

**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***

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**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***

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**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***

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***"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***

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**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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FREE MEALS/SNACKS AND DROP-IN LIST CREATED BY:



### **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*

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### **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*

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### **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*

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### **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*

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### **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-Sun 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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### **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

***Open on Statutory Holidays***

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### **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***

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### **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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