronto and the surrounding area, information on transportation, accommodations, medical clinics for other family members, shopping, cultural neighbourhoods and community centres, places of worship, and other information for your individual family needs.

International Patient Program

The International Patient Program provides a single point of access, service and coordination for international families seeking treatment at SickKids. All international inquiries for treatment are reviewed through an evaluation and triage protocol, including an assessment by a multidisciplinary medical team.

We provide centralized communication to ensure that client needs are met in a timely manner. We believe that all international patients should be provided with the highest quality of care, and those seeking treatment at SickKids should receive timely access through a formal and equitable review process.

Overview of the International Patient Program

- Facilitates referrals to enable access to specialized medical treatment for international patients without access to vital care in their region
- Acts as the single point of contact for all international patients
- Coordinates services from initial patient inquiry to post-treatment and repatriation to home country
- Provides medical and nursing expertise dedicated to patient case management for international patients
- Supports inquiries through dedicated coordinators for international patients
- Facilitates telemedicine consultations and follow-up

We have a dedicated team to support the unique needs of international patients and their families.

Aimee Pastor (Senior Manager)

Phone: 416-813-6619

Email: aimee.pastor@sickkids.ca

Tina Martins (Program Coordinator)

Phone: 416-813-7654 ext. 428917

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Email: georgina.floros@sickkids.ca

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Phone: 416-813-7654 ext. 414859

Email: francesca.yensu@sickkids.ca

Melanie Harvey (Case Coordinator)

Phone: 416-813-7654 ext. 414885

Email: melanie.harvey@sickkids.ca

**Kenneth Maharaj and Christina Ozols
(Financial Coordinators)**

Phone: 416-813-8817

Email: international.patientaccounts@sickkids.ca

Please note: Our office located outside of the hospital. We are happy to schedule to meet with you at the hospital at the specified location that will be provided to you by our staff when your appointment is confirmed.

Mailing address:

The Hospital for Sick Children
International Patient Program
555 University Avenue
Toronto, Ontario
M5G 1X8 Canada

Hours of Operation:

Monday to Friday: 8:30 a.m. to 4:30 p.m.
Saturday, Sunday & Statutory Holidays:
Closed

Fax Number: 416-813-8667

Preparing for your travel to Canada

Once you are accepted for care at SickKids, the International Patient Program will ask you some questions about who will be travelling with the child. One parent/legal guardian is required to accompany the child for care at SickKids. It is important that you find out what travel documents are required for you and your family to enter Canada. **Please visit the Canadian Immigration website at: <http://www.cic.gc.ca/english/visit/visas.asp>**

It is important that you keep us informed if there are any changes to travellers in your family so we can help you with the process for entry into Canada.

Important!

Canadians citizens living abroad and/or those with dual citizenship need to use a Canadian passport in order to enter Canada.

Electronic Travel Authorization entry requirement!

Travellers from abroad that do not require a visa will need an electronic Travel Authorization (eTA) in order to enter Canada. Travellers requiring an eTA must apply online prior to their travel in order to be permitted to board the flight to Canada. Exceptions include U.S. citizens, and travellers with a valid Canadian visa.

Please check if you need an eTA at: www.Canada.ca/eTA

Entry into Canada

When you arrive at the airport you will go through Canada Border Services Agency (CBSA) and you will speak with the CBSA officer. The officer will ask to see your passport and supporting documents. They will ask you some questions and may ask for your SickKids letters. Make sure to have important documents with you and that they are not packed in your luggage.

You will not be allowed into Canada if you give false or incomplete information. You must convince the officer that you:

- are eligible for entry into Canada
- will leave Canada at the end of your approved stay

Children under 18 must travel with appropriate documents and meet the same entry requirements as adults.

For more information, please visit www.cic.gc.ca/english/visit/arriving.asp

Carry-on Luggage Checklist

Remember to bring these important items with you on your flight:

- ☐ Passport
- ☐ Electronic Travel Authorization (eTA)
- ☐ Return flight ticket
- ☐ Hotel or accommodation booking reservations
- ☐ Proof of medical insurance
- ☐ SickKids appointment card
- ☐ International Patient Program letters
 - Acceptance letter
 - Visa support letter
- ☐ Valid driver's license
- ☐ International driver's license
- ☐ Cash
- ☐ Credit/debit card
- ☐ Phone numbers and addresses of friends and family in Canada
- ☐ Health booklet and vaccination booklet
- ☐ Emergency contact person
- ☐ Medications



Arrival to Toronto

Lester B. Pearson Airport (YYZ) is the international airport in Toronto. It is located in Mississauga, west of Toronto.

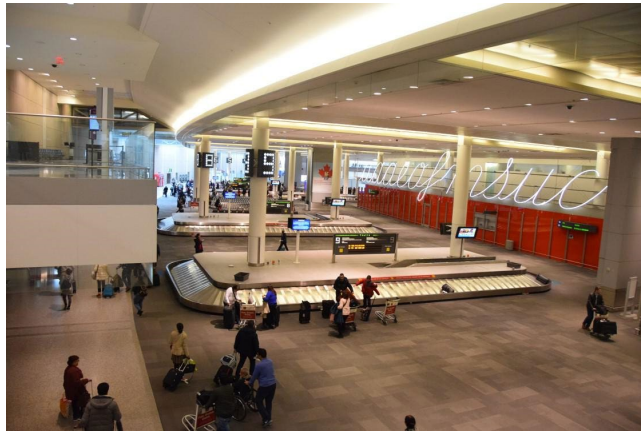
After you and your family are granted entry into Canada by the CBSA officer, you will go to the baggage claim area to pick up your personal baggage checked on your flight.

Tip!

Pearson International Airport has free WiFi! Select *Toronto Pearson Wi-Fi* from your network list to connect to the Internet.

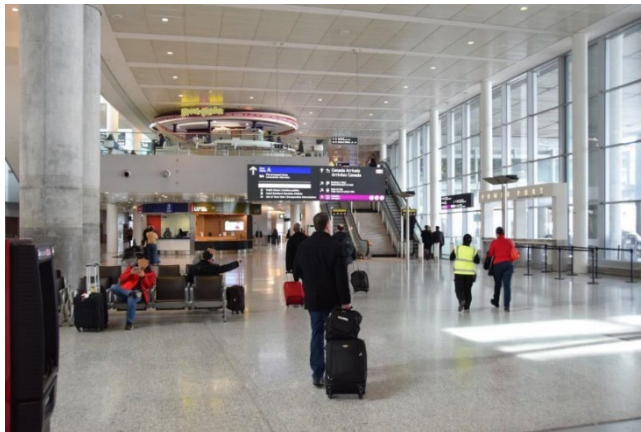
For more information about the airport, please visit:

www.torontopearson.com.



*Baggage Claim Area
inside Lester B. Pearson Airport*

After you pick your baggage, you will see another CBSA officer as you leave the baggage claim area. You will give the officer your declaration form and be cleared to leave the airport.



*Inside the terminal,
Lester B. Pearson Airport*

Once you are ready to exit the airport, you will find transportation options to Toronto. Outside the Arrivals level, you will see areas for taxi and limousines.



*Taxi line outside
Lester B. Pearson Airport*

Welcome to Toronto!



Toronto City Hall

The City of Toronto

Toronto is located in the province of Ontario, Canada, and is located on the northern shores of Lake Ontario. The city is made up of 6 former cities and boroughs. These are Etobicoke, York, North York, East York, Scarborough, and Old Toronto.

The GTA (Greater Toronto Area)

The Greater Toronto Area refers to the city of Toronto and surrounding area, including the towns and cities of Caledon, Brampton, Mississauga, Halton Hills, Milton, Oakville and Burlington to the west, Vaughan, Markham, Richmond Hill, Aurora, Newmarket, King, Whitchurch Stouffville, East Gwillimbury, and Georgina to the north, and Brock, Uxbridge, Scugog, Pickering, Ajax, Whitby, Oshawa, and Clarington to the east.

Tip!

Want to know more about Toronto and what it has to offer? Check out the city's official website at:
www.toronto.ca

Transportation in Toronto

There are a number of transportation options for getting downtown from the airport, and travelling around.

Taxi

There are many different taxi services in Toronto. Below are a few taxi companies and the number to call if you want to book a taxi pick up in advance. You can always wave at one on street when you see it.

Please note that SickKids is not affiliated with these companies, and listing them does not imply endorsement.

Beck Taxi: 416-751-5555

City Taxi: 416-740-2222

Co-op Cabs: 416-504-2667



Car Rental

You may also rent a car if you wish. Here are some car rental services.

Please note that SickKids is not affiliated with these companies, and listing them does not imply endorsement.

Budget Car Rental:

Phone: 416-963-9496

Location: College and Spadina

Website: www.budget.ca

*While your child is being treated at SickKids, use promo code BCD# A767000 to get a discount at Budget Car Rental.

Enterprise Rent-a-car:

Phone: 416-599-1375

Location: Bay and Gerrard

Website: www.enterprise.ca

Important!

The cost for parking in the city varies depending on where you are. Please read the signs mounted on poles. You can usually pay for parking by cash or credit card at a meter in a car park or garage, outdoor parking lot or on the street. There is parking available for patients and families in the SickKids parking lot on Elm Street.

Uber and Lyft

Uber and Lyft are transportation network companies that allow you to schedule a pick up from your location using a web-based application software. To book transportation using Uber or Lyft, you must create an account with a credit card on your smartphone or their websites. Prices are provided when you request the ride on the app. Your credit card will be charged at the end of the ride. For more information, you can look for the app on your smartphone or their websites:

- **Uber:** <https://www.uber.com/en-CA/>
- **Lyft:** <https://www.lyft.com/>

Book Private Transportation!

The International Patient Program office can also arrange private transportation to assist with your individual needs.

Rates from the Airport: \$88.45 CAD

To book, please tell us at least 24 hours in advance:

1. Name, address and contact information
2. Number of passengers travelling
3. Age and weight of children, and if car seats are needed (or if you are bringing your own)
4. Number of pieces of baggage

Union-Pearson - UP Express Train

The Union-Pearson (UP) express train offers an easy way to get from the airport to Union Station, downtown Toronto. It runs every 15 minutes from 5:00 a.m. to 1:00 a.m. A one-way trip is approximately 25 minutes. For more information please visit: www.upexpress.com.

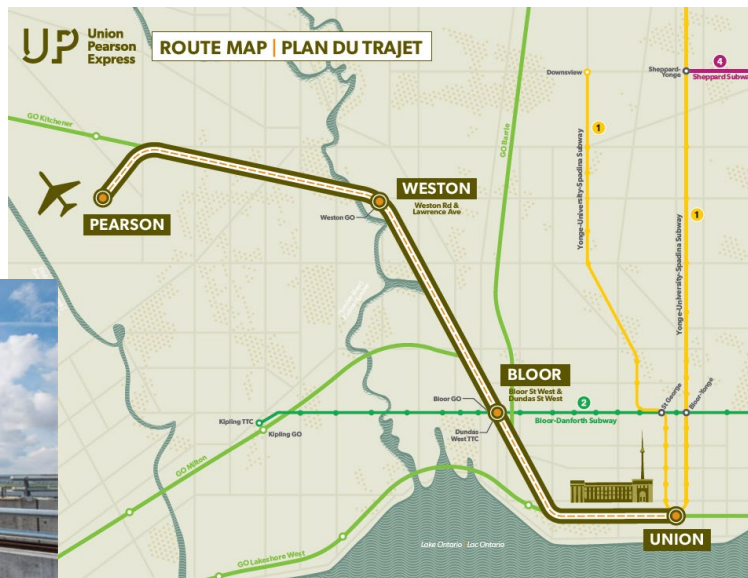
Cost:

Adult one-way: \$12.35 CAD

Family pass (2 adults, 3 children under 19): \$25.70 CAD

Children 12 and under ride free!

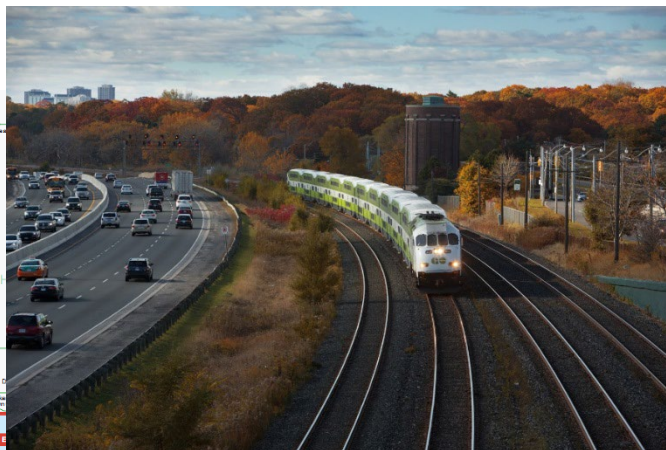
*prices subject to change



GO Transit

GO Transit runs trains and buses across the Toronto region. This allows people to travel throughout the Greater Toronto Area and further to cities such as Hamilton to the west, Barrie to the north, and Peterborough to the east. The cost depends on distance travelled.

For more information, visit www.go transit.com.



Toronto Transit Commission - TTC

The TTC is Toronto's public transit system. It includes subways, streetcars, and buses. You can buy tokens or pay by cash at the TTC ticket vending machines located in Terminal 1 of Pearson Airport, and at vending machines or booths available at every subway station. You can also pay by cash on streetcars and buses (you must have exact change). For more information, visit www.ttc.ca.

Cost:

Adult: \$3.25 CAD

Day Pass: \$12.50 (1 adult and 5 youth age 13-19, or 2 adults and 4 youth age 13-19)

Children 12 and under ride free!

*prices subject to change



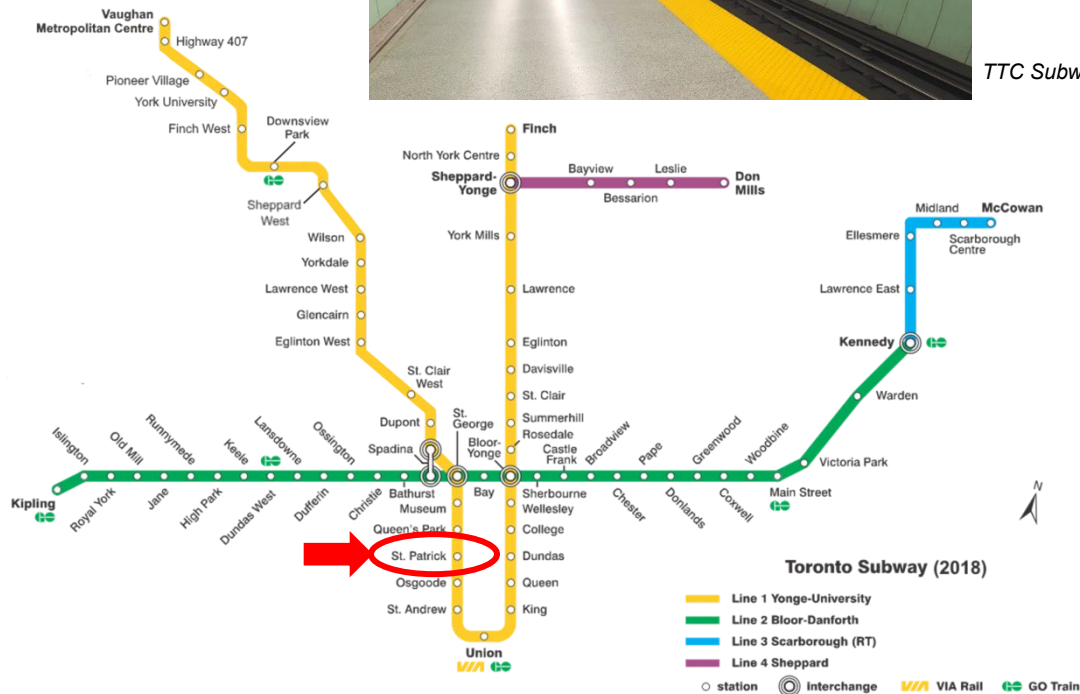
TTC Streetcar



TTC Bus



TTC Subway



Getting to SickKids

SickKids is located in downtown Toronto at 555 University Avenue, between Gerrard and Elm streets. The hospital has two main entrances: 555 University Avenue and 170 Elizabeth Street (the newer Atrium building behind the older 555 University building).



555 University Avenue entrance



170 Elizabeth Street entrance

Getting to SickKids by TTC:

SickKids is located between subway stations on the University-Spadina line.

Subway from the north: Exit at Queen's Park station and walk one block south on University Avenue.

Subway from the south, including travelling from Union Station: Exit at St. Patrick station and walk two blocks north on University Avenue.

Streetcar: The 505 Dundas and 506 Carlton streetcars stop at University Avenue.

For more information on how to get to SickKids by TTC call 416-393-4636 or visit www.ttc.ca.

Meeting with the International Patient Program Office Staff

Before your first appointment at SickKids, you must meet with the **International Patient Program** office to complete some forms. We will also provide you with some orientation, review your schedule with you and answer any questions you may have. It is our priority to make sure that you are happy with your visit.

Please remember that the International Patient Program office is temporarily located outside of the hospital. Our staff will work with you to arrange the date, time and location to meet with you at the hospital.

In some cases, your child may have arrived to SickKids, by direct hospital-to-hospital transfer. Our International Patient Program staff will visit you on the unit.

Visiting SickKids

Our International Patient Program staff will accompany you during your first appointment to make sure you know where to go. If you come back for another appointment or hospital admission, please let us know if you need our help or if you are comfortable with going directly to your clinic or unit.

Where to get help for directions

You can ask someone at the Information Desk in the Atrium for directions which can be found near the Elizabeth Street entrance to the hospital.

Free Wi-Fi is available at SickKids!

Network name: SickKidsGUEST

Password: beourguest

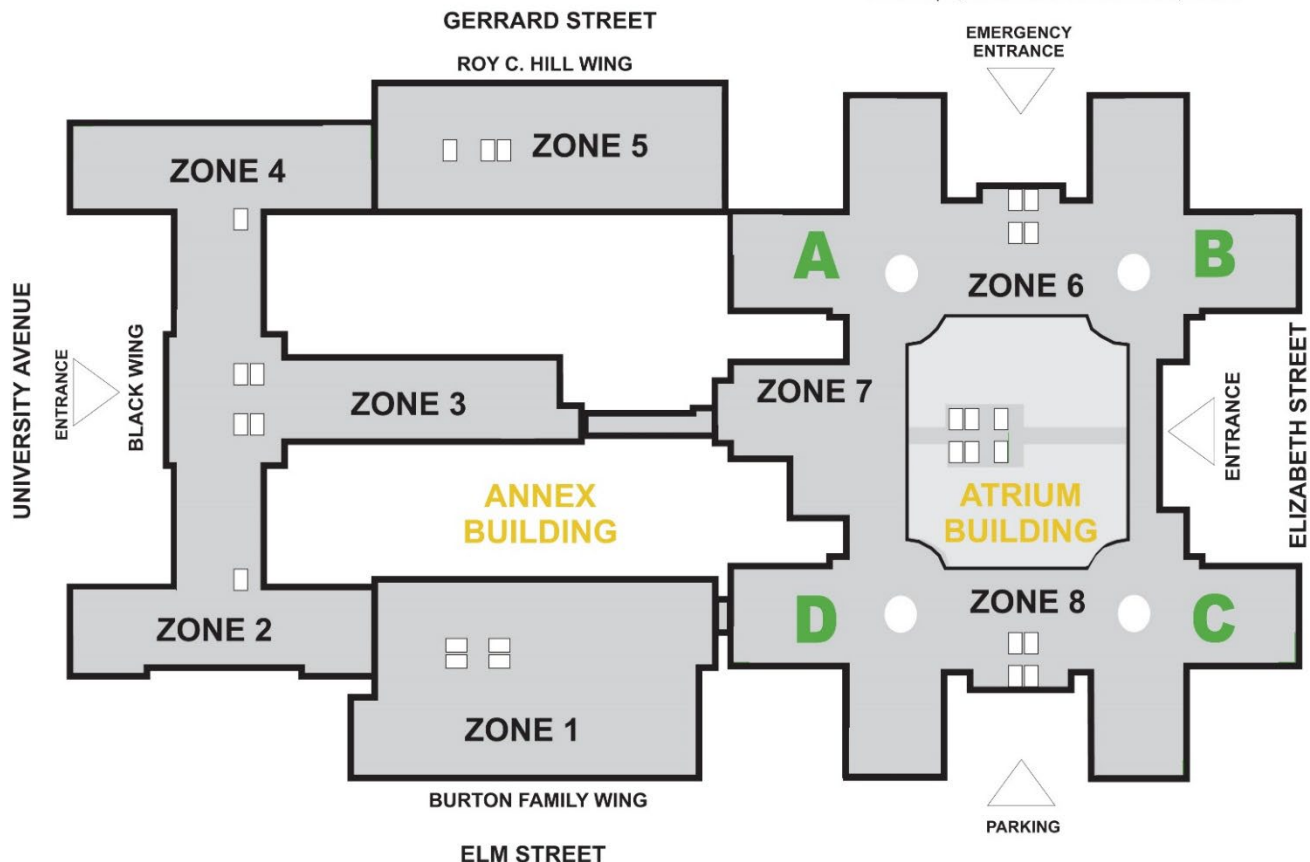
There are also computers with Internet access for families to use.

There are available free of charge in the Family Centre, located on the Main Floor, Black Wing, near the Shoppers Drug Mart pharmacy

Navigating SickKids

Zone Map

The zone is always the second digit in the full room number.
For example, room 3206 is on the 3rd floor, zone 2.



Parking at SickKids

Parking is available in the SickKids parking garage. The entrance is located on Elm Street and you are required to take a ticket to enter the lot. You can pay by cash or credit card at the pay stations located on the P1 to P4 elevator lobbies when you are leaving SickKids.

Discounted multi-use pass for parents

SickKids is pleased to offer a discounted multi-use parking pass (H pass card) for parents of patients and frequent visitors. The H pass is a card that offers a reduced parking rate and allows for in-and-out privileges throughout a 24-hour period. The pass can be shared among family members and the patient's visitors. The H pass is available for 5, 10 or 30 uses at a cost of \$10 per use. It can be purchased in the Parking Office on Level P1 of the Atrium parking garage. The office is open 7 days a week from 6 a.m. to 9 p.m.

Parent 1 month pass

Parents can purchase a discounted 1 month pass from the Parking Office on P1 for \$200

Parents (without H Pass), visitors and general public

Daily- Monday to Friday 6 a.m. to 7 p.m. \$6 per half hour to a maximum of \$20

Evenings- Monday to Friday 7 p.m. to 6 a.m. \$4 per half hour to a maximum of \$7

Saturday, Sunday and Holidays 6 a.m. to 6 a.m. \$4 per half hour to a maximum of \$7

* All parking ticket and parking pass purchased are final. Refunds are not possible. There are no in-and-out privileges for daily parking. Parent multi-use and 1 month passes allow same-day in-and-out privileges

Hospital Stay at SickKids

When you arrive for your hospital stay, a nurse will admit you and your child to the unit. The unit staff will help you fill out forms and get settled in. All SickKids staff will make every effort to make your child's stay as comfortable as possible.

Here are some items you may bring from home during your child's hospital stay:

- ✓ Your child's own clothes (including non-skid footwear and clothes for going home)
- ✓ A few favourite toys, books, family pictures or a pillow to remind your child of home
- ✓ Toiletries, like toothpaste, toothbrush, brush, comb, shampoo and soap
- ✓ Any important medical aids such as eyeglasses, hearing aids, braces or crutches
- ✓ Disposable diapers, diaper bag and a stroller
- ✓ Lip balm for dry lips
- ✓ If you are staying with your child overnight in the hospital, a blanket, pillow and any clothing or personal items you will need for yourself

Please do not bring the following items during your child's hospital stay:

- ✗ Latex balloons
- ✗ Baby walkers
- ✗ Small toys that can be swallowed
- ✗ Toys that make sparks
- ✗ Food with nuts
- ✗ Fresh flowers or plants
- ✗ Valuable items

Staying in your Child's Room

Most children have their own room with a day-bed for one parent. A nurse will provide you with linens for the day-bed and a towel. You should bring a pillow and blanket from home. Brothers and sisters cannot stay overnight in your child's room.

Important!

We respect privacy and confidentiality of all patients and families at SickKids. Please **do not** take pictures while in the hospital.



Resources for Families at SickKids

Client Support Service

The International Patient Program can guide you to get the help you need with getting settled into Toronto. It helps for us to understand exactly what your family may need during your stay so we can help you. Client support services can be arranged on request and additional fees will be applied for these services.

These services include:

- Language support
- Navigation to visiting families shortly after arrival to Toronto
- Escort to accompany your family to, from and between, non-clinical appointments
- Interpretation and sight translation for communication between your family and English speaking service providers outside the hospital, such as:
 - Opening a bank account
 - Communicating with landlord or hotel
 - Getting a mobile phone
 - Meeting the school for admission

If you need help at any point during your stay, please let the International Patient Program office know.

Home Support Following Discharge from Hospital

Following discharge from hospital, you may need additional support with caring for your child's needs. This may include non-medical supervision or support for your child and/or his or her siblings. The International Patient Program can help you get a Child and Youth Worker to help you at home. Ask your International Patient Program Case Navigator to help you get connected with an agency to provide services that are tailored to your particular situation, family and temporary home setting.

There is a charge for this support service based on the specific situation, location and the behavioural support needs. A minimum request of at least 4 hours is required. Child and youth worker support staff are available 24/7, mornings, evenings or overnights.

Prepayment for the worker arrangements are required before the support is provided. Please contact the International Patient Program for more information.

aboutkidshealth.ca

On this website you will find information on health conditions and diseases, child development, wellness, learning and education, and much more! This information is available in different languages, including but not limited to: English, Arabic, Chinese, Punjabi and Spanish.

Spiritual & Religious Care Department

During your stay, spiritual care support is available to you and your family. The team takes a proactive approach to helping everyone within the SickKids organization, whether the need is spiritual, religious or emotional. In addition to having a chaplain on-call 24/7, all units throughout the hospital are covered by a chaplain during regular hours where they can easily be reached for support.

Chaplaincy: SickKids Professional Health-Care Chaplains offer spiritual and religious care to patients, families and staff. In order to better serve the diversity within our patient population and staff, we are committed to providing both inter-faith and faith based service.

Counselling: While in the hospital, patients, families, and staff may experience existential stress, moral distress, and a sense of futility and loss in the face of ongoing health challenges. One-on-one counselling with a SickKids Certified Health-Care Chaplain has the potential to be a very supportive and effective resource for patients, families, and staff to be at peace with their circumstances and nurture the healing process of body, mind, and spirit.

Sacred Spaces:

Chapel

First Floor
Room 1731, Atrium
Services posted outside

Muslim Prayer Room

First Floor
Room 1730, Atrium

Meditation

Second Floor
Room 2713, Atrium

Family Centre

The Family Centre offers resources for patients and families. At the centre, you can:

- borrow books and DVDs on medical topics and child raising
- find information about community resources and support groups
- use computers to check email and use the internet
- fax, printing and photocopy
- use a telephone in a private area

Location: Main Floor, Room M200, near Shoppers Drug Mart.

Hours of operation: Monday to Friday, 9:30 a.m. to 4:30 p.m.

Phone: 416-813-5819

Office of Patient and Family Experience

If you have a question, complaint, comment or compliment, you should first share it with your care team or unit manager. If this is not possible, you can contact the Office of Patient and Family Experience. No matter who you contact, you will be treated seriously and with respect.

The service is located on the Main Floor in Room M223, near Shoppers Drug Mart. It is open Monday to Friday from 8:30 a.m. to 4:30 p.m. You can also leave a confidential message at 416-813-6181.

Interpreter Services

It is important that you understand everything that happens during your visit. Interpreter services are available for all languages. Please tell us if you would like help from someone who speaks your language so we can schedule this in advance. You can also tell your healthcare team know if you need an interpreter for medical appointments or for discussions with your child's healthcare team. If you cannot make your appointment, please tell us so we can cancel your interpreter.

Schools in Toronto

If your child will be missing school, you can get assistance with schooling while you are in Toronto.

The Toronto District School Board at SickKids

The Toronto District School Board (TDSB) teachers are a group of elementary and secondary teachers who work with the patients receiving medical care at SickKids to support their learning needs and goals. The teachers are employees of the Toronto District School Board.

In order to register students through the program at SickKids, you will need to complete the SickKids school registration form and provide an official document which supports proof of birth (such as a birth certificate or passport). You can contact the reach the TDSB them directly at 416-813-7348, or visit the TDSB office in the SickKids in the Family Centre at Room 6306, Black Wing.

Hours of Operation

- Monday to Friday from 9:00 a.m. to 3:00 p.m., excluding statutory holidays and weekends
- Teachers follow the calendar school year for teaching (September-June)

Schools Outside of SickKids

If you are receiving outpatient care, schools are available in Toronto. To register, you can contact the schools directly and you will be asked to provide:

- Birth certificate
- Passport/Travel Documents
- Immunization Record
- Address (Lease agreement or bill)

Below are some schools where you may wish to register.

Please note that SickKids is not affiliated with these schools, and listing them does not imply endorsement.

Church Street Junior Public School

(Junior Kindergarten to Grade 6)

Address: 83 Alexander Street

Toronto, Ontario, M4Y 1B7

Phone: 416-393-1250

Email: Church@tdsb.on.ca

Um Al Qura Islamic School

(Grade 9-10)

Address: 1510 Birchmount Road #201

Scarborough, Ontario, M1P 2G6

*Bus service available.

Phone: 416-393-1530

Website: <http://www.umalqura.ca>

Madina Islamic School

(Junior Kindergarten to Grade 8)

Address: 1015 Danforth Avenue

Toronto, Ontario

Phone: 416-830-9406

Email: info@madinamasjid.ca



Salaheddin Islamic School

Address: 741 Kennedy Road
Toronto, Ontario, M1K 2C6
Phone: 416-264-3900
Email: info@salaheddin.org

Associated Hebrew Schools of Toronto

Posluns Education Centre

Nursery, Kindergarten, Grades 1 to 5
Bathurst & Neptune
www.associatedhebrewschools.com
Phone: 416-494-7666
Email: admissions@ahschools.com

Associated Hebrew Schools of Toronto

Kamin Education Centre

Mini Mensch and Beyond, Nursery, Kindergarten, Grades 1 to 5
Bathurst & Centre
www.associatedhebrewschools.com
Phone: 416-494-7666
Email: admissions@ahschools.com

Associated Hebrew Schools of Toronto

Danilack Middle School of Hurwich Education Centre

Grades 6 to 8
Bathurst & Finch
www.associatedhebrewschools.com
Phone: 416-494-7666
Email: admissions@ahschools.com

Robbins Hebrew Academy

Junior Kindergarten to Grade 8
1700 Bathurst Street
Toronto, ON M5P 3K3
Admissions Information: <https://www.rhacademy.ca/admissions-faq>
Phone: 416.224.8737
www.rhacademy.ca

Julia and Henry Koschitzky Centre for Jewish Education

More than 70 day schools and supplementary programs across the GTA
Sherman Campus
4600 Bathurst Street, 5th Floor
Toronto, ON M2R 3V2
Phone: 416-635-2883

Toronto Catholic District School Board

168 Elementary schools - Junior Kindergarten to Grade 8
31 Secondary schools - Grades 9-12
3 combined Elementary and Secondary schools
Admissions & Placement Department: 416-222-8282 ext. 5320
General information: 416-222-8282 ext. 5314
Orientation Centre for newcomer secondary school students: 416-393-5500
www.tcdsb.org/FORPARENTS/AdmissionsandRegistration/Pages/Default.aspx

Important!

Each school and program has their own policy and admission process. You may be asked to provide additional documents and fees to enrol your child.



Other Family Health Care Needs

During your visit, you may require hospital or medical services for yourself or other members of your family. It is recommended that you purchase get health insurance to cover any medical costs before you come to Canada. You will be asked to present your insurance information in the case that you or your other family members need to visit a hospital or clinic.

Adult Hospitals Near SickKids

In case of a medical emergency, please go to the nearest hospital emergency department. Here are some hospitals near SickKids for adults (age 18 years and older).

Mount Sinai Hospital	Address: 600 University Avenue	Phone: 416-596-4200
Toronto General Hospital	Address: 200 Elizabeth Street	Phone: 416-340-4800
St. Michael's Hospital	Address: 30 Bond Street	Phone: 416-360-4800

Medical Clinics for Parents, Siblings, or Other Family Members

For health problems that are not an emergency, you may be seen by a doctor at a "walk-in" clinic. This means you can walk in and ask to see a doctor and no appointment is required. Here are some of the walk-in clinics in the area. Please note that SickKids is not affiliated with these clinics, and listing them does not imply endorsement.:

MCI The Doctor's Office at Atrium

Address: 595 Bay Street, Toronto, Ontario M5G 2C2
Phone: 416-598-1703

Royal Care Medical

Address: 407A Yonge Street, 2nd floor, Toronto, Ontario, M5B 1S9
Phone: 416-977-5511

College Care Medical

Address: 343 College Street, Toronto, Ontario, M5T 1S5
Phone: 416-915-9285

Lockwood Clinic

Address: 790 Bay Street, Unit# 108, Toronto, Ontario, M5G 1N8
Phone: 416-921-2121

Carlton and Church Clinic

Address: 60 Carlton Street, Toronto, Ontario
Phone: 416-646-1890

Shopping at SickKids

Shoppers Drug Mart



Shoppers Drug Mart is a full service outpatient pharmacy catering to the needs of patients, families, employees and the general public. Pharmacists are available to answer your health-related questions.

Location: Main Floor, University Avenue entrance, Black Wing
Hours: Monday to Friday - 7:30 a.m. to 7 p.m.
 Saturday - 9 a.m. to 5 p.m. Sunday - 11 a.m. to 5 p.m.
Phone: 416-813-6700

The Specialty Food Shop



The Specialty Food Shop provides products and services to children and adults with special dietary needs. It offers the following specialty products: energy boosting supplements, allergen-friendly foods, gluten- and wheat-free foods, infant feeding supplies, infant formulas, low-protein and metabolic products, and thickening products.

Location: Main Floor, Black Wing
Hours: Monday to Friday - 7:30 a.m. to 7 p.m.
 Saturday - 10 a.m. to 5 p.m. Sunday - Closed
Phone: 416-813-5294 or 1-800-737-7976

Gateway Newstands



Gateway Newstands provides toys, candy, snacks, beverages, ice cream, magazines, children's comic books, greeting cards, gift bags and paper, phone cards, cell phone accessories and lottery products.

Location: Main Floor, Annex
Hours: Monday to Friday - 8 a.m. to 7 p.m.
 Saturday - 11 a.m. to 6 p.m. Sunday - 11 a.m. to 5 p.m.
Phone: 416-599-0003

College Optical



College Optical offers a wide selection of quality eyewear, contact lenses and accessories specializing in children's eyewear. All SickKids families receive a 25 per cent discount on regular-priced glasses and sunglasses

Location: Main Floor, Black Wing
Hours: Monday to Wednesday - 9:30 a.m. to 6 p.m.
 Thursday - 9:30 a.m. to 6:30 p.m.
 Friday - 9:30 a.m. to 5 p.m.
 Saturday & Sunday - Closed
Phone: 416-599-0003

5 Fifty 5 Shop



The 5 Fifty 5 Shop, a gift shop with appeal for all ages. Find toys, games, books, crafts, cards, magazines and SickKids memorabilia.

Location: Main Floor, Atrium
Hours: Monday - 10 a.m. to 6 p.m.
 Tuesday to Thursday - 10 a.m. to 8 p.m.
 Friday - 10 a.m. to 6 p.m.
 Saturday - 11 a.m. to 4 p.m.
 Sunday - 12 to 4 p.m.

Gems by Jael



Gems by Jael offers sterling silver jewelry, 14- and 18- karat gold, precious and semi-precious gemstones, and pearls.

Location: Main Floor, Black Wing
Hours: Monday to Friday - 8 a.m. to 5:30 p.m.
Phone: 416-979-2882

Eating at SickKids

Terrace Café



The Terrace Café is the main restaurant at SickKids, offering food selections to patients, parents and staff 365 days a year. Terrace Café offers meals at various counters including:

The Grill – Breakfast, burgers, hot dogs, french fries, chicken fingers and more
The Chef's Corner – Home-cooked meals served fresh daily
Bittner's Deli – Freshly made sandwich selections
Made in Japan Teriyaki Experience – Japanese style stir-fry
Pizza Pizza – Personal pizza with a selection of toppings
Around The World – Featuring weekly multicultural cuisine

You will also find:

- Full selection salad bar
- A selection of baked goods and desserts
- Refrigerated drinks, such as juice, milk and water

Location: Main Floor, Atrium
Hours: Monday to Friday - 7 a.m. to 7 p.m.
 Saturday and Sunday - 9 a.m. to 4 p.m.
 Open on weekends: The Grill, Chef's Corner, Pizza Pizza

Tim Hortons



Tim Hortons serves coffee, tea, assorted hot and cold beverages, and baked goods such as donuts, croissants, muffins, cookies, bagels and danishes.

Location: Main Floor, Hill Wing
Open 24 hours a day, 7 days a week

Soup It Up



Soup It Up offers a variety of specialty soups, sandwiches, salads and more.

Location: Main Floor, Hill Wing
Hours: Monday to Friday - 9 a.m. to 9 p.m.
Saturday and Sunday - 9:30 a.m. to 5 p.m.

Jimmy the Greek



Jimmy the Greek serves Greek and Mediterranean cuisine.

Location: Main Floor, Hill Wing
Hours: Monday to Friday - 9 a.m. to 9 p.m.
Saturday & Sunday - 10 a.m. to 6 p.m.

Starbucks



Starbucks serves coffees, espresso-based drinks, teas and more. An assortment of treats and snacks are available and arrive fresh daily.

Location: Main Floor, Atrium
Hours: Open 24 hours, Monday to Friday
Saturday & Sunday - Open until 6:30 p.m.

Jugo Juice



Jugo Juice makes fresh, made-to-order smoothies and wraps. You can buy 100 per cent fruit smoothies, fresh-pressed juices or energy bars.

Location: Main Floor, Atrium

Hours: Monday to Friday - 7:30 a.m. to 10 p.m.

Saturday and Sunday - 10 a.m. to 6 p.m.

U-Naru Sushi



U-Naru Sushi offers sushi made fresh onsite.

Hours: Monday to Friday - 8 a.m. to 8 p.m.

Saturday - 11 a.m. to 5 p.m.

Subway



Subway serves sandwiches and snacks.

Location: Main Floor, Atrium

Hours: Monday to Friday - 7 a.m. to 11 p.m.

Saturday & Sunday - 9 a.m. to 11 p.m.

Accommodations Near SickKids

There are various types of temporary housing available near SickKids.

Hotels

There are many hotels within walking distance of SickKids to make it easy for you to attend appointments with your child. The hotels listed here offer preferred rates for SickKids families with a letter from SickKids. Rates are subject to change according to availability and at the discretion of the hotel management.

Please note that SickKids is not affiliated with these accommodations and listing them does not imply endorsement.

<u>Eaton Chelsea</u> 33 Gerrard Street W. (Yonge & Gerrard)	700m 2 min drive or 8 min walk to SickKids	\$129 CAD Luxury/Standard \$169 CAD Room w/kitchenette King bed, Queen bed, or 2 Double beds Crib, pool with water slide, fitness centre, can request for a mini- fridge, must reserve a kitchenette room for guaranteed microwave and fridge	416-595-1975 1-800-268-2266
<u>Double Tree Hilton</u> 108 Chestnut Street (Dundas & Chestnut)	700m 3 min drive or 8 min walk to SickKids	\$200+ CAD Room Guest Room: 1 King, 1 Queen, or 2 Double beds Includes internet, in-room safe, TV.	416-977-5000
<u>Courtyard By Marriott</u> 475 Yonge Street (Yonge & College)	1km 3 min drive or 12 min walk to SickKids	\$129-\$179 CAD Luxury/Standard King bed, or 2 Queen beds Crib, iron, internet, TV, fitness room, can arrange for microwaves (no cost) but not standard	416-924-0611
<u>Holiday Inn</u> 30 Carlton Street (Yonge & Carlton)	1.1 km 3 min drive or 14 min walk to SickKids	\$129-\$199 CAD Standard Room King bed or 2 Double beds Mini-fridge, internet, TV, crib, iron, fitness centre, indoor pool, no microwave or stove available.	416-997-6655 1-800-325-2525
<u>Super 8 Downtown</u> 222 Spadina Ave (Spadina & Dundas)	1.4 km 6 min drive or 18 min walk to SickKids	\$79 CAD Economy Room 1 King, 1 Queen or 2 Queen beds Includes breakfast, internet, TV, crib, some rooms have microwave, mini-fridge and glassware	647-426-8118
<u>Ramada Plaza Hotel & Suites</u> 300 Jarvis Street (Jarvis & Gerrard)	1.6 km 5 min drive or 17 min walk to SickKids	\$120+ CAD Standard Room Suite: 2 King beds, 1 Queen + sofa bed, or 1 King + sofa bed Standard Room: 1 King bed, 2 Queen Internet, TV, iron, cribs, wheelchair accessible, indoor pool, fitness centre, microwave and mini-fridge in suites.	416-977-4823 1-800-567-2233

Furnished Apartments (Long-Term Accommodation)

Depending on the length of stay required for your child's treatment, you and your family may be more comfortable staying in a furnished apartment. A few of the furnished apartments in the SickKids area are listed here with the preferred rates for SickKids, if applicable. Rates are subject to change according to availability and at the discretion of the hotel management.

Please note that SickKids is not affiliated with these accommodations and listing them does not imply endorsement.

<u>Corporate Suites</u> <u>The Horizon on Bay</u> 633 Bay Street (Bay & Dundas)	400 m 3 min drive or 5 min walk to SickKids	1 Bedroom: \$100- \$120 CAD per night 2 Bedroom: \$175-\$185 CAD per night Parking \$10 per day Weekly maid service, cable TV and Internet. Minimum 30 night stay. Hospital rate with letter from SickKids.	416-593-5547
<u>Glengrove</u> Conservatory Tower: 736 Bay Street (Bay & College)	300 m 2 min drive or 3 min walk to SickKids	1 Bedroom: Daily: \$179 CAD; Weekly: \$1218 CAD; Monthly: \$3600 CAD 2 Bedroom: Daily: \$199 CAD; Weekly: \$1358 CAD; Monthly: \$3900 CAD Underground parking. No tax on monthly rates. Free cable TV and Internet. Minimum 3 night stay. Hospital rate with letter from SickKids.	416-489-8441 or 1-800-565-3024
<u>DelSuites</u> Qwest 168 Simcoe Street (Simcoe & Richmond)	900 m 6 min drive or 11 min walk to SickKids	1 Bedroom: \$135 CAD per night Parking \$10 CAD per day. Child proof rooms. Free cable TV and Internet. Free airport pickup. "Kid Care" gift for children under 16. Minimum 30 night stay. Hospital rate with letter from SickKids.	416-296-8838 or 1-877-228-7688
<u>Toronto Furnished Living</u> 20 Carlton Street (College & Carlton)	900 m 8 min drive or 11 min walk to SickKids	Daily: \$105, Weekly: \$695, Monthly: \$2695 One Bedroom, cable TV and Internet. No taxes on 30-night stay. No minimum night stay.	647-869-2790
<u>Urban Flats</u> 140 Simcoe Street (Simcoe & Richmond)	1.1 km 6 min drive or 12 min walk to SickKids	Regular Rates: Studio: \$85-\$99 CAD per night 1 Bedroom: \$100-\$125 per night 2 Bedroom: \$120-\$190 per night Parking is \$10 per day. Discount for stays 3 months or longer. Free cable TV and Internet. Twice monthly housekeeping. Usually minimum 30 night stay, 2 week stay possible. *10-15% discount with letter from SickKids	416-656-5858
<u>Toronto Furnished Living</u> 1101 Bay Street (Bay & Bloor)	1.3 km 6 min drive or 17 min walk to SickKids	Daily: \$115, Weekly: \$795, Monthly: \$2995 One Bedroom, cable TV and Internet. No taxes on 30-night stay. No minimum night stay.	647-869-2790

<u>Toronto Furnished Living</u> 201 Sherbourne Street (Sherbourne & Dundas E)	1.6 km 10 min drive or 20 min walk to SickKids	Daily: \$105, Weekly: \$695, Monthly: \$1995 One Bedroom, cable TV and Internet. No taxes on 30-night stay. No minimum night stay.	647-869-2790
<u>DelSuites</u> Icon 270 Wellington Street (Wellington & Blue Jays Way)	1.9 km 11 min drive or 22 min walk to SickKids	1 Bedroom: \$135 CAD per night Parking \$10 CAD per day. Child proof rooms. Free cable TV and Internet. Free airport pickup. "Kid Care" gift for children under 16. Minimum 30 night stay. Hospital rate with letter from SickKids.	416-296-8838 or 1-877-228-7688
<u>DelSuites</u> Element 20 Blue Jays Way or 300 Front Street W.	1.9 km 12 min drive or 24 min walk to SickKids	1 Bedroom: \$135 CAD per night Parking \$10 CAD per day. Child proof rooms. Free cable TV and Internet. Free airport pickup. "Kid Care" gift for children under 16. Minimum 30 night stay. Hospital rate with letter from SickKids.	416-296-8838 or 1-877-228-7688
<u>Urban Flats</u> 300 Front Street (Front & John)	1.9 km 11 min drive or 23 minute walk to SickKids	Regular Rates: Studio: \$85-\$99 CAD per night 1 Bedroom: \$100-\$125 per night 2 Bedroom: \$120-\$190 per night Parking is \$10 per day. Discount for stays 3 months or longer. Free cable TV and Internet. Twice monthly housekeeping. Usually minimum 30 night stay, 2 week stay possible. *10-15% discount with letter from SickKids	416-656-5858
<u>Urban Flats</u> 120 Homewood (Homewood & Wellesley)	1.9 km 12 min drive or 25 min walk to SickKids	Regular Rates: Studio: \$85-\$99 CAD per night 1 Bedroom: \$100-\$125 per night 2 Bedroom: \$120-\$190 per night Parking is \$10 per day. Discount for stays 3 months or longer. Free cable TV and Internet. Twice monthly housekeeping. Usually minimum 30 night stay, 2 week stay possible. *10-15% discount with letter from SickKids	416-656-5858
<u>Urban Flats</u> 20 Blue Jays Way (Blue Jays Way & Front)	2.2 km 12 min drive or 24 min walk to SickKids	Regular Rates: Studio: \$85-\$99 CAD per night 1 Bedroom: \$100-\$125 per night 2 Bedroom: \$120-\$190 per night Parking is \$10 per day. Discount for stays 3 months or longer. Free cable TV and Internet. Twice monthly housekeeping. Usually minimum 30 night stay, 2 week stay possible. *10-15% discount with letter from SickKids	416-656-5858

Places of Worship

You will find many places of worship in Toronto. Some of these that are located near SickKids are listed below.

Toronto Christian Worship Centre

365 College St, Toronto, ON M6J 3M7
416-863-1313
www.torontocwc.org

St. Patrick's Catholic Church

131 McCaul Street Toronto, ON M5T 1W3
416-598-3269
www.stpatrickstoronto.ca

Catholic Charismatic Renewal Centre

71 Gough Avenue Toronto, ON M4K 3N9
416-466-0776
<https://www.ccrctoronto.com/>

Grace Toronto Presbyterian Church

383 Jarvis Street Toronto, ON M5B 2C7
416-860-0895
www.gracetoronto.ca

Anshei Minsk Synagogue

10 Saint Andrew Street, Toronto, ON M5T 1K6
647-727-6909
www.theminsk.com

Masjid Toronto

168 Dundas Street West, Toronto, ON
416-596-0507
www.masjiduntoronto.com

Masjid Toronto at Adelaide

84 Adelaide Street East, Toronto, ON M5G 1C6
416-596-0507
www.masjiduntoronto.com

The Islamic Centre of Toronto

56 Boustead Avenue Toronto, ON M6R1YR
416-769-1192

Ching Kwok Buddhist Temple of Toronto

3000 Bathurst Street Toronto, ON
416-603-8889
www.cktemple.com/

Fu Sien Tong Buddhist Temple

185 Niagara Street, Toronto, ON M5V 1C9
416-504-4486

Hindu Prarthana Samaj

62 Fern Avenue Toronto, ON
416-536-9229
<http://www.hinduprarthanasamaj.ca/>

Sridurka Hindu Temple

30 Carnforth Road North York, ON M4A 2K7
416-759-9648
www.durka.com



Banks in Toronto

During your stay in Toronto, you may need to open a bank account. Some banks that are near SickKids are listed below.

Please note that SickKids is not affiliated with these banks, and listing them does not imply endorsement.

Scotiabank

522 University Avenue

416-866-3300

<http://www.scotiabank.com/ca/en/0,,2,00.html>

Royal Bank of Canada - RBC

661 University Avenue

416-542-1508

<http://www.rbcroyalbank.com/personal.html>

Bank of Montreal - BMO

438 University Avenue

416-596-8814

<https://www.bmo.com/main/personal>

Toronto Dominion - TD Canada Trust

465 University Avenue

416) 982-8710

<https://www.tdcanadatrust.com/products-services/banking/index-banking.jsp>

Canadian Imperial Bank of Canada - CIBC

460 University Avenue

416-980-2260

<https://www.cibc.com/en/personal-banking.html>

Mobile Phones

During your stay in Toronto you may require access to a phone or a local plan. Here are a few phone stores in the SickKids area.

Please note that SickKids is not affiliated with these companies, and listing them does not imply endorsement.

CHATR

104 Dundas Street East

647-346-0855

<http://www.chatrwireless.com>

***bring your own device; SIM cards available**

Telus

Toronto Eaton Centre

220 Yonge Street

416-205-9489

<http://www.telus.ca>

Bell

Toronto Eaton Centre

220 Yonge Street

416-596-1006

<http://www.bell.ca>

Rogers

Toronto Eaton Centre

220 Yonge Street

416-351-1522

<http://www.rogers.com>

Also, international calling cards can be purchased at most convenience stores, gas stations as well as Gateway Newstands at SickKids. International calling cards can be used as credit from any local phone number.

Grocery Stores in Toronto

During your stay, you may need to purchase groceries and other food items. Here are some of the local shopping areas available near SickKids. *Please note that SickKids is not affiliated with these stores, and listing them does not imply endorsement.*

Metro

444 Yonge Street
416-597-2800
www.metro.ca

The Market by Longo's

111 Elizabeth Street
416-597-9002
<http://fresh.longos.com/themarketbylongos>

Loblaws

60 Carlton Street
416-593-6154
www.loblaws.ca

Rabba Fine Foods

24 Wellesley Street W
416-922-4451
www.rabba.com

Sam's Food Store

339 College Street
416-924-0606

Fine Food Market

711 Bay Street
416-977-0704

St. Lawrence Food Market

93 Front Street East
416-392-7219
<http://www.stlawrencemarket.com>

No Frills

200 Front Street East
1-866-987-6453
<https://www.nofrills.ca/>



Cultural Food in Toronto

Here is a list of shops and restaurants where you can get cultural foods outside of SickKids. Some of these restaurants and shops are a distance away from SickKids, so please consult a map before heading out!

Please note that SickKids is not affiliated with these companies, and listing them does not imply endorsement.

Halal Food

Adonis Supermarket

20 Ashtonbee Rd.

Scarborough

416-642-1515

<http://groupeadonis.ca/en/ontario/>

Adonis Supermarket

1240 Eglinton Avenue West

Mississauga

905-363-0707

<http://groupeadonis.ca/en/ontario/>

Darvish Restaurant

508 Yonge Street

416-929-8893

www.darvishrestaurant.ca

Maha's Restaurant

226 Greenwood Avenue

416-462-2703

<https://www.mahasbrunch.com>

Souk Tabule

494 Front Street East

416-583-5914

<http://tabule.ca>

Hero Certified Burgers

100 Queen Street West

416-304-0101

www.heroburgers.com

Caplansky's Deli

356 College Street

416-500-3852

<https://caplanskys.com/>

Ali Baba's Restaurant

768 Dundas Street West

416-793-7330

www.alibabas.ca

Nora Shawarma

339 College Street

416-551-0350

Paramount Fine Foods

253 Yonge Street

416-366-3600



Indian Food

Aroma Fine Indian Cuisine

287 King Street

416-971-7242

www.aromafineindian.com

Little India Restaurant

255 Queen Street West

416-205-9836

www.littleindia.ca

Buffet Palace

361 Yonge Street

416-850-3179

www.buffetpalace.ca

Kosher Food

Longo's Grocery Store

111 Elizabeth Street

416-595-9005

www.longos.com

Fran's Restaurant

20 College Street

416-923-9867

www.fransrestaurant.com

Fran's Restaurant

200 Victoria Street

416-304-0085

www.fransrestaurant.com

W Burger Bar

10 College Street

416-961-2227

www.burgerbar.com

Hemingway's Restaurant

142 Cumberland Street

416-968-2828

www.hemingways.to

Caplansky's Deli

365 College Street

416-500-3852

<https://www.caplanskydeli.com/>

Fast Fresh Foods

145 King Street West

416-363-7374

www.fastfreshfoods.ca

Asian Food

T&T Supermarket

297 College St

416-463-8113

<https://www.tntsupermarket.com/>

Salad King

340 Yonge Street

416-593-0333

www.saladking.com

Vegetarian Haven

17 Baldwin Street

416-621-3636

www.vegetarianhaven.com

Spring Rolls

693 Yonge Street

416-972-6623

www.springrolls.com

Zyng Asian Market and Noodlery

730 Yonge Street

416-964-8410

www.zyng.com

Oceans Treasure Fish Market

565 Danforth Avenue

416-461-2998

Lai Wah Heen

108 Chestnut Street

416-977-9899

www.laiwahheen.com

Caribbean Food

Ritz Caribbean Food

450 Yonge Street

416-934-1480

www.ritzcaribbeanfoods.ca

Pat's Homestyle Jamaican Restaurant

558 Queen Street West

416-304-0767

Sunrise Caribbean Restaurant

5107 Sheppard Ave East

416-291-1881

www.sunrisecaribbean.com

**Golden Cook Caribbean Restaurant
& West Indian Store**

2955 Lakeshore Blvd

416-256-3003

Caribbean Corner

171 Baldwin Street

416-593-0008

African Food

Chakula Tamu East African Food Store

1690 Eglinton Ave West

437-370-2760

Afro Caribbean Foods

2121 Jane Street

416-241-5435

Memories of Africa

3889 Bathurst Street

416-223-7011

www.memoriesofafrica.com

Lauri Meat Market

1696 Jane Street

416-247-9899

www.laurimeatmarket.com

Ethiopiques Restaurant

227 Church Street

416-623-7300

www.ethiopiques.ca

Mnandi Pies

707 Dundas Street West

416-434-3309

African Palace

977 Bloor Street West

416-539-0259

<https://africanpalacetoronto.wordpress.com/>

Child-Friendly Restaurants

Ricarda's Restaurant

Has a play area & bouncy castle

134 Peter Street

416-304-9134

<https://ricardas.com>

Piano Piano

Books, couches, games and kids menu

Eat and play from 5:00pm-7:00pm

88 Harbord Street

416-929-7788

<https://www.pianopianotherrestaurant.com>

The Old Spaghetti Factory

Carousel horses and a tram that children can play in and a kids menu

54 The Esplanade

416-864-9761

<http://www.oldspaghettifactory.ca>

Multi-Cultural Food

Kensington market has a wide array of specialty grocers and international stores and restaurants. It is bordered by Bathurst Street, Spadina Avenue, Dundas Street and College Street (<https://goo.gl/maps/AJbw62wy5iL2>).

Supermarkets located within Kensington market include:

Caribbean Corner
171 Baldwin Street
416-593-0008

Hua Sheng Supermarket
299 Spadina Ave
416-263-9883

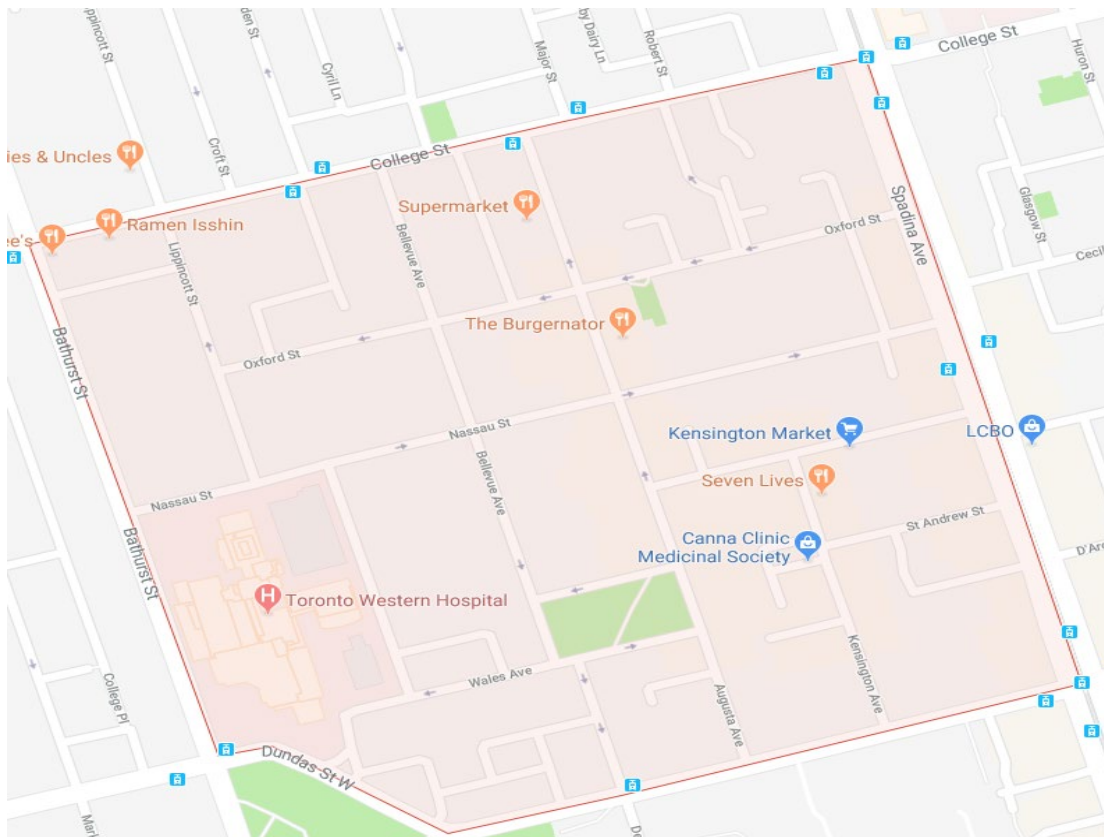
Seven Seas Fish Market
198 Baldwin Street
416-593-9656

Restaurants located within Kensington market include:

Golden Patty
187 Baldwin Street
416-977-3191

Rasta Pasta
61 Kensington Avenue
(647) 501-4505

Hibiscus
238 Augusta Avenue
(416) 364-6183



Weather in Toronto

There are 4 seasons throughout the year, each with their own distinct weather pattern.



Winter

The winter season is from November to the end of March. This is the coldest season with temperatures on average ranging from -1 to -6 °C. Temperatures have been known to drop into the -20 °C range, with wind chill making it feel like -30 °C, so if you come during these months make sure to pack warm clothes and be prepared for snow! Temperatures can change so you can expect to see snow and ice melt into slush. If you're walking, you will need sweaters and socks, a winter coat and boots to keep you warm and dry.



Spring

The spring season is from March to the end of May. Temperatures can range from 0 °C in March to 20 °C in May. Spring is typically windy and wet with a lot of rain with occasional blue skies and sunshine. If you come during these months, warm and waterproof clothing is a must!



Summer

The summer season is from June to August. The average temperature during these months is around 25 °C. With humidity it can feel more like 35 °C. Light clothing are recommended to keep you comfortable. You will see most people walking around with T-shirts, short pants and sandals during the summer months. Keep a light jacket and umbrella for the occasional rain or summer thunderstorm.



Autumn (Fall)

The fall season is from September to November. Temperatures begin to drop in the fall, so temperatures can range from around 20 °C in September to 5 °C in November. Pack warm clothes if you are visiting during this season. Sweaters, socks and waterproof coats and shoes are essential to keep warm during the fall.

Shopping in Toronto

During your stay, you may need to purchase items for yourself and your family. Here are some of the local shopping available near SickKids.

Please note that SickKids is not affiliated with these shops, and listing them does not imply endorsement.

CF Toronto Eaton Centre

This shopping mall has a huge array of shops, clothiers and restaurants in a large mall with a glass ceiling
220 Yonge Street Toronto, ON, M5B 2H1
416-598-8560

www.torontoeatoncentre.com

Atrium on Bay

Atrium on Bay is an office complex with shopping on the lower floors.
595 Bay Street, Toronto, ON, M5G 2C2
416-595-1164

[www.atriumtoronto.com](http://www atriumtoronto.com)

First Canadian Place

This complex has stores, restaurants, medical centre, spas, beauty salons, barber shop and post office.
100 King Street West Toronto, ON, M5X 3A5
416-362-8138

www.myfirstcanadianplace.ca

Yorkville Village

Offers a variety of contemporary brands and unique boutiques in a vibrant and beautifully designed environment.
55 Avenue Road, Toronto, ON, M5R 1C6
416-968-8602

www.yorkvillevillage.com

Toronto Dominion Centre

TD Centre has 47 retailers in this world-class urban mall.
66 Wellington Street West, Toronto, ON, M5K 1A1
416-869-1144

www.tdcentre.com

Manulife Centre

Find boutique shopping and services, a VIP movie theatre, a specialty grocery store, pharmacy, restaurants, lounges, Indigo bookstore, GoodLife Fitness gym and so much more.

55 Bloor Street West Toronto, ON, M4W 1A5
416-923-9525

www.manulifecentre.com

Dragon City Mall

Chinatown bargains, unique merchandise, imported goods in small areas of space & authentic Asian meals.
280 Spadina Avenue Toronto, ON, M5T 3A5
416-596-8885

<https://dragoncityto.com/>

Dufferin Mall

Bargain shopping, Walmart (**great for winter coats**), & a No Frills grocery store
900 Dufferin Street Toronto, ON M6H 4A9
416-532-1152

<http://www.dufferinmall.ca/>

Shopping in the Greater Toronto Area (GTA)

Below is a list of some of the major shopping centres that you can find outside of downtown Toronto.

Yorkdale Shopping Centre

North York
3401 Dufferin St.
416-789-3261
12.4 km from SickKids
<http://www.yorkdale.com/>

Sherway Gardens

Etobicoke
25 The West Mall
416-621-1070
18.5 km from SickKids
https://www.cfshops.com/sherway-gardens.html?cid=lis_shw_en_hp_gb

Shops at Don Mills

North York
1090 Don Mills Road
416-447-6087
15.5 km from SickKids
https://www.cfshops.com/shops-at-don-mills.html?cid=lis_don_en_hp_gb

Vaughan Mills

Concord
1 Bass Pro Mills Dr
905-879-2110
29.7 km from SickKids
<http://www.vaughanmills.com>

Oakville Place

Oakville
240 Leighland Ave
905-842-2140
38 km from SickKids
<http://www.oakvilleplace.com>

Scarborough Town Centre

Scarborough
300 Borough Dr.
416-296-0296
26.4 km from SickKids
<http://www.scarboroughtowncentre.com/>

Fairview Mall

North York
1800 Sheppard Ave East
416-491-0151
19.7 km from SickKids
https://www.cfshops.com/fairview-mall.html?cid=lis_fwv_en_hp_gb

Pacific Mall

Markham
4300 Steeles Ave East
905-470-8785
27.4 km from SickKids
<http://www.pacificmalltoronto.ca>

Dixie Outlet Mall

Mississauga
1250 S Service Road
905-278-3494
20.4 km from SickKids
<http://www.dixieoutletmall.com>

Square One

Mississauga
100 City Centre Drive
905-279-7476
27.7 km from SickKids
<http://www.shopsquareone.com>

Cultural Neighbourhoods

Toronto is a city of neighbourhoods. Find the neighbourhood that meets your family's needs with cultural services and businesses. Here are some of the local cultural neighbourhoods and information about their locations.

Chinatown

Centred around Spadina and Dundas streets, Chinatown prides itself on a wide variety of East Asian shops and markets, as well as many authentic Chinese, Thai, Japanese and Vietnamese restaurants. Taking the TTC subway and getting off at St. Patrick station and then walking west will bring you into the heart of Chinatown. If you are at SickKids, Chinatown is walking distance.

Greektown

Also known as The Danforth, Greektown started off as a tiny community and is now the largest Greek community in North America. Signs are displayed in both English and Greek, and it is a premier destination for shopping, entertainment and authentic Greek food. Every year in August, many people flock to the area for the annual Taste of the Danforth festival. Taking the TTC subway and getting off at Pape station will bring you into the heart of Greektown.

Little India

Located on Gerrard Street East, between Coxwell and Greenwood Avenue, Little India is home to the Gerrard India Bazaar, North America's largest South Asian ethnic market. You will also find many textile and fabric shops, as well as a mix of authentic eateries from North and South India, Pakistan, Sri Lanka and Bangladesh. You can get to Little India by taking a bus south from Coxwell subway station, or travel east from SickKids on the Carlton (College Street) streetcar.

Koreatown

Koreatown is located along Bloor Street between Christie and Bathurst streets. You will find Korean restaurants, bakeries, gift shops, grocery and clothing stores. To get there, take the TTC subway to Christie station.

Little Italy

Located on College Street between Euclid Avenue and Shaw streets, Little Italy is a lively neighbourhood packed with trattorias, restaurants and cafes. Take the Carlton (College Street) streetcar west from SickKids to get to Little Italy.

Little Jamaica

Little Jamaica is located along Eglinton Avenue West, from Allen Road to Keele Street, and it is part of three neighbourhoods: Briar Hill-Belgravia, Caledonia-Fairbank, and Oakwood-Vaughan. There are many Jamaican businesses along this strip. There are also businesses of other Caribbean and West Indian communities, including Trinidadian, Bajan, and Guyanese among others. Take the TTC subway north to Eglinton West station to get to this neighbourhood.

Little Portugal

Little Portugal is located west of Ossington Avenue and south of College street. The area is mainly residential with Portuguese businesses along Dundas Street West and College Street. To get to Little Portugal, take either the Dundas or College streetcars west from SickKids.

Polish Community

Centred on Roncesvalles Avenue, a north-south street leading from the intersection of King Street and Queen Street to the south, north to Dundas Street West. This area, formerly known as "Little Poland", is home to many Eastern European shops and restaurants. Take the TTC subway west to Dundas West station and head south to get to this neighbourhood.

Community Centres

Toronto is a city of diversity with various community centres available for you and your family. Here are some of the local community centres in the area.

Cecil Community Centre

Cecil Street Toronto, ON M5T1N6
416-392-1090
www.cecilcommunitycentre.ca

Toronto Central Grosvenor Street YMCA

20 Grosvenor Street Toronto, ON M4Y1C2
416-975-9622
www.ymcagta.org

The 519 Church Street Community Centre

519 Church Street Toronto, ON M4Y 2C9
416-392-9874
www.the519.org

Fung Loy Kok Institute of Taoism

134 D'Arcy Street Toronto, ON M5T1K3
416-656-2110
www.taoist.org

Ethiopian Association in Toronto Inc

1950 Danforth Avenue Toronto, ON M4C1C6
416-694-1522
www.ethiocommun.org

Muslim Association of Canada Masjid Toronto

168 Dundas Street West Toronto, ON M5G 1C6
416-596-0507
www.masjiddtoronto.com

Miles Nadal Jewish Community Centre

750 Spadina Avenue Toronto, ON M5S 2J2
416-924-6211
www.mnjcc.org

Trinity Community Recreation Centre

155 Crawford Street Toronto, ON M6J 1G3
416-392-0743
www.toronto.ca

Eastview Neighbourhood Community Centre

86 Blake Street Toronto, ON M4J 3C9
416-392-1750
www.eastviewcentre.com

Ralph Thornton Centre

765 Queen Street East Toronto, ON M4M1H3
416-392-6810
www.ralphthornton.org

Things to do in Toronto

The city of Toronto has many things to do and see. Here are a few examples of interesting locations and things to do. Visit www.toronto.ca for more ideas.

Please note that SickKids is not affiliated with these attractions, and listing them does not imply endorsement.

CN Tower 301 Front Street West	Defining the Toronto skyline, at a height of 553.33m (1,815 ft., 5 inches), the CN Tower is Canada's National Tower. It is an engineering Wonder of the World and Toronto's must see attraction visited by almost 2 million people each year. You can go to the top for the best views of the city. For more information, please visit: http://www.cntower.ca/intro.html
Ripley's Aquarium 288 Bremner Boulevard	Ripley's Aquarium spans 12,500 square-metres (135,000 square-feet). It is a world-class family attraction with more than 5.7 million litres (1.5 million gallons) of water. The aquarium is habitat to unique marine and freshwater life from around the world. It is open daily, 365 days a year. For more information, please visit: https://www.ripleyaquariums.com/canada .
Toronto Zoo 2000 Meadowvale Road	Canada's premier zoo is one of the largest zoos in the world at 287 hectares (710 acres). Toronto Zoo is home to more than 5,000 animals representing over 500 species and is known for interactive education and conservation activities. For more information, please visit: http://www.torontozoo.com .
Royal Ontario Museum 100 Queen's Park	The Royal Ontario Museum (ROM) is Canada's largest museum of natural history and world cultures. The museum presents engaging galleries of art, archaeology and natural science from around the world. For more information, please visit: http://www.rom.on.ca/en#/gallery/recent
Ontario Science Centre	The Ontario Science Centre features over 500 exhibits, live demonstrations, Toronto's only public planetarium and IMAX® films in the dome theatre. Bring your little ones to KidSpark, a unique discovery playground and learning space for children aged 1-8 years. For more information, please visit: http://www.ontariosciencecentre.ca .
Skating	If you are in Toronto in the winter, come try out skating on one of the many outdoor ice rinks! The rink at Nathan-Philips square has skate rental and sharpening, typically open November 26th to mid-March (weather permitting). For more information, please visit: http://nathanphillipsquareskaterentals.com .
Toronto Citypass	Save 40% off admission when you purchase a Toronto Citypass, which grants access to 5 Toronto attractions, the CN tower, Casa Loma, Royal Ontario Museum, Ripley's Aquarium of Canada, and the Toronto Zoo OR Ontario Science Centre. For more information, please visit: www.citypass.com/Toronto .
Casa Loma	The former home of Canadian financier Sir Henry Pellatt. Canada's foremost castle is complete with decorated suites, secret passages, an 800-foot tunnel, towers, stables, and beautiful 5-acre estate gardens. For more information, please visit: http://www.casaloma.ca/ .

Art Gallery of Ontario

The Art Gallery of Ontario (AGO) is one of the largest art museums in North America, with a physical facility of 583,000 square feet. The AGO holds more than 80,000 works in its collection. For more information, please visit: <http://www.ago.net/>

Niagara Falls

Come and visit the majestic horseshoe falls! There are many attractions for the whole family. Accessible from Toronto by train, bus, or car. For more information, please visit <https://www.niagarafallstourism.com/>.

Ticketmaster

Ticketmaster Entertainment is a ticket sales and distribution company that you can access for many activities during your stay in Toronto. You can buy tickets to concerts, sports and theatre events. For more information and to buy tickets, please visit: www.ticketmaster.ca.

Canada's Wonderland

Canada's Wonderland is a theme park open daily from May to September, and weekends in late April, October and early November. It is full of activities for the whole family, including roller coasters, water parks, and special events throughout various seasons. It is located in Vaughan, approximately 40 kilometres (25 mi) north of downtown Toronto.

Parks, Gardens & Beaches

Toronto offers a variety of green spaces, parks, playgrounds, splash pads, gardens and beach areas. For more information visit: <https://www.toronto.ca/explore-enjoy/parks-gardens-beaches/>



This booklet is an ongoing project which is updated periodically. As Toronto continues to grow, you may discover new community resources along the way. Date of last update: February 2023.