

# PARENT TIPSHEET: Indoor Walking Route

DISTANCE: approximately 2.0km | Time: approximately 30 - 40 minutes

**\*\*\* Please note: 4<sup>th</sup> floor is currently off limits due to ongoing construction. 5<sup>th</sup> & 4<sup>th</sup> floors may be locked after hours and all stairwells are locked at 9pm! \*\*\***

1. Start at 5E, outside room 5E180
2. Walk across the bridge and enter 5W
3. Turn left past the elevators, then right past Foundation, Finance and Information Systems
4. Exit down the stairwell in front of 5W100
5. Go down the stairs to level 3.
6. Turn around and *walk back* up to level 4 (got to build up your cardio!)
7. From level 4, go back all the way down to level 2 and exit on to 2E
8. Walk across bridge to 2W (clinic waiting area)
9. Turn left, and walk down the hallway
10. Walk down the second small hallway (on the right hand side), turn right and walk down the back hallway
11. Turn right towards 2W and the registration desk (before the clinic rooms)
12. Walk past the waiting area and exit down the stairs to the left of the fish tank
13. Exit in the first floor lobby, where you will see the Family Resource Centre on your left
14. Walk into the Family Resource Centre and around the shelves of resources and books
15. Exit the Family Resource Centre, and turn left to face the front entrance
16. Walk toward the first hallway on your left, and turn left into the hallway (you will pass the pool view area)
17. At the end of this hallway, you will turn left where you will see the Conference Room and Art Studio
18. Turn around and do the route in reverse back up to level 5



19. You should enter on level 5, by 5W100
20. Turn left towards Foundation
21. Do 4 loops around Foundation and Information Systems. Finish off walking across bridge and stopping outside of 5E180

### **Can you find these landmarks on the route?**

- A small wooden sphere that looks like a chocolate orange!
- 'Nemo' fish in the fish tank
- Decorative clay discs on the walls in the stairwells
- Sibling Support Poster
- Screen Play (interactive screen for clients)
- Foundation photo wall
- Ronald McDonald Playroom
- LEGO mural installation

Created by a Family Support Specialist and Family Leader  
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