

## 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.

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

**4:30pm-5:30pm Evening meal served, Griffin Centre**, Genge St, City, Meeting room (Red Cross Roadhouse service). Drop-in 3-4:30pm.

### 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**, Genge St, City, Meeting room (Red Cross Roadhouse service). Tea and coffee from 4pm.

**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-5:30pm Evening meal served, Griffin Centre**, Genge St, City, Meeting Room (Hare Krishna Food for Life service / Referrals: Red Cross Roadhouse). Drop-in 3-4:30pm.

**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**, Genge St, City, Meeting room (Red Cross Roadhouse service). Tea and coffee from 4pm.

### 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.

### Saturday

**5-6pm Griffin Centre**, Genge St, City, Meeting room (Hare Krishna Food for Life service / Referrals: Red Cross Roadhouse).

### Sunday

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

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

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

**4:30pm-5:30pm Griffin Centre**, Genge St. Civic, Meeting room (Red Cross Roadhouse service).

## 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.

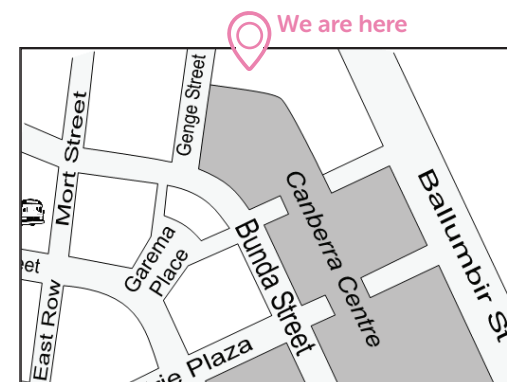
## VOLUNTEERING *and* CONTACT ACT

# 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](http://actcommunitydirectory.com.au)



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