What we offer

This beautiful home-like environment allows patients undergoing cancer treatment – and their families – to sit and relax, read a book, and/or experience complementary therapies such as Massage, Therapeutic Touch®, Reflexology, Healing Touch and Reiki. Qualified volunteers who are registered with their respective professional organizations provide these services free of charge.

Volunteer licensed/registered therapists dedicate their time by offering a hands-on demonstration of their services. All therapies are performed in a private room with a professional therapist. The 20 minutes spent with each patient or family member focuses on reducing stress and creating a sense of calm and peace to help in the healing process.

The Sunshine Room
A ray of sunshine during the cancer journey

Contact us
No appointment necessary. Please drop in Monday to Friday, 10 a.m. to 3 p.m.

Room 11-017, Victoria Building VG Site, QEII Health Sciences Centre Phone: 902-473-6567 or 902-473-3811
Email: jillian.roy@nshealth.ca

For more information
For more information about services offered at The Sunshine Room, please visit www.nshealth.ca and search “Sunshine Room”
Hospitality volunteers

Hospitality volunteers welcome patients and caregivers to the Sunshine Room, giving information on the therapies available, and assistance with the selection of a wig or head-covering when hairdressers are not in. They support the therapist and can provide information on other useful programs and resources.

Hair care

We offer a variety of free hair services by licensed hairdressers. Services include haircuts, wigs, headscarves and hats.

Massage therapy

Massage therapy is the gentle application of pressure to help release tension and stress. The therapist can target problem areas to help reduce muscle pain and leave you feeling refreshed.

Reflexology

Reflexology is the application of pressure to certain reflex areas of the body. Regular sessions help the body release stress and support mental and physical wellness.

Therapeutic Touch®

Therapeutic Touch® has been scientifically researched and used in hospitals around the world. This energy-based therapy has many benefits and helps to support healing.

Reiki

Reiki is the Japanese art of hands-on energy healing. It is beneficial for both physical and psychological health.

Healing Touch

Healing Touch is a holistic energy therapy that promotes deep relaxation and supports the healing of mind, body and spirit. It complements traditional medicine.

How to find us

The Sunshine Room is located on the 11th floor of the Victoria Building at the VG site, QEII. Take the Victoria elevators to the 11th floor, which is the Chemotherapy Unit. Take the hall directly across from the main desk and look for the brilliant painting of the sunflower to lead you to the Sunshine Room!

Our history

The Sunshine Room was created from the vision of Helen Densmore Cleary, a wife and mother of three who had cancer and advocated for others living with the disease. Helen recognized that patients should experience the same level of compassion and support that she received from friends, family and her community.

Determined to fulfill her vision, Helen, with support from Cancer Care Nova Scotia, the Cancer Care Program and Volunteer Services, began an 18-month journey to make her vision a reality. Shortly after the room opened in June 2003, Helen died.

The Sunshine Room remains a symbol of Helen's dedication to improving the quality of life for Nova Scotians living with and affected by cancer.