

## FREE MEALS (all ages)

### Monday

**7:30am-8:30am Breakfast, 12pm Lunch. Early Morning Centre,** City Uniting Church, 69 Northbourne Ave. For people experiencing, or at risk of homelessness.

**9am-10.30am Breakfast, 10:30am-12pm Morning Tea, 12pm-2pm 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 from 3pm. 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, 10:30am-12pm Morning tea, 12pm-2pm 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. Drop-in 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, 12pm Lunch. Early Morning Centre,** City Uniting Church, 69 Northbourne Ave. For people experiencing, or at risk of homelessness.

**9am-10.30am Breakfast, 10:30am-12pm Morning tea, 12pm-2pm Lunch, Blue Door Drop-in Centre,** Ainslie Village, Quick St, Campbell.

**12pm-2pm,** second and fourth week of the month, **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,** Meeting room 1, Genge St, City. Drop-in from 3pm. Provided by Hare Krishna Food For Life Program Canberra.

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

### Thursday

**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, 10:30am-12pm Morning tea, 12pm-2pm Lunch, Blue Door Drop-in Centre,** Ainslie Village, Quick St, Campbell.

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

### Friday

**7:30am-8:30am Breakfast, 12pm Lunch. Early Morning Centre,** City Uniting Church, 69 Northbourne Ave. For people experiencing, or at risk of homelessness.

**9am-10.30am Breakfast, 10:30am-12pm Morning tea, 12pm-2pm 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.

**11am-4pm Lunch, Griffin Centre,** Meeting room 1, Genge St, City. Provided by Stasia's Soup Kitchen.

### Saturday

**5pm-5:45pm Evening meal served, Griffin Centre,** Meeting room 1, Genge St, City. Drop-in from 4:30pm. Provided by Hare Krishna Food For Life Program Canberra.

### Sunday

**11am-1pm Lunch, St Benedict's Community Day Centre,** 284 Crawford St, Queanbeyan.

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

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

## FREE MEALS (Youth, 12-25 years only)

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

**Thu 9:30am-2pm Food-Hub service. YWCA-Mura Lanyon Youth Centre,** Sidney Nolan St, Condor.

**Fri 5pm-6pm Evening meal served, Woden Youth Centre,** 29 Callum St, Woden. Drop in 3pm-7pm

## FREE MOBILE LAUNDRY - Orange Sky 0408 760 536

**Mon 9am-11am The Early Morning Centre,** City Uniting Church, 69 Northbourne Ave.

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

**Tue 7pm-9pm Safe Shelter,** 10 Fawkner St, Braddon.

**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.  
**2nd & 4th Friday of each month 9:30am-11:30am The Blue Door Centre**, Ainslie Village, 23 Quick St, Campbell.  
**1st and 3rd Friday of the month 4:30pm-6:30pm. Aboriginal Tent Embassy**, King George Terrace, Parkes.  
**Sat 9:30am-11:30am Tuggeranong Walk in Centre**, Anketell St, Greenway.  
**Sat 2pm-4pm Holy Cross Tuckerbox**, 202 Anthill St, Hackett.  
**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.

## St Vincent de Paul Night Patrol Van

Vinnies offers a mobile outreach service, offering refreshments and friendly faces to people on the streets.

### 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 and 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

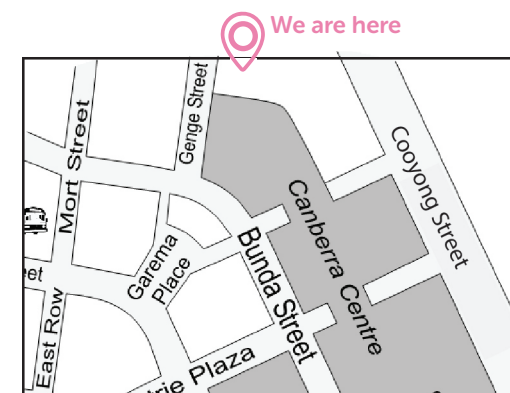
# Free Meal, Laundry & Showers Guide

This guide provides information on where to find Free Meals, Laundry and Showers within the Canberra Region.

Please note that details might have changed from date of publication.

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

Visit us at our **Shopfront**, or visit the website [actcommunitydirectory.com.au](http://actcommunitydirectory.com.au) for more information.



Griffin Centre, 20 Genge St, Canberra

Open Monday-Friday, 9am-5pm