

## FREE MEALS (all ages)

### Monday

**7:30am-8:30am Breakfast, 12pm Lunch.** **Early Morning Centre**, City Uniting Church, 69 Northbourne Ave. For people experiencing, or at risk of homelessness.

**9am-10.30am Breakfast, 10:30am-12pm Morning Tea, 12pm-2pm Lunch,** **Blue Door Drop-in Centre**, Ainslie Village, Quick Street, Campbell.

**12:30pm Lunch, St Benedict's Community Day Centre**, 284 Crawford St, Queanbeyan.

**4:00pm-5:45pm Dinner** served, **Griffin Centre**, Meeting room 1, Genge St, City. Drop-in from 3pm. Provided by Australian Red Cross.

### Tuesday

**7:30am-8:30am Breakfast, Early Morning Centre**, City Uniting Church, 69 Northbourne Ave. For people experiencing, or at risk of homelessness.

**9am-10.30am Breakfast, 10:30am-12pm Morning tea, 12pm-2pm Lunch, Blue Door Drop-in Centre**, Ainslie Village, Quick Street, Campbell.

**12:30pm Lunch & food parcels, St Benedict's Community Day Centre**, 284 Crawford St, Queanbeyan.

**4:00pm-5:45pm Dinner** meal served, **Griffin Centre**, Meeting room 1, Genge St, City. Provided by Australian Red Cross.

**5pm-5:45pm Belco kitchen meal, NationsHeart**, The Food Co-op, 27 Rae St Belconnen.

### Wednesday

**7:30am-8:30am Breakfast, 12pm Lunch.** **Early Morning Centre**, City Uniting Church, 69 Northbourne Ave. For people experiencing, or at risk of homelessness.

**9am-10.30am Breakfast, 10:30am-12pm Morning tea, 12pm-2pm Lunch, Blue Door Drop-in Centre**, Ainslie Village, Quick St, Campbell.

**12pm-2pm, second and fourth week of the month, Community lunch & free hamper, C3 Church Monash**, 184 Clive Steele Ave, Monash. Ph: 6298 5900, C3CARES.

**12:30pm Lunch, St Benedict's Community Day Centre**, 284 Crawford St, Queanbeyan.

**4:00pm-5:45pm Dinner** served, **Griffin Centre**, Meeting room 1, Genge St, City. Drop-in from 3pm. Provided by Hare Krishna Food for Life Program Canberra.

**6pm-7pm First Wednesday of the month Dinner, Lifestream Christian Fellowship**, Corner Langdon Ave & Sternberg Cres Wanniasa.

### Thursday

**7:30am-8:30am, Breakfast, Early Morning Centre**, City Uniting Church, 69 Northbourne Ave. For people experiencing, or at risk of homelessness.

**9am-10.30am Breakfast, 10:30am-12pm Morning tea, 12pm-2pm Lunch, Blue Door Drop-in Centre**, Ainslie Village, Quick St, Campbell.

**4:00pm-5:45pm Dinner** served, **Griffin Centre**, Meeting room 1, Genge St, City. Provided by Australian Red Cross.

### Friday

**7:30am-8:30am Breakfast, 12pm Lunch.** **Early Morning Centre**, City Uniting Church, 69 Northbourne Ave. For people experiencing, or at risk of homelessness.

**9am-10.30am Breakfast, 10:30am-12pm Morning tea, 12pm-2pm Lunch, Blue Door Drop-in Centre**, Ainslie Village, Quick St, Campbell.

**12pm-2:00pm, First Friday of every month Lunch, St John's Hall**, 43 Constitution Ave, Reid.

**12:30pm Lunch, St Benedict's Community Day Centre**, 284 Crawford St, Queanbeyan.

**12pm-3pm Lunch, Griffin Centre**, Meeting room 1, Genge St, City. Provided by Stasia's Soup Kitchen. Hours subject to change

### Saturday

**4:00pm-5:45pm Dinner** served, **Griffin Centre**, Meeting room 1, Genge St, City. Provided by Hare Krishna Food for Life Program Canberra.

### Sunday

**11am-1pm Lunch, St Benedict's Community Day Centre**, 284 Crawford St, Queanbeyan. **Lunch** served at **12pm**.

**12:30pm Lunch, Glebe Park**, Missionheart, church service at **11am**.

**4:00pm-5:45pm Dinner** served, **Griffin Centre**, Meeting room 1, Genge St, City. Provided by Australian Red Cross.

## FREE MEALS (Youth, 12-25 years only)

**Thursday 9:30am-2pm Food-Hub service.** **YWCA-Mura Lanyon Youth Centre**, Sidney Nolan St, Condor.

**Friday 5:30pm-7pm Hot meal, Belconnen Youth Centre**, (corner@bcs) Corner Chandler St & Swanson Circuit, Belconnen.

**Friday 4:30pm-5:30pm Dinner** served, **Woden Youth Centre**, 29 Callum St, Woden. Drop in **3pm-7pm**.

## FREE MOBILE LAUNDRY - Orange Sky 0408 760 536

**Monday 9am-11am The Early Morning Centre**, City Uniting Church, 69 Northbourne Ave.

**Tuesday 9:30am-11:30am The Blue Door Centre**, 23 Quick St, Campbell.

**Wednesday 10:30am-1:30pm St Benedict's Community Day Centre**, 284 Crawford St, Queanbeyan.

**Thursday 4pm-6pm Red Cross Roadhouse**, Griffin Centre, Narellan St, City.

**First Friday of each month 11am-1:30pm St John's Care**, 45 Constitution Avenue, Reid. **Second & fourth Friday of the month 9:30am-11:30am The Blue Door Centre**, Ainslie Village, 23 Quick St, Campbell.

## FREE MOBILE LAUNDRY CONTINUED...

**First & third Friday of the month 4:30pm-6:30pm. Aboriginal Tent Embassy,**  
King George Terrace, Parkes.

**Saturday 9:30am-11:30am Tuggeranong Walk in Centre,** Anketell St, Greenway.

**Saturday 2pm-4pm Holy Cross Tuckerbox,** 202 Anthill St, Hackett.

**Sunday 10:30am-12:30pm St Benedict's Community Day Centre,** 284 Crawford St, Queanbeyan.

**Every other Sunday 4pm-6pm. Red Cross Roadhouse,** Griffin Centre, Narellan St, City.

## FREE SHOWERS

**Monday-Friday 9am-1:30pm The Early Morning Centre,** 69 Northbourne Ave, City.  
Ph: 6247 5041. Free showers are also available at the **Orange Sky Free Mobile Laundry.**

## St Vincent de Paul Night Patrol Van

Vinnies offers a mobile outreach service, offering refreshments and friendly faces to people on the streets.

### VAN 1

**Monday Cube area in Civic approx 7:30pm, City Walk** Garema Pl **approx 8pm**

**Tuesday Cube area in Civic approx 7:30pm, City Walk** Garema Pl **approx 8:20pm**

**Wednesday Cube area in Civic approx 7:30pm, City Walk** Garema Pl **approx 8pm**

**Thursday** Dickson Pl, **Dickson library approx 7pm, City Walk** Garema Pl **approx 8pm**

**Friday** Dickson Pl, **Dickson library approx 8pm, City Walk** Garema Pl **approx 9pm**

**Saturday Cube area in Civic approx 8pm, Dickson Pl, Dickson library approx 8:45pm, City Walk** Garema Pl **approx 9:30pm**

**Sunday Cube area in Civic approx 7:30pm, City Walk** Garema Pl **approx 8pm**

### VAN 2

**Monday** Dickson Pl, **Dickson library approx 7:30pm**

**Tuesday Queanbeyan Visitors Info Centre,** Farrer Pl **approx 7:30pm, Corner of Bradley & Neptune St** Woden **approx 8:15pm**

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**Saturday Queanbeyan Visitors Info Centre,** Farrer Pl **approx 7:30pm, Corner of Bradley & Neptune St** Woden **approx 8:15pm**

**Sunday** Dickson Pl, **Dickson library approx 7:30pm**



# Free Meal, Laundry & Showers Guide

This guide is proudly brought to you by VolunteeringACT. It provides information on where to find free meals, laundry and showers within the Canberra region.

Please note that details in this guide are correct as of date of publication. **Revision date: November 2019**



### Community Info Hub

Griffin Centre  
20 Genge Street  
Canberra 2601  
02 6248 7988

### Open

Monday-Friday, 9am-5pm  
**e** [info@volunteeringact.org.au](mailto:info@volunteeringact.org.au)  
**w** [volunteeringact.org.au](http://volunteeringact.org.au)

*ask us anything*