



# Free Thanksgiving Meals

Community Information Centre of Ottawa - 2019

*Last update: October 3, 2019.*

----- **October 13<sup>th</sup>** -----

## Thanksgiving Meal for the Needy at Sir Guy Carleton Secondary School

**Location:** 55 CentrepoinTE, Ottawa, ON  
**Phone:** 613-225-1495 (Ed Mahfouz); 613-723-5136 (Sir Guy Carleton)  
**Time:** 12 noon-2 pm  
**Eligibility:** No restrictions  
**Accessibility:** Fully accessible  
**Notes:** Roxborough and Campeau bus lines will provide transportation to and from Sir Guy Carleton. Pickup is at 11:30 am.  
Stops at: Giant Tiger on DumaURier Ave  
Caldwell and Medford  
YMCA on Argyle Ave

\*\* While supplies last, guests can take home a grocery bag of dry food, canned goods and some clothing.

## Shepherds of Good Hope

**Location:** 233 Murray St, Ottawa, ON  
**Phone:** 613-789-8210  
**Time:** 11:30 am - 12:30 pm  
**Eligibility:** No restrictions  
**Accessibility:** Fully accessible

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----- October 13<sup>th</sup> -----

The Salvation Army

**Location:** 171 George St  
**Phone:** 613-241-1573  
**Time:** 1 pm – 6 pm  
**Eligibility:** No restrictions. First come, first served.  
**Accessibility:** Fully Accessible  
**Notes:** Volunteers need. Please call for more information

----- October 14<sup>th</sup> -----

The Ottawa Mission

**Location:** 35 Waller St, Ottawa, ON  
**Phone:** 613-234-1144  
**Time:** 11 am-5 pm  
**Eligibility:** No restrictions  
**Accessibility:** Fully Accessible

----- November 5<sup>th</sup> -----

Ottawa Innerscity Ministries

**Location:** Knox Presbyterian Church, 120 Lisgar Street, Ottawa, ON  
**Phone:** 613-237-6031  
**Time:** 10 am-3 pm  
**Eligibility:** No restrictions  
**Accessibility:** Basement of Church is not accessible;  
meal can be brought up to clients who  
cannot descend stairs.