

**LOOKING FOR A WARM PLACE TO HANG-OUT OR GET A MEAL?
CHECK OUT THE 2017-2018 "OUT OF THE COLD" – "IN FROM THE COLD"
FREE MEALS/SNACKS AND DROP-IN LIST CREATED BY:**



"Out of the Cold" – "In From the Cold"

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Centre 7 - South Minister United Church

15 Aylmer Ave, Ottawa, ON K1S 3X1

Office: 613-730-6874

General Public

Coffee and Snack: Sat 4 pm

Supper: Sat 5:30 pm-6:15 pm

Dates: 21 October 2017 to 31 March 2018

Closed 23 and 30 December 2017

Knox Church

120 Lisgar St, Ottawa, ON K2P 0C2

Office: 613-238-4774

General Public

Coffee and Snack: Sat 4 pm

Supper: Sat 5:30 pm-6:30 pm

Dates: 4 November 2017 to 31 March 2018

Closed 23 December 2017

Parkdale United Church

429 Parkdale Ave, Ottawa, ON K1Y 1H3

Office: 613-728-8656

General Public

Coffee and Snack: Sat 2:30 pm

Supper: Sat 4 pm

Dates: 11 November 2017 to 24 March 2018

Closed 23 and 30 December 2017

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St Margaret Mary Parish

7 Fairbairn St, Ottawa, ON K1S 1T2

Office: 613-730-5265

General Public:

Supper: Sun 3 pm-7 pm

Dates: 15 October 2017 to 8 April 2018

Closed on Statutory Holidays

"Free Meals/Snacks and Drop-ins"

The Ottawa Mission

35 Waller St, Ottawa, ON K1N 7G4

Office: 613-234-1144

General Public

Breakfast: Mon-Sun Year-Round 8 am

Lunch: Mon-Sun Year-Round 11:30 am

Supper: Mon-Sun Year-Round 3 pm

Sandwiches: Mon-Sun Year-Round 9 pm

Open on Statutory Holidays

Residents

Breakfast: Mon-Sun Year-Round 7 am-8:30 am

Snack: Mon-Sun Year-Round 10 am

Lunch: Mon-Sun Year-Round 11am-12 noon

Supper: Mon-Sun Year-Round 4:30 pm-5 pm

Open on Statutory Holidays

The Salvation Army

171 George St, Ottawa, ON K1N 5W5

Office: 613-241-1573

General Public

Breakfast: Mon-Sun Year-Round 8 am

Lunch/Supper: Mon-Sun Year-Round 3 pm

Snack: Mon-Sun Year-Round 9 pm

Open on Statutory Holidays

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Residents

Breakfast: Mon-Sun Year-Round 7:15 am

Lunch: Mon-Sun Year-Round 12 noon

Supper: Mon-Sun Year-Round 5 pm

Snack: Mon-Sun Year-Round 9 pm

Open on Statutory Holidays

Shepherds of Good Hope

233 Murray St, Ottawa, ON K1N 5M9

Office: 613-789-8210 After Hours: 613-241-6494

General Public:

Soup Kitchen: Mon-Sun Year-Round 11:30 am-12:30 pm

Soup and Sandwich: Mon-Sun Year-Round 5:30 pm-9 pm

Drop-in: Mon-Sun Year-Round 5:30 pm-9 pm

Open on Statutory Holidays

Residents:

Breakfast: Mon-Sun Year-Round 7 am-8 am

Lunch: Mon-Sun Year-Round 11:30 am-12:30 pm

Supper: Mon-Sun Year-Round 4 pm-5 pm

Open on Statutory Holidays

St-Luke's Table - St-Luke's Anglican Church

760 Somerset St W, Ottawa, ON K1R 6P9

Office: 613-238-4193 Drop-in Centre: 613-234-6287

General Public:

Breakfast: Mon-Fri Year-Round 8 am-9 am

Lunch: Mon-Fri Year-Round 12 noon-1 pm

Drop-in: Mon, Wed, Thu Year-Round 12 noon-1:45 pm

Tue Year-Round 12 noon-1 pm

Fri Year-Round 12 noon-1:15 pm

Closed on Statutory Holidays

St-Joe's Supper Table – St-Joseph's Parish

151 Laurier Ave E, Ottawa, ON K1N 6N8

Office: 613-233-4095 x 240

General Public:

Coffee: Mon-Sat Year-Round 10 am-4 pm

Meals/Lunch Bags: Mon-Fri Year-Round 5 pm-6:15 pm

Closed on Statutory Holidays

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Jericho Road Ministries – Coffeehouse

400 Clarence St E, Ottawa, ON K1N 5R8
Office: 613-567-5134

General Public:

Drop-in: Thu Year Round 7 pm-8 pm

St-Joe's Women's Centre

151 Laurier Ave E, Ottawa, ON K1N 6N8
Office: 613-233-4095 After Hours: 613-233-4095

Women 18 years and older and their children only:

Breakfast: Mon-Fri Year-Round 9 am-10:30am
Lunch: Mon-Fri Year-Round 12 noon-1 pm
Snack: Mon-Fri Year-Round 2:30 pm-3:30pm
Drop-in: Mon-Fri Year-Round 9 am-4 pm

Closed on Statutory Holidays

Centre espoir Sophie

145 Murray St, Ottawa, ON K1N 5M7
Office: 613-789-5119

Women and persons who identify as women:

Snack: Mon-Thu Year-Round 3 pm
Meal: Mon-Thu Year-Round 5:30 pm-6:30 pm

Closed from 24 December to 1 January

The Well – St John the Evangelist Church

154 Somerset St W, Ottawa, ON K2P 0H8
Office: 613-594-8861 ext 57 Women's Line: 613-594-2843

Women and their children only:

Breakfast: Mon-Fri Year-Round 9 am-10 am
Lunch: Mon-Fri Year-Round 12 noon
Drop-in: Mon Year-Round 8:30 am-1:30 pm
Tue-Thu Year-Round 8:30 am-3 pm
Fri Year-Round 1pm-3 pm

Closed on Statutory Holidays

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Carlington Community Chaplaincy

1465 Caldwell Ave, Unit 102, Ottawa, ON K1Z 8L9

Office: 613-728-9933

General Public:

Drop-in: Mon-Fri Year-Round 10 am-12 noon

Closed on Statutory Holidays
