

Where can I eat?



	Timberline Cafeteria	Garden Deli	Good Earth Café
	Cash, debit, or credit		
	Mon–Fri 7:00am–3:00pm	Mon–Fri 6:00am–8:00pm Sat–Sun 6:30am–8:00pm	7 days a week 24 hrs
	Ground floor, FMC	Main floor, Special Services Building	FMC, Main floor, to the right of main entrance

Hours may change for statutory holidays.
Map: www.albertahealthservices.ca/assets/info/park/if-pmap-foothills-medical-centre-foothills-trail.pdf

Other Options

- Vending machines are on the ground floor around the corner from the main Foothills (FMC) elevators.

Programs & Services at the TBCC

Classes and Workshops



Various classes are available on a variety of topics, at different times and days. To find out more, pick up the seasonal brochure

Classes for Patients and Families at bit.ly/ccaclassesandevents

Hostess Cart



Volunteers offer a beverage and cookie service weekdays in various waiting room areas. Donations to support the service are appreciated.

Wig Services



The Canadian Cancer Society has wig rooms in various community offices across the country.

1-888-939-3333

Knowledge Resource Services (Library)



Library and information services are available for patients, families and friends. Books and journals, information, research and supports are available. Material may be borrowed for up to 3 weeks at a time.

Mon–Fri 8:00 am–4:15 pm	Main floor near the elevators (TBCC)	403-521-3765
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Red Thread Gift Shop and Bookstore

Mon–Fri 8:00 am–8:00 pm	Main floor (2 locations: Special Services Building & FMC)	403-388-6289
Sat–Sun & Holidays 10:00 am–5:00 pm		



The Gift Shop and Bookstore are open to patients, families and staff. Food, gifts and things to wear, read or do, are available.

Look Good Feel Better



This free workshop helps women manage the appearance-related side effects of cancer. Tips, techniques and tools about skin care and how to manage side effects are presented.

lgfb.ca 1-800-914-5665



Getting to Know Your Cancer Centre Tom Baker & Holy Cross (TBCC & HCC)



Tom Baker Cancer Centre (TBCC)

1331 29 St NW
Calgary, AB
T2N 4N2



Holy Cross Centre (HCC)

2210 2nd St SW
Calgary, AB
T2S 3C3

General Information

403-521-3723 (main switchboard)
1-844-465-6330 (toll-free)



CancerControl Alberta

This pamphlet will help you get to know key things about your Cancer Centre. It is meant to be used with the **Newly Diagnosed with Cancer** book. Please bring the book with you to your appointment if you have one. If not, we will give you one at your first appointment.

You can access the book online at
www.cancercontrolalberta.ca > **Just Diagnosed.**

Which location do I go to?



The location for your appointment depends on the reason you are coming to see us. Clinic visits (when you meet with your doctor or nurse) happen at both locations, but treatment is only given at the TBCC. Be sure to look at your appointment letter carefully so you know where you need to come. Call the appointment line if you are not sure. ☎ 403-521-3722

Where do I park?



Parking at TBCC

The central parking lot (Lot 1) is the closest parking lot available. Drive around until you reach **the second entrance to the lot** (public only entrance). Come early so you have enough time to park. Maps and rates are on the Alberta Health Services website:
www.albertahealthservices.ca/parking

Parking Passes

You can get weekly parking passes from the pay machines. For a monthly pass, you'll need to fill out a Parking Validation form and take it to the Foothills Parking office. Ask your nurse for one of these forms.

Drop Off and Pick Up

There are 2 drop off and pickup areas at TBCC:

- The main entrance (north side)
- The back entrance (south side, Radiation Therapy)



Get alerts or extend your parking time from your phone!

Download the free AHS Parking app today.

FMC Zone code: 6010

Parking at HCC

There is a parking lot directly in front of the main building. Pay machines are located outside and inside the main doors. A change machine is available inside as well. To purchase more time: ☎ 403-828-7337.

Some street parking may be available. Read the signs carefully as they are patrolled regularly.

Checking in for your first appointment



Check in at the **main reception desk**, on the main floor of either location.

When you check in, we will offer you a **Newly Diagnosed with Cancer** book, if you don't already have one and direct you to where your appointment will be.

What do I need to bring with me?

Bring photo ID and your health care card. Find a checklist of all the items to bring in the **orange section** of the **Newly Diagnosed with Cancer** book.



Places to stay



If you live outside of the Calgary area and need a place to stay during your treatments, call the Foothills Medical Centre Patient Hostel at 403-944-1156 or try searching online. There are many places near the hospital, some of which may offer a discount to patients if you ask.

Where can I get my prescriptions filled?



Cancer centre pharmacies provide your cancer treatment medicine. Prescriptions for support medications should be filled at your regular, retail pharmacy.

Mon–Fri 9:00 am–5:00 pm	Ground floor between Outpatient Clinics and Medical Daycare	403-521-3764
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Care closer to home



We try to keep you as close to home as possible for your care and comfort. But sometimes, people need to travel to a larger cancer centre that offers the type of treatment or services they need. Talk to your doctor or clinic nurse to see if treatment or support services closer to home are possible for you.

Can I bring electronics?



Yes, you may bring your cell phone, laptop, tablet or other devices. Please be respectful and:

- Put your phone on vibrate
- Bring earphones for entertainment devices
- Network: Healthspot (no password required)



It's a good idea to bring something to read or do while you wait for your appointments.

Where can I get my bloodwork drawn?



If possible, we will ask you to have your bloodwork drawn at the lab nearest you. If you need to have bloodwork done while you are at the cancer centre, a lab is available on site.

Mon–Fri 7:30 am–4:00 pm	Ground Floor, Special Service Building near the Outpatient Department	403-944-1200
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