

Certain Weekdays

12-25 years Only

Club 12 / 25 (Youth in the City) Corner Scotts Crossing & Cooyong St Canberra City.

Showers, Washing Machine available

Tue - Thu 2pm-6pm Healthy Cooking/snacks coffee tea.

Fri - 2-7pm snacks coffee tea. Dinner 5pm.

Belconnen Youth Centre (corner@bcs)

cnr Chandler St & Swanson Ct Belconnen.: **Fri 5:30pm-7pm** Hot Meal

YWCA-Mura Lanyon Youth Centre Sidney Nolan St Condor

Drop in 3pm-5pm Mon-Thu, and Fri 3pm-7pm.

Woden Youth Centre Callum St Woden

Drop in café cheap food 2:30pm-5:30pm Thu, and 2pm- 5:30pm Fri

Free hearty meal 5:30pm Fri.

SATURDAY

4:45-5:30pm Griffin Centre Meeting Rm | Griffin Centre Genge St Canberra City (Hare Krishna Food for Life service / Referrals: Red Cross Roadhouse).

SUNDAY

12 noon Bread & soup St Benedicts Community Day Centre 284 Crawford St Queanbeyan.

12:30pm Lunch Glebe Park Missionheart community lunch.

2-5pm Lunch The Network of Jesus Love along City Walk (different spot each week along City Walk).

4:30-5:30pm Rm | Griffin Centre Genge St Canberra City (Red Cross Roadhouse service)

For more information, visit us in the Griffin Centre, 20 Genge St, Canberra City ACT.

FREE MEAL GUIDE

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CONTACT

CANBERRA COMMUNITY INFORMATION

INFO LINE 6248 7988 CONTACTCANBERRA.ORG.AU

2017

See last page for certain weekdays youth only meal services

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.

12:30 Lunch St Benedicts Community Centre 284 Crawford St Queanbeyan

12noon-5pm Lunch St Philip's Care at Northbourne Community Centre Block 5 Northbourne Flats, Forbes St Turner

4.30pm - 5:30pm Evening meal Meeting Rm I **Griffin Centre** Genge St, Civic (Red Cross Roadhouse service).

TUESDAY

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

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

12:30 Lunch St Benedicts 284 Crawford St Queanbeyan +food parcels avail.

3pm-6pm Healthy cooking/snacks/tea coffee Youth in the City Cnr Scotts Crossing & Cooyong St City (25 years & under only).

4.30pm - 5:30pm Evening meal Griffin Centre Meeting Rm I Genge St Civic (Red Cross Roadhouse service)

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

WEDNESDAY

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

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

11.30am -1.30pm fortnightly, PH: 62985900, C3CARES Community lunch + free hamper C3 Church Monash 184 Clive Steele Ave, Monash.

12.30pm Lunch St Benedicts Community Day Centre 284 Crawford St Queanbeyan.

5-5:30pm Evening meal - all ages Meeting Rm I **Griffin Centre** Genge St Civic (Hare Krishna Food for Life service / Referrals: Red Cross Roadhouse)

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

THURSDAY

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

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

Serving at 12:30-1:30pm Tuggerranong Community Lunches, Tuggerranong Baptist Church Jenke Cct Kambah (off Drakeford Drive between Athlon Drive & Summerland Cct).

3pm-6pm Snack coffee tea Youth in the City Cnr Scotts Crossing & Cooyong St City (25 years & under only)

4.30pm - 5:30pm Evening Meal Meeting Rm I **Griffin Centre** Genge St City (Red Cross Roadhouse service)

FRIDAY

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

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

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

12:30 Lunch St Benedicts day centre 284 Crawford St Queanbeyan.

12-5pm Stasia's Soup Kitchen Garema Place Civic.

FRIDAYS (25 years & under only)

5pm Dinner Youth in the City (YEngage) Cnr Scotts Crossing & Cooyong St Civic.

5.30pm Dinner Woden Youth Centre Callum Street opposite bus interchange.

See last page for other 'Youth only' snack/meal/support info on certain weekdays.