



'Out of the Cold' Free Meal, Snacks & Drop-In List

Community Information Centre of Ottawa – 2019-2020

Last updated December 13, 2019

'Out of the Cold' Programs

Centre 7- South Minister United Church

Location: 15 Aylmer Ave, Ottawa, ON K1S 3X1
Phone: 613-730-6874
Times: **Drop-in:** Sat 4 – 7 pm
Supper: Sat 5:30 pm- 6 pm
Dates: Oct 19, 2019 – Mar 28, 2020 ** *Closed December 28, 2019*
Eligibility: No restrictions
Accessibility: Fully accessible

Parkdale United Church

Location: 429 Parkdale Ave, Ottawa, ON K1Y 1H3
Phone: 613-728-8656
Time: **Coffee and Snack:** Sat 2:30 pm
Supper: Sat 4 pm
Dates: Sat, Nov 9, 2019 - Mar 28, 2020 ** *Closed Saturdays before and after Christmas*
Eligibility: No restrictions
Accessibility: Fully accessible

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la version française

Knox Presbyterian Church

Location: 120 Lisgar St, Ottawa, ON K2P 0C2
Phone: 613-238-4774
Time: **Supper:** Doors open Sat 4 pm, Meal 5:30 pm- 6:30 pm
Dates: Nov 2, 2019-Mar 28, 2020
Eligibility: No restrictions
Accessibility: Partially Accessible; Stairs to enter hall but guests with accessibility requirement are still served, inside building.

----- Year-round Free Meals, Snacks and Drop-Ins -----

Jericho Road

Location: Jules Morin Fieldhouse, 400 Clarence St E, Ottawa, ON K1G 3G7
Phone: 613-567-5134
Time: **Light Snack:** Thu 7 pm
Eligibility: Men 18 years and older
Accessibility: Fully accessible

Centre Espoir Sophie

Location: 145 Murray St, Ottawa, ON K1N 5M7
Phone: 613-789-5119
Time: **Drop-in:** Mon-Thu 1 pm-7 pm, Fri 11 am-2 pm
Eligibility: Women, and people who identify as women

Ottawa Mission

Location: 35 Waller St, Ottawa, ON K1N 7G4
Phone: 613-234-1144
Time: **Breakfast:** Mon-Sun 8 am-8:30 am,
Lunch: Mon-Sun 11:30 am-12 noon
Supper: Mon-Sun 3 pm-3:30 pm
Sandwiches: Mon- Sun 6 pm and 9 pm
Eligibility: 18 year(s) and up
Accessibility: Fully Accessible

Shepherds of Good Hope

Location: 233 Murray St, Ottawa, ON K1N 5M9
Phone: 613-789-8210
Time: **Lunch:** Mon-Sun 11:30 am-12:30 pm
Soup and Sandwich: Mon-Sun 6 pm-9 pm
Eligibility: Individuals 18 years and older
Accessibility: Fully Accessible

The Well/La Source

Location: 154 Somerset St W, Ottawa, ON K2P 0H8
Phone: 613-594-8861 ext. 27
Time: **Breakfast:** Mon-Fri 9 am
Lunch: Mon- Fri 12 noon
Eligibility: Women and their children
Accessibility: Fully Accessible

Ottawa Innerscity Ministry

Location: Knox Presbyterian Church, 120 Lisgar St, Ottawa, ON K2P 0C2
Phone: 613-237-6031
Time: **Drop-in:** Tue 10 am-3 pm
Eligibility: No restrictions
Accessibility: Partially accessible; steps to enter the hall, but clients with an accessibility requirement are still served, inside the building.

Odawa Native Friendship Centre (Reaching Home Program)

Location: 510 Rideau St, Ottawa, ON, K1N 5Z6
Phone: 613-789-3077
Time: **Drop-in:** Mon-Fri 9 am – 1 pm
Eligibility: First Nations, Inuit and Métis people 16 years of age and older who are homeless or at imminent risk of becoming homeless
Accessibility: Fully Accessible

St Joe's Women's Centre

Location: 151 Laurier Ave E, Ottawa, ON K1N 6N8
Phone: 613-231-6722
Time: **Breakfast:** Mon- Fri 9 am,
Lunch: Mon-Fri 12 noon
Snack: Mon-Fri 2:30 pm
**** Closed December 25, 2019 - January 2, 2020**
Eligibility: Homeless, disadvantaged women 18 years and older and their children
Accessibility: Not Accessible, women requiring wheelchairs, can provide service outside of the building

St Luke's Table

Location: 760 Somerset St W, Ottawa, ON K1R 6P9
Phone: 613-234-6287
Time: **Breakfast:** Mon- Fri 8 am- 9 am
Lunch: Mon- Fri 12 noon- 1pm
*** Closed all Statutory Holidays*
Eligibility: Individuals in need of a supportive environment, children need to be accompanied by parent or guardians
Accessibility: Fully Accessible

Carlington Community Chaplaincy

Location: 1465 Caldwell Ave, Unit 102, Ottawa, ON K1Z 8L9
Phone: 613-728-9933
Time: **Drop-in:** Mon- Fri 10 am-12 noon *** Closed all Statutory holidays*
Eligibility: No restrictions, children need to be accompanied by parent or guardians
Accessibility: Fully accessible

Centre 507

Location: Centretown United Church, 507 Bank St, Ottawa, ON K2P 1Z5
Phone: 613-233-5626 ext 221
Time: **Drop-in:** Mon, Wed, Thu, Fri 9 am-10:30 am, 12 noon-3:30 pm
Drop-in: Tue 5:30 pm-8:45 pm
Drop-in: Sun 12:30 pm-2:45 pm
*** Closed Statutory Holidays*
Eligibility: Adults 18 years and older
Accessibility: Not Accessible

St. Joe's Supper Table

Location: 151 Laurier Ave E, Ottawa, ON K1N 6N8
Phone: 613-233-4095 ext 240
Time: **Meals and Lunch bags:** Mon-Fri 5 pm- 6:15 pm
Eligibility: No restrictions
Accessibility: Fully Accessible

Caldwell Family Centre

Location: 20-1100 Medford St
Phone: 613-728-1800
Time: **Breakfast:** Mon-Fri 9am- 11am
Lunch: Mon- Fri 1pm- 2:30pm
Drop-in: Mon-Fri 8:30am- 12 noon; 1 pm – 4 pm
*** Closed December 24- January 1*
Eligibility: No restrictions
Accessibility: Dining room accessible by side-door ramp