

FREE MEALS (all ages)

Monday

7:30am-8:30am Breakfast, Early Morning Centre, City Uniting Church, 69 Northbourne Ave. For people experiencing, or at risk of homelessness.

9am-10.30am Breakfast, 12-1:30pm Lunch, Blue Door Drop-in Centre, Ainslie Village Quick Street Campbell.

12:30pm Lunch, St Benedict's Community Day Centre 284 Crawford St Queanbeyan.

4:30pm-5:30pm Evening meal served, Griffin Centre, Meeting room 1 Genge St, City. Drop-in 3-4:30pm. Provided by Australian Red Cross.

Tuesday

7:30am-8:30am Breakfast, Early Morning Centre, City Uniting Church 69 Northbourne Ave, for people experiencing, or at risk of homelessness.

9am-10.30am Breakfast, 12pm-1:30pm Lunch Blue Door Drop-in Centre, Ainslie Village Quick Street, Campbell.

12:30pm Lunch & food parcels, St Benedict's Community Day Centre, 284 Crawford St Queanbeyan

4:30pm-5:30pm Evening meal served, Griffin Centre, Meeting room 1 Genge St, City. Tea and coffee from 4pm. Provided by Australian Red Cross.

5:15pm-5:45pm Belco Kitchen meal, NationsHeart, The Food Co-op 27 Rae St Belconnen.

Wednesday

7:30am-8:30am, Breakfast, Early Morning Centre, Canberra City Uniting Church 69 Northbourne Ave.

9am-10.30am Breakfast, 12pm-1:30pm Lunch, Blue Door Drop-in Centre, Ainslie Village Quick Street, Campbell.

12noon fortnightly, Community lunch & free hamper, C3 Church Monash, 184 Clive Steele Ave, Monash. Ph: 62985900, C3CARES.

12:30pm Lunch, St Benedict's Community Day Centre, 284 Crawford St Queanbeyan.

5pm-6:30pm Evening meal served, Griffin Centre, Meeting room 1 Genge St, City. Drop-in 3-4:30pm. Provided by Hare Krishna Food For Life Program Canberra.

6pm-7pm Dinner, Lifestream Christian Fellowship, Corner Langdon Ave & Sternberg Cres Wanniasa.

Thursday

7:30am-8:30am, Breakfast, Early Morning Centre, City Uniting Church 69 Northbourne Ave.

9am-10:30am Breakfast, 12pm-1:30pm Lunch, Blue Door Drop-in Centre,

Ainslie Village Quick Street, Campbell.

4:30pm-5:30pm Evening meal served, Griffin Centre, Meeting room 1 Genge St, City. Drop-in 3-4:30pm. Provided by Australian Red Cross.

Friday

7:30am-8:30am Breakfast, Early Morning Centre, City Uniting Church 69 Northbourne Ave.

9am-10:30am Breakfast, 12pm-1:30pm Lunch, Blue Door Drop-in Centre, Ainslie Village Quick St Campbell.

12pm-2:00pm, 1st Friday of every month Lunch, St John's Hall, 43 Constitution Ave Reid.

12:30pm Lunch, St Benedict's Community Day Centre, 284 Crawford St Queanbeyan.

12-5pm Stasia's Soup Kitchen, Garema Place City. Provided by Stasia's Soup Kitchen

Saturday

5-6pm Griffin Centre, Meeting room 1 Genge St, City. Drop-in 3-4:30pm. Provided by Hare Krishna Food For Life Program Canberra.

Sunday

12pm Bread & soup, St Benedict's Community Day Centre, 284 Crawford St Queanbeyan.

12:30pm Lunch, Glebe Park, Missionheart, church service at 11am.

5pm-6pm Evening meal served, Griffin Centre, Meeting room 1 Genge St, City. Drop-in 3-4:30pm. Provided by Masonic Lodge of Canberra.

FREE MEALS (Youth, 12-25 years only)

Tue-Thu, 2pm-5pm Healthy cooking/snacks, Fri 2pm-6pm Snacks/coffee/tea, 5pm Dinner, Club 12 / 25 (Youth in the City), Corner Scotts Crossing & Cooyong St City.*Showers, washing machine also available.

Fri 5:30pm-7pm Hot Meal, Belconnen Youth Centre, (corner@bcs) Corner Chandler St & Swanson Cct Belconnen.

Mon-Thu 3pm-5pm, Fri 3pm-7pm YWCA-Mura Lanyon Youth Centre, Sidney Nolan St Condor.

Thu 2:30pm-5:30pm, Fri 2pm-5:30pm Drop in café cheap food. Fri 5:30pm Free hearty meal, Woden Youth Centre, Callum St Woden

FREE MOBILE LAUNDRY - Orange Sky 0408 760 536

Mon 8:30am-11:30am The Early Morning Centre, 69 Northbourne Ave

Tue 9:30am-11:30am The Blue Door Centre, 23 Quick St, Campbell

Wed 10:30am-1:30pm St Benedict's Community Day Centre, 284 Crawford St, Queanbeyan.

Thu 4pm-6pm Red Cross Roadhouse, Griffin Centre, Narellan St City.

1st Friday of each month 11am-1:30pm St John's Care, 45 Constitution Avenue, Reid, Canberra.

2nd & 4th Friday of each month 9:30am-11:30am The Blue Door Centre Ainslie Village 23 Quick St, Campbell, Canberra.

Sun 10:30am-12:30pm St Benedict's Community Day Centre, 284 Crawford St, Queanbeyan.

Sun 4pm-6pm Red Cross Roadhouse, Griffin Centre, Narellan St City.

FREE SHOWERS

Mon-Thu 9am-10:45am, Friday 9am-10am The Early Morning Centre, 69 Northbourne Ave City. Ph: 6247 5041.

Mon-Fri 9:30am-10:30am Ainslie Village, 23 Quick St Campbell. Ph: 6162 6800.

Vinnies Night Patrol Van

Southern Run Times

Wed @ 7:30pm Tuggeranong Library, Cowlshaw St, Greenway.

Thur @ 7:30pm Queanbeyan Visitor Information Centre, Farrer Place.

Fri @ 7:30pm Woden Westfield, McDonalds, Cnr Bradley St & Neptune St.

City Dickson Run Times

Mon @ 7:30pm Ballumbir St, Civic.

@ 8:00pm Garema Place, Civic.

Tues @ 7:30pm Ballumbir St, Civic.

@ 8:20pm Garema Place, Civic.

Wed @ 7:30pm Ballumbir St, Civic.

@ 8:00pm Garema Place, Civic.

Thu @ 7:00pm Dickson Shopping Centre.

@ 8:00pm Garema Place, Civic.

Fri @ 8:00pm Dickson Shopping Centre.

@ 9:00pm Garema Place, Civic.

Sat @ 8:00pm Ballumbir St, Civic.

@ 8:45pm Dickson Shopping Centre.

@ 9:30pm Garema Place, Civic.

Sun @ 7:30pm Ballumbir St, Civic.

@ 8:00pm Garema Place, Civic.

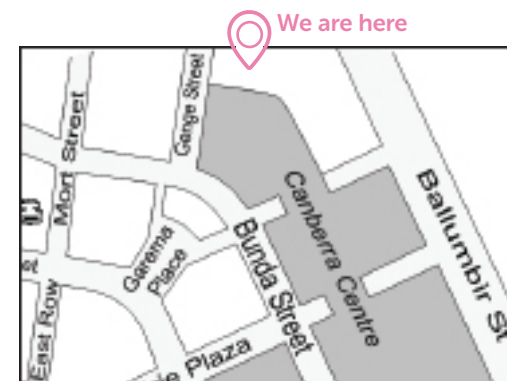
VOLUNTEERING *and* CONTACT ACT

Free Meal, Laundry & Showers Guide

This guide provides helpful information on organisations that can provide free meals, laundry and shower services for those that are homeless or at risk of homelessness.

This guide is proudly brought to you by
Volunteering and Contact ACT.

Visit us at the **Contact Office; Canberra's Community Info Hub**,
or visit the website actcommunitydirectory.com.au



Griffin Centre, 20 Genge St, Canberra
Open Monday-Friday, 9am-5pm