

Day Program Services – Updated December 1, 2020 with Holiday Hours

Agency	Hours of operations	Services
<p>Caldwell Family Centre</p> <p>1100 Medford St, Ottawa</p> <p>613-728-1800</p>	<p>Monday to Thursday 9 am to noon and 1 to 4 pm</p> <p>Friday 9 am to noon and 1 to 6 pm</p> <p>Saturday 9 am to 2 pm</p> <p>Holiday Hours Dec 24th 1-2:30pm Dec 25th – 28th Closed Dec 29th & 30th Food Bank only Dec 31st – Jan 3rd Closed</p> <p>Regular hours/services resume January 4, 2021</p>	<p>Take out breakfast available Monday to Friday from 9 to 11 am.</p> <p>Take out lunch available Monday to Friday from 1 to 2:30 pm.</p> <p>Full Holiday Turkey Dinner (Dec 24th) take out 1-2:30pm</p> <p>Food Bank available Tuesday to Thursday from 9 am to noon and 1 to 4 pm.</p> <p>Food Bank on Friday available from 9 am to noon and 1 to 6 pm and on Saturdays from 9 am to 2 pm.</p> <p>Clothing Depot is open Wednesday to Saturday from 9 am to 2 pm</p> <p>Computer Café is open Monday the Friday from 1pm to 4pm</p> <p>Baby Depot is open on Wednesday from 8:30 am to noon and Thursday from 1 to 3 pm.</p>
<p>St. Joe's Women's Centre</p> <p>151 Laurier Ave E, Ottawa</p> <p>613-231-6722</p>	<p>Monday, Tuesday, Thursday, Friday 9 :30 am to 3:30 pm</p> <p>Wednesday 12noon to 3:30 pm</p> <p>Food Bank Wednesday 1 pm to 3 pm Thursday</p>	<p>Services include: Access to toiletries, takeaway meals, referrals, one-on-one support, use of computers and washroom.</p> <p>Showers services are available Tuesdays and Thursdays.</p> <p>Women's washroom facilities and shower services.</p>

	<p>9:30 am to 3:30 pm</p> <p>Holiday Hours Closing at 12pm on Dec 24th reopening on January 4th, 2021</p>	<p>Advance booking required for shower access.</p> <p>Laundry Services (new addition) starting Dec 8th.</p> <p>Holiday take out meal : First Come First Served Thursday December 17th 11 am to 1 pm</p>
<p>Centre Espoir Sophie</p> <p>145A Murray St, Ottawa</p> <p>613-789-5119</p>	<p>Monday to Thursday 1 to 7 pm</p> <p>Friday 11 am to 2 pm</p> <p>Holiday Hours Dec 24th to Jan 1st - Closed</p>	<p>Food bank available Monday from 1 to 4 pm.</p> <p>Takeaway meals available Monday, Tuesday, Wednesday and Thursday, from 4:30 to 6:30 pm and Friday from 11 am to 1:30 pm.</p> <p>Advance booking required: Laundry services, washroom, use of phone, computers and the Internet, referrals and one-on-one support available Tuesdays, Wednesdays and Thursdays, from 1 to 4 pm.</p> <p>Outings and outdoor activities take place on Thursdays, depending on the weather.</p> <p>Donation of clothing/shoes is available during the Centre's opening hours.</p> <p>Christmas Meal – take out with animation outside. Planned date is Dec 22nd.</p>
<p>Centre 454</p> <p>454 King Edward Ave, Ottawa</p> <p>613-235-4351</p>	<p>Monday to Friday 8 am to 3:30 pm</p> <p>Saturdays and Sunday 8 am to 3:30 pm</p> <p>Holiday Hours Dec 25th to Dec 28th - Closed</p>	<p>Services include: Referrals, one-on-one support, hygiene kits, mail services, harm reduction supplies, washroom and shower facilities, Internet access, Wi-Fi, phone and basic needs, and snacks to go.</p> <p>Men and women's washroom facilities and shower services. Advance booking for priority shower access. Drop-in access to showers also available.</p>
The Well	<p>Monday to Friday 8 am to 3 pm</p>	<p>Services include: Referrals, one-on-one support, hygiene kits, mail services, harm reduction supplies, washroom and shower</p>

154 Somerset St W, Ottawa 613-594-8861	Saturday 8 am to 3 pm Holiday Hours Dec 25 th to Dec 28 th - Closed	facilities, Internet access, Wi-Fi, phone and basic needs, community fridge, food cupboard, and meals to go. Social and emotional support for Women and Children . Men and Women's washroom facilities and shower services. Advance booking for priority shower access. Christmas Meal @ Tom Brown Respite Centre Dec 22 nd from 11am-1pm.
St. Luke's 760 Somerset St W, Ottawa 613-238-4193	Monday to Friday 8 am to 8 pm Saturday 8 am to 8 pm Holiday Hours Dec 25 th to Dec 28 th - Closed	Services include: Referrals, one-on-one support, hygiene kits, mail services, harm reduction supplies, washroom, Internet access, Wi-Fi, phone and basic needs, community fridge, food cupboard, and meals to go. Men and Women's washroom facilities.
Centre 507 507 Bank St, Ottawa 613-233-5626	<u>Drop in Centre Hours</u> Sunday 1:30 to 3:45 pm Monday 1 to 6:45 pm Tuesday 1 to 3:45 pm Wednesday 1:30 to 6:45 pm Thursday 1:30 to 3:45 pm Friday 9:00 to 3:45 pm <u>Food to Go</u> Sunday 11:30 am to 1 pm Monday Noon to 1 pm <u>At Bank/Argyle, with The Ottawa Mission Food Truck</u> Tuesday 4:30 to 6 pm Wednesday 11:30 am to 1 pm Thursday 11:30 am to 1 pm Holiday Hours Dec 25 th – Closed	Services include: Referrals, one-on-one support, hygiene kits, mail services, harm reduction supplies, washroom facilities, Internet access, Wi-Fi, phone and basic needs, and meals to go. Men and women's washroom facilities.

	<p>Dec 31st – Closed January 1st – Closed</p> <p>All other days regular hours and services.</p>	
<p>Shepherds of Good Hope</p>	<p>Community Lunch Daily 12:30pm-1:15pm</p> <p>Community Drop In Daily 6pm-9pm</p> <p>Holiday Hours No changes in scheduling over the holidays</p>	<p>Services include: Supportive Housing; Transitional Shelter Program; Community Support Services, Gender Diversity; Drop in Centre and soup kitchen</p> <p>This year will NOT be hosting a Christmas Eve Mass in the parking lot</p>