



Day Program Services

Date last updated December 2, 2020

Organization	Hours	Summary	
Caldwell Family Centre 1100 Medford Street, Units 20-22 613-728-1800	Monday to Thursday 9 am to noon and 1 to 4 pm Friday 9 am to noon and 1 to 6 pm Saturday 9 am to 2 pm	Take out breakfast available Monday to Friday from 9 to 11 am. Take out lunch available Monday to Friday from 1 to 2:30 pm. Food Bank available Tuesday to Thursday from 9 am to noon and 1 to 4 pm. Food Bank on Friday available from 9 am to noon and 1 to 6 pm and on Saturdays from 9 am to 2 pm. Clothing Depot is open on Tuesday and Wednesday from 9 am to noon and on Thursday and Friday from 9 am to 2 pm. Baby Depot is open on Wednesday from 8:30 am to noon and Thursday from 1 to 3 pm.	
Centre 454 454 King Edward Avenue 613-235-4351	Monday to Friday 8 am to 3:30 pm Saturday and Sunday 8 am to 3:30 pm	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. Men and women’s washroom facilities and shower services. Advance booking for priority shower access. Drop-in access to showers also available.	
Centre 507 507 Bank Street 613-233-5626	Drop in Centre Hours 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 am to 3:45 pm	Food to Go Sunday 11:30 am to 1 pm Monday Noon to 1 pm At Bank/Argyle, with The Ottawa Mission Food Truck Tuesday 4:30 to 6 pm Wednesday 11:30 am to 1 pm Thursday 11:30 am to 1 pm	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.

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Organization	Hours	Summary
Centre Espoir Sophie 145A Murray Street  613-789-5119	Monday to Thursday 1 to 7 pm Friday 11 am to 2 pm Women's washroom facilities and shower services. Advance booking required for shower access.	Food bank available Monday from 1 to 4 pm. Takeaway meals available Monday, Tuesday, Wednesday and Thursday, from 4:30 to 6:30pm and Friday from 11 am to 1:30 pm. Laundry services, washroom, use of computers and the Internet , referrals and one-on-one support available Tuesdays, Wednesdays and Thursdays, from 1 to 4 pm. Outings and outdoor activities take place on Thursdays, depending on the weather. Donation of clothing/shoes is available during the Centre's opening hours. Shower will be open every Tuesday from 1 to 4 pm, by appointment.
St. Joe's Women's Centre 151 Laurier Avenue East  613-231-6722	Monday, Tuesday, Thursday and Friday 9:30 am to 3:30 pm Wednesday 12 pm to 3:30 pm	Services include: Access to toiletries, takeaway meals, referrals, one-on-one support, use of computers and washroom. Showers services are available Tuesdays and Thursdays. Women's washroom facilities and shower services. Advance booking required for shower access. Food Bank available Wednesday from 1 pm to 3 pm and Thursday from 9:30 am to 3:30 pm.
St. Luke's 760 Somerset Street West  613-238-4193	Monday to Friday 8 am to 8 pm Saturday 8 am to 3 pm Lunch will be served at Tom Brown Arena 141 Bayview Ave. from 11am to 1pm	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.
The Well/ La Source 154 Somerset Street West  613-594-8861	Monday to Friday 8 am to 3 pm Saturdays 8 am to 3 pm	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, community fridge, food cupboard, social and emotional support for women and children and meals to go. Men and Women's washroom facilities.