

Colonel Harland Sanders

# Pediatric Family Resource Centre



Child and Youth  
Health and Wellness Information  
for Patients, Families  
and the Community



## Location



The Pediatric Family Resource Centre is located in the Janeway Hostel, Room 434.

The Janeway Hostel is the brown brick and glass building across from the Adult Emergency entrance of the Health Sciences Centre. Enter the door facing the parking lot and take the elevator to the 4th floor.

## Hours

Monday to Friday 8:30am to 4:00pm  
Closed for lunch from 12:00 to 12:30pm

## Contact Us

Telephone: (709) 777-2946  
Fax: (709) 777-2948  
Email: [family\\_resource\\_centre@easternhealth.ca](mailto:family_resource_centre@easternhealth.ca)  
Web: [www.easternhealth.ca](http://www.easternhealth.ca)  
Library Catalogue: <http://bit.ly/janewaypfrc>

Colonel Harland Sanders  
Pediatric Family Resource Centre  
Janeway Hostel, Room 434  
300 Prince Philip Drive  
St. John's, NL  
A1B 3V6

## Why a Family Resource Centre

The Janeway Children's Health and Rehabilitation Centre provides the highest quality health care to our province's sick and injured children in a compassionate and supportive environment.

As part of our commitment to provide patient and family-centred care, the Janeway opened the Colonel Harland Sanders Pediatric Family Resource Centre in 2010 to better serve patients, families and the broader community.

The Pediatric Family Resource Centre is available to anyone in Newfoundland and Labrador .

### The Centre has two main goals:

1) to provide information and resources to help families understand child and youth health and medical issues;

2) to provide a comfortable, family-centred space where family members can relax and spend time together away from the hospital environment.



# About the Family Resource Centre

The Colonel Harland Sanders Pediatric Resource Centre is a welcoming place where families in Newfoundland and Labrador can obtain child and youth health and wellness information.

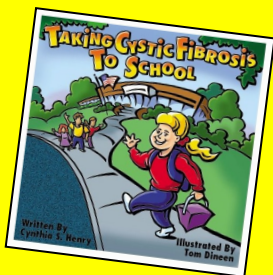
At the Centre, you can:

- learn more about your child's medical condition or general health
- find resources such as storybooks to help your child cope with their illness and treatment or to help siblings or classmates understand

## Health and Wellness Library

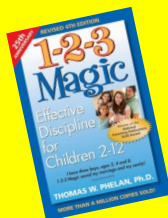
You can borrow books and DVDs, and access websites on a wide range of child and youth health topics, including:

- Medical conditions
- Preparing a child for a hospital visit
- Child behavior
- Anxiety and stress
- Nutrition and healthy living
- Raising a child or teen with special needs



Rev. Nov. 2014

We have materials for parents, teens and children. Most items can be borrowed for three weeks.



A librarian is available to help you find the information you need.

Requests for books or information may be submitted in person, by phone, or by email

## Search Our Books Online

You can search our books and resources at <http://bit.ly/janewaypfrc>.

When you find items you're interested in, request them and we will put them on hold, send them to you for free or bring them to your hospital room.

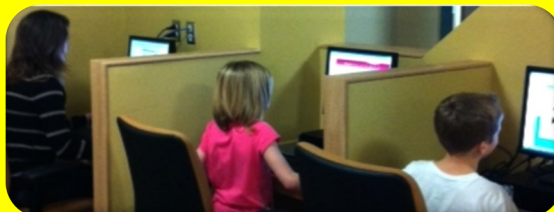
## Leisure Reading Books

The FRC has a large collection of donated leisure reading materials for all ages.

## Computer Access

The Center has;

- Three computers with internet access
- A printer and photocopier
- A fax machine



## A Place to Relax

The Pediatric Family Resource Centre is a great place to relax away from the hospital or your hostel room.



You can sit in our comfortable seating area, watch a movie, read a novel or chat with other parents

Children can colour a picture or play a board game in the colourful play area



## Kitchen

Our kitchen is equipped with a fridge, microwave, coffeemaker, and kettle for you to use. You are welcome to bring your lunch or snack while enjoying complimentary coffee and tea.

## Quiet Room

If you need a place to talk privately, or just want to get away, you can use our quiet room

