



# Day program services

Organization	Hours	Summary of Services
<p><b>Caldwell Family Centre</b></p> <p>1100 Medford Street, Units 20-22</p> <p> <b>613-728-1800</b></p>	<p><b>Monday to Thursday</b> 9 am to noon and 1 to 4 pm</p> <p><b>Friday</b> 9 am to noon and 1 to 6 pm</p> <p><b>Saturday</b> 9 am to 2 pm</p>	<p><b>Take out breakfast</b> available Monday to Friday from 9 to 11 am.</p> <p><b>Take out lunch</b> available Monday to Friday from 1 to 2:30 pm.</p> <p><b>Food Bank</b> available Tuesday to Thursday from 9 am to noon and 1 to 4 pm.</p> <p><b>Food Bank</b> on Friday available from 9 am to noon and 1 to 6 pm and on Saturdays from 9 am to 2 pm.</p> <p><b>Clothing Depot</b> is open Wednesday to Saturday from 9 am to 2 pm.</p> <p><b>Computer Café</b> is open Monday the Friday from 1pm to 4pm.</p> <p><b>Baby Depot</b> is open on Wednesday from 8:30 am to noon and Thursday from 1 to 3 pm.</p>
<p><b>Centre 454</b></p> <p>454 King Edward Avenue</p> <p> <b>613-235-4351</b></p>	<p><b>Monday to Friday</b> 8 am to 3:30 pm</p> <p><b>Saturday and Sunday</b> 8 am to 3:30 pm</p> <p>Meals and meals to go offered during all opening hours</p>	<p><b>Services include:</b> 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><b>Men and women's washroom facilities and shower services.</b> Advance booking for priority shower access. Drop-in access to showers also available.</p>
<p><b>Centre 507</b></p> <p>507 Bank Street</p> <p> <b>613-233-5626</b></p>	<p><b>Drop-in Centre Hours</b></p> <p><b>Sunday</b> 9:00 am to 3:45 pm  <b>Monday</b> 8 am to 3:30 pm  <b>Tuesday</b> 9 am to 3:30 pm  <b>Wednesday</b> 8 am to 3:30 pm  <b>Thursday</b> 9 am to 3:30 pm  <b>Friday</b> 9 am to 3:30 pm</p> <p><b>At Bank/Argyle, with The Ottawa Mission Food Truck</b></p> <p><b>Monday</b> 11:30am to 12:30 pm  <b>Thursday</b> 11:30 am to 1pm</p>	<p><b>Indoor Meals (30 ppl limit)</b></p> <p><b>Sunday</b> 9 am to 1 pm  <b>Monday</b> 9 am to 12:30 pm  <b>Tuesday</b> 5:30 pm to 7 pm  <b>Wednesday</b> 9 am to 3:30 pm  <b>Thursday</b> 9 am to 1 pm  <b>Friday</b> 9 am to 3:30 pm</p> <p><b>Food Bank</b></p> <p><b>Monday</b> Noon to 1:30pm  <b>Tuesday</b> Noon to 1:30 pm  <b>Friday</b> Noon to 1:30 pm</p> <p><b>Services include:</b> 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.</p> <p><b>Men and women's washroom facilities.</b></p>

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<p><b>Centre Espoir Sophie</b> 145A Murray Street  <b>613-789-5119</b></p>	<p><b>Monday to Thursday</b> 1 to 7 pm</p> <p><b>Friday</b> 11 am to 2 pm</p> <p><b>Food Bank Monday</b> 1pm to 6:30 pm</p>	<p><b>Takeaway meals</b> 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 <b>booking required: Laundry services, washroom, use of phone, computers and the Internet</b>, referrals and one-on-one support available Tuesdays, Wednesdays and Thursdays, from 1 to 4 pm.</p> <p><b>Outings and outdoor activities</b> take place on Thursdays, depending on the weather.</p> <p><b>Donation of clothing/shoes</b> is available during the Centre's opening hours.</p>
<p><b>St. Joe's Women's Centre</b> 151 Laurier Avenue East  <b>613-231-6722</b></p>	<p><b>Monday, Tuesday, Thursday and Friday</b> 9:30 am to 3:30 pm</p> <p><b>Wednesday</b> 12 pm to 3:30 pm</p> <p><b>Food Bank Wednesday</b> 1 pm to 3 pm</p> <p><b>Thursday</b> 9:30 am to 3:30 pm</p>	<p><b>Services include:</b> Access to toiletries, takeaway meals, referrals, one-on-one support, use of computers and washroom.</p> <p><b>Showers services</b> are available Tuesdays and Thursdays.</p> <p><b>Women's washroom facilities and shower services.</b> Advance <b>booking required</b> for shower access.</p> <p><b>Laundry Services</b> started December 8, 2020.</p>
<p><b>St. Luke's</b> 760 Somerset Street West  <b>613-238-4193</b></p>	<p><b>Monday to Friday</b> 8 am to 8 pm</p> <p><b>Saturday and Sunday</b> 12 pm to 8 pm</p>	<p><b>Services include:</b> 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.</p> <p><b>Men and Women's washroom and shower facilities.</b></p>
<p><b>Shepherds of Good Hope</b> 233 Murray Street  <b>613-789-8210</b></p>	<p><b>Community Lunch</b> Daily 12:30pm-1:15pm</p> <p><b>Community Drop In</b> Daily 6pm-9pm</p>	<p><b>Services include:</b> Supportive Housing; Transitional Shelter Program; Community Support Services, Gender Diversity; Drop in Centre and soup kitchen</p>



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<p><b>The Well/ La Source</b> 154 Somerset Street West  <b>613-594-8861</b></p>	<p><b>Monday to Friday</b> 8 am to 3 pm</p> <p><b>Saturday</b> 8 am to 3 pm</p> <p>Meals and meals to go offered during all opening hours</p> <p><b>Community Drop-In</b> Daily 6pm to 9pm</p>	<p><b>Services include:</b> 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, and meals to go.</p> <p>Social and emotional support for <b>Women and Children.</b></p> <p><b>Men and Women's washroom facilities and shower services.</b> Advance booking for priority shower access.</p>