

## Community Services 2022-2023 Holiday Season Guides

Where to Find a Free Meal

Services operating during the Christmas/New Year

period

Changes in usual operating hours for Community

Services

This guide is proudly brought to you by VolunteeringACT's Community Info Hub. It provides details of where you can find a free meal over the holiday season, the closing dates and times for community services and emergency relief providers over the holiday season within the Canberra region.





## Where to find a free meal this Holiday Season 2022-2023

## **Monday 19 December 2022**

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Early Morning Centre	City Uniting Church, 69 Northbourne Ave, City	Breakfast 7:30-8:30am (takeaway), lunch from 12pm
Blue Door Ainslie Village	Blue Door Drop-in Centre, Ainslie Village, Quick St, Campbell	Lunch 12am-1:30pm (takeaway)
St Benedict's Community Centre	284, Crawford St, Queanbeyan	Lunch 10:00am-1pm (hot meal &Takeaway)
Vinnies Night Patrol Van 1	Dickson - near library City — Veteran's Park, corner of Bunda and Mort	Sandwiches, tea and coffee (7:00pm in Dickson, 8:00pm in the City)
Vinnies Night Patrol Van 2	Queanbeyan - Old Queanbeyan Visitor's Centre City - Canberra centre, Ainslie Ave	Sandwiches, tea and coffee (7:00pm in Queanbeyan, 8:00pm in the City)

Tuesday 20 December 2022		
Early Morning Centre	City Uniting Church, 69 Northbourne Ave, City	Breakfast 7:30-8:30am (takeaway), lunch from 12pm
Blue Door Ainslie Village	Blue Door Drop-in Centre, Ainslie Village, Quick St, Campbell	Lunch 12am-1:30pm (takeaway)
St Benedict's Community Day Centre	284, Crawford St, Queanbeyan	Lunch 10:00am-1pm (hot meal & takeaway)
Uniting Care Kippax: Welcome Café	Hardwick Cres & Luke Street, Holt	Lunch 12am-2pm
Vinnies Night Patrol Van 1	Dickson - near library City – Veteran's Park, corner of Bunda and Mort	Sandwiches, tea and coffee (7:00pm in Dickson, 8:00pm in the City)
Vinnies Night Patrol Van 2	Queanbeyan - Old Queanbeyan Visitor's Centre City - Canberra centre, Ainslie Ave	Sandwiches, tea and coffee (7:00pm in Queanbeyan, 8:00pm in the City)

Wednesday 21 December 2022		
Early Morning Centre	City Uniting Church, 69 Northbourne Ave, City	Breakfast 7:30-8:30am (takeaway)
Blue Door Ainslie Village	Blue Door Drop-in Centre, Ainslie Village, Quick St, Campbell	Lunch 12am-1:30pm (takeaway)
St Benedict's Community Day Centre	284, Crawford St, Queanbeyan	Lunch 10:00am-1pm (hot meal & Takeaway)
Vinnies Night Patrol Van 1	Dickson - near library City — Veteran's Park, corner of Bunda and Mort	Sandwiches, tea and coffee (7:00pm in Dickson, 8:00pm in the City)
Vinnies Night Patrol Van 2	Queanbeyan - Old Queanbeyan Visitor's Centre City - Canberra centre, Ainslie Ave	Sandwiches, tea and coffee (7:00pm in Queanbeyan, 8:00pm in the City)



Griffin Centre 20 Genge Street Canberra 2601 02 6248 7988

### Open

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Thursday 22 December 2022		
Early Morning Centre	City Uniting Church, 69 Northbourne Ave, City	Breakfast 7:30-8:30am (takeaway)
Blue Door Ainslie Village	Blue Door Drop-in Centre, Ainslie Village, Quick St, Campbell	Lunch 12am-1:30pm (takeaway)
Vision Church The Soup Kitchen	1 Lithgow Street, Fyshwick	Dinner (5:30pm-7pm)
Uniting Care Kippax: Good Morning Breakfast	Hardwick Cres & Luke Street, Holt	Breakfast 8:30-10:00am
Vinnies Night Patrol Van 1	Dickson - near library City — Veteran's Park, corner of Bunda and Mort	Sandwiches, tea and coffee (7:00pm in Dickson, 8:00pm in the City)
Vinnies Night Patrol Van 2	Queanbeyan - Old Queanbeyan Visitor's Centre City - Canberra centre, Ainslie Ave	Sandwiches, tea and coffee (7:00pm in Queanbeyan, 8:00pm in the City)

<u>Frid</u>	Friday 23 December 2022		
Early Morning Centre	City Uniting Church, 69 Northbourne Ave, City	Breakfast 7:30-8:30am (takeaway)	
Blue Door Ainslie Village	Blue Door Drop-in Centre, Ainslie Village, Quick St, Campbell	Lunch 12am-1:30pm (takeaway)	
St Benedict's Community Day Centre	284, Crawford St, Queanbeyan	Lunch 10:00am-1pm (hot meal & takeaway)	
St Paul's Anglican Church, Ginninderra	Mt Rogers Community Centre near Curley Street, Spence	Christmas Lunch 12.30pm (By booking)	
Salvos Braddon	Cnr Fawkner and Eloura St, Braddon	Lunch 10am – 2pm Dinner starts from 4pm	
Vinnies Night Patrol Van 1	Dickson - near library City – Veteran's Park, corner of Bunda and Mort	Sandwiches, tea and coffee (7:00pm in Dickson, 8:00pm in the City)	
Vinnies Night Patrol Van 2	Queanbeyan - Old Queanbeyan Visitor's Centre City - Canberra centre, Ainslie Ave	Sandwiches, tea and coffee (7:00pm in Queanbeyan, 8:00pm in the City)	

Saturday 24 December 2022		
Vinnies Night Patrol Van 1	Dickson - near library City – Veteran's Park, corner of Bunda and Mort	Sandwiches, tea and coffee (7:00pm in Dickson, 8:00pm in the City)
Vinnies Night Patrol Van 2	Queanbeyan - Old Queanbeyan Visitor's Centre City - Canberra centre, Ainslie Ave	Sandwiches, tea and coffee (7:00pm in Queanbeyan, 8:00pm in the City)



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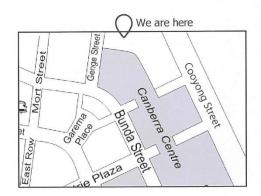
# Sunday 25 December 2022 (Public Holiday)

Salvos Braddon Church	2 Fawkner Street, Braddon	Dinner starts from 4:30pm
St John's Care Reid	45 Constitution Avenue, Reid	Christmas Lunch start from 12pm
Vinnies Night Patrol Van 1	Dickson - near library City — Veteran's Park, corner of Bunda and Mort	Sandwiches, tea and coffee (7:00pm in Dickson, 8:00pm in the City)
Vinnies Night Patrol Van 2	Queanbeyan - Old Queanbeyan Visitor's Centre City - Canberra centre, Ainslie Ave	Sandwiches, tea and coffee (7:00pm in Queanbeyan, 8:00pm in the City)

Monday 26 December		
(Public Holiday)		
Vinnies Night Patrol Van 1	Dickson - near library City — Veteran's Park, corner of Bunda and Mort	Sandwiches, tea and coffee (7:00pm in Dickson, 8:00pm in the City)
Vinnies Night Patrol Van 2	Queanbeyan - Old Queanbeyan Visitor's Centre City - Canberra centre, Ainslie Ave	Sandwiches, tea and coffee (7:00pm in Queanbeyan, 8:00pm in the City)

Tuesday 27 December 2022		
(Public Holiday)		
Early Morning Centre	City Uniting Church, 69 Northbourne Ave, City	Breakfast 7:30-8:30am (takeaway)
St Benedict's Community Day Centre	284, Crawford St, Queanbeyan	Lunch 10:30am-1pm (hot- meal and takeaway)
Vinnies Night Patrol Van 1	Dickson - near library City — Veteran's Park, corner of Bunda and Mort	Sandwiches, tea and coffee (7:00pm in Dickson, 8:00pm in the City)
Vinnies Night Patrol Van 2	Queanbeyan - Old Queanbeyan Visitor's Centre City - Canberra centre, Ainslie Ave	Sandwiches, tea and coffee (7:00pm in Queanbeyan, 8:00pm in the City)

Wednesday 28 December 2022		
Early Morning Centre	City Uniting Church, 69 Northbourne Ave, City	Breakfast 7:30-8:30am (takeaway)
St Benedict's Community Day Centre	284, Crawford St, Queanbeyan	Lunch 10:00am-1pm (sit- down hot meal & Takeaway)
Vinnies Night Patrol Van 1	Dickson - near library City – Veteran's Park, corner of Bunda and Mort	Sandwiches, tea and coffee (7:00pm in Dickson, 8:00pm in the City)
Vinnies Night Patrol Van 2	Queanbeyan - Old Queanbeyan Visitor's Centre City - Canberra centre, Ainslie Ave	Sandwiches, tea and coffee (7:00pm in Queanbeyan, 8:00pm in the City)



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Thursday 29 December 2022		
Early Morning Centre	City Uniting Church, 69 Northbourne Ave, City	Breakfast 7:30-8:30am (takeaway)
Blue Door Ainslie Village	Blue Door Drop-in Centre, Ainslie Village, Quick St, Campbell	Lunch 12am-1:30pm (takeaway)
<b>Vision Church</b>	1 Lithgow Street, Fyshwick	Dinner (5:30pm-7pm)
Vinnies Night Patrol Van 1	Dickson - near library City – Veteran's Park, corner of Bunda and Mort	Sandwiches, tea and coffee (7:00pm in Dickson, 8:00pm in the City)
Vinnies Night Patrol Van 2	Queanbeyan - Old Queanbeyan Visitor's Centre City - Canberra centre, Ainslie Ave	Sandwiches, tea and coffee (7:00pm in Queanbeyan, 8:00pm in the City)

Friday 30 December 2022		
Early Morning Centre	City Uniting Church, 69 Northbourne Ave, City	Breakfast 7:30-8:30am (takeaway)
Blue Door Ainslie Village	Blue Door Drop-in Centre, Ainslie Village, Quick St, Campbell	Lunch 12am-1:30pm (takeaway)
St Benedict's Community Day Centre	284, Crawford St, Queanbeyan	Lunch 10:00am-1pm (sit- down hot meal & Takeaway)
Vinnies Night Patrol Van 1	Dickson - near library City — Veteran's Park, corner of Bunda and Mort	Sandwiches, tea and coffee (7:00pm in Dickson, 8:00pm in the City)
Vinnies Night Patrol Van 2	Queanbeyan - Old Queanbeyan Visitor's Centre City - Canberra centre, Ainslie Ave	Sandwiches, tea and coffee (7:00pm in Queanbeyan, 8:00pm in the City)

Saturday 31 December 2022		
Vinnies Night Patrol Van 1	Dickson - near library City – Veteran's Park, corner of Bunda and Mort	Sandwiches, tea and coffee (7:00pm in Dickson, 8:00pm in the City)
Vinnies Night Patrol Van 2	Queanbeyan - Old Queanbeyan Visitor's Centre City - Canberra centre, Ainslie Ave	Sandwiches, tea and coffee (7:00pm in Queanbeyan, 8:00pm in the City)

Sunday 1 January 2023 (Public Holiday)		
Vinnies Night Patrol Van 1	Dickson - near library City – Veteran's Park, corner of Bunda and Mort	Sandwiches, tea and coffee (7:00pm in Dickson, 8:00pm in the City)
Vinnies Night Patrol Van 2	Queanbeyan - Old Queanbeyan Visitor's Centre City - Canberra centre, Ainslie Ave	Sandwiches, tea and coffee (7:00pm in Queanbeyan, 8:00pm in the City)



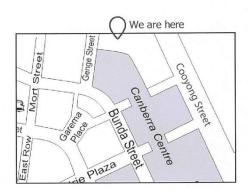
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Monday 2 January 2023 (Public Holiday)		
St Benedict's Community Day Centre	284, Crawford St, Queanbeyan	Lunch 10:00am-1pm (sit- down hot meal & Takeaway)
Vinnies Night Patrol Van 1	Dickson - near library City – Veteran's Park, corner of Bunda and Mort	Sandwiches, tea and coffee (7:00pm in Dickson, 8:00pm in the City)
Vinnies Night Patrol Van 2	Queanbeyan - Old Queanbeyan Visitor's Centre City - Canberra centre, Ainslie Ave	Sandwiches, tea and coffee (7:00pm in Queanbeyan, 8:00pm in the City)

Tuesday 3 January 2023		
Early Morning Centre	City Uniting Church, 69 Northbourne Ave, City	Breakfast 7:30-8:30am (takeaway)
St Benedict's Community Day Centre	284, Crawford St, Queanbeyan	Lunch 10:00am-1pm (sit- down hot meal & Takeaway)
Blue Door Ainslie Village	Blue Door Drop-in Centre, Ainslie Village, Quick St, Campbell	Lunch 12am-1:30pm (takeaway)
Vinnies Night Patrol Van 1	Dickson - near library City – Veteran's Park, corner of Bunda and Mort	Sandwiches, tea and coffee (7:00pm in Dickson, 8:00pm in the City)
Vinnies Night Patrol Van 2	Queanbeyan - Old Queanbeyan Visitor's Centre City - Canberra centre, Ainslie Ave	Sandwiches, tea and coffee (7:00pm in Queanbeyan, 8:00pm in the City)



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Wednesday 4 January 2023		
Early Morning Centre	City Uniting Church, 69 Northbourne Ave, City	Breakfast 7:30-8:30am (takeaway)
St Benedict's Community Day Centre	284, Crawford St, Queanbeyan	Lunch 10:00am-1pm (sit- down hot meal & Takeaway)
Blue Door Ainslie Village	Blue Door Drop-in Centre, Ainslie Village, Quick St, Campbell	Lunch 12am-1:30pm (takeaway)
Vinnies Night Patrol Van 1	Dickson - near library City — Veteran's Park, corner of Bunda and Mort	Sandwiches, tea and coffee (7:00pm in Dickson, 8:00pm in the City)
Vinnies Night Patrol Van 2	Queanbeyan - Old Queanbeyan Visitor's Centre City - Canberra centre, Ainslie Ave	Sandwiches, tea and coffee (7:00pm in Queanbeyan, 8:00pm in the City)

Thursday 5 January 2023		
Early Morning Centre	City Uniting Church, 69 Northbourne Ave, City	Breakfast 7:30-8:30am (takeaway)
Blue Door Ainslie Village	Blue Door Drop-in Centre, Ainslie Village, Quick St, Campbell	Lunch 12am-1:30pm (takeaway)
Vinnies Night Patrol Van 1	Dickson - near library City – Veteran's Park, corner of Bunda and Mort	Sandwiches, tea and coffee (7:00pm in Dickson, 8:00pm in the City)
Vinnies Night Patrol Van 2	Queanbeyan - Old Queanbeyan Visitor's Centre City - Canberra centre, Ainslie Ave	Sandwiches, tea and coffee (7:00pm in Queanbeyan, 8:00pm in the City)

Friday 6 January 2023		
Early Morning Centre	City Uniting Church, 69 Northbourne Ave, City	Breakfast 7:30-8:30am (takeaway)
Blue Door Ainslie Village	Blue Door Drop-in Centre, Ainslie Village, Quick St, Campbell	Lunch 12am-1:30pm (takeaway)
St Benedict's Community Day Centre	284, Crawford St, Queanbeyan	Lunch 10:00am-1pm (sit- down hot meal & Takeaway)
Vinnies Night Patrol Van 1	Dickson - near library City — Veteran's Park, corner of Bunda and Mort	Sandwiches, tea and coffee (7:00pm in Dickson, 8:00pm in the City)
Vinnies Night Patrol Van 2	Queanbeyan - Old Queanbeyan Visitor's Centre City - Canberra centre, Ainslie Ave	Sandwiches, tea and coffee (7:00pm in Queanbeyan, 8:00pm in the City)



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Saturday 7 January 2023		
Vinnies Night Patrol Van 1	Dickson - near library City – Veteran's Park, corner of Bunda and Mort	Sandwiches, tea and coffee (7:00pm in Dickson, 8:00pm in the City)
Vinnies Night Patrol Van 2	Queanbeyan - Old Queanbeyan Visitor's Centre City - Canberra centre, Ainslie Ave	Sandwiches, tea and coffee (7:00pm in Queanbeyan, 8:00pm in the City)

Sunday 8 January 2023		
Vinnies Night Patrol Van 1	Dickson - near library City – Veteran's Park, corner of Bunda and Mort	Sandwiches, tea and coffee (7:00pm in Dickson, 8:00pm in the City)
Vinnies Night Patrol Van 2	Queanbeyan - Old Queanbeyan Visitor's Centre City - Canberra centre, Ainslie Ave	Sandwiches, tea and coffee (7:00pm in Queanbeyan, 8:00pm in the City)



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## The following services will be available over the Holiday Period

## **ACT Health Services**

In an emergency, please call 000.

Accident and Emergency Centres at The Canberra Hospital and Calvary Hospital will also be operating throughout the holiday period.

**ACT Health Walk-in Centres** provide free health care for non-life threatening injuries and illnesses to anyone who is over one year of age. The centres are open 7 days a week, including Christmas Day and New Year's Day between 7.30am and 10pm. You don't need to make an appointment, as the name says, just walk on in. We also provide a **dedicated COVID-19 Clinic** for people who have tested positive for COVID-19 and need non-urgent care.

## **Walk-in Centres are located at:**

**Belconnen Walk in Centre:** 56 Lathlain Street, Belconnen Australian Capital Territory 2617, Tel: (02) 6207 9977 (02) 5124 8080

**Gungahlin Walk-in Centre:** 57 Earnest Cavanagh Street, Gungahlin Australian Capital Territory 2912, Tel: (02) 6207 9977 (02) 5124 8080

Inner North (Dickson) Walk-in Centre: 111 Dickson Place, Dickson Australian Capital Territory 2602, Tel: (02) 6207 9977 (02) 5124 8080

**Tuggeranong Walk-in Centre:** Corner Anketell and Pitman Street, Greenway, Australian Capital Territory 2900, (02) 6207 9977 (02) 5124 8080

**Weston Creek Walk-in Centre:** 24 Parkinson Street, Weston, Australian Capital Territory 2611, Tel: (02) 6207 9977 (02) 5124 8080

## **Crisis Support Telephone Services**

**LIFELINE Crisis Support:** 13 11 14 (24/7)

**Domestic Violence Crisis Support Line:** (02) 6280 0900 (24/7)

**Beyond Blue:** 1300 224 636 (24/7)

**Suicide Call Back Service:** 1300 659 467 (24/7)

**MensLine Australia:** 1300 78 99 78 (24/7)

**Kids Helpline:** 1800 551 822 (24/7)

**Open Arms – Veterans and Families Counselling:** 1800 011 046 (24/7)

Drug and Alcohol Support Line: (02) 6207 9977 or

https://health.act.gov.au/services-and-programs/alcohol-and-drug-

services/counselling-and-treatment-service

**AA Helpline:** 1300 222 222

Find a meeting: Meetings | AA Canberra

**NA Helpline:** 1300 652 820

Find a meeting: Meetings - Narcotics Anonymous Australia

## **Mental Health Support Groups**

**GROW:** Peer to Peer Support Meetings

Wednesday 21/12, 28/12 & 4/1

10am - 12noon, Jerrabomberra Community Centre, 25/31 Jerrabomberra Parkway

Thursday 22/12, 29/12, & 5/1

10am - 12noon, Collins Wing, St. Benedict's Church, Narrabundah

6pm-8pm, Uniting Church, The Valley Avenue, Gungahlin

## Safe Haven Belconnen

Safe Haven in Belconnen is a free service for anyone in the community to chat with a peer mentor about how they, or someone they love, are feeling and be supported to other services if needed.

This welcoming space is open over the Christmas and New Year period including Christmas Eve and on New Year's Eve and the caring, specialist mental health staff are available to help with:

- safety planning
- access to a sensory room and sensory activities
- information and support for self-referral to other community services

Safe Haven is located at 56 Lathlain St, Belconnen ACT, open Tuesday-Saturday 3.00pm-10.00pm

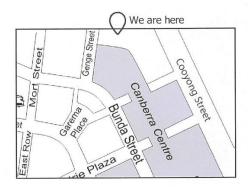
## **Other Services**

## OneLink | 1800 176 468

Provides information and connections for support services in the ACT, including services for families and young people, and services for people who are homeless or at risk of homelessness.

**OneLink** will be closed in the following dates: 25<sup>th</sup>, 26<sup>th</sup>, 27<sup>th</sup>, & 28<sup>th</sup> December 2022 and 1<sup>st</sup> January 2023.

Otherwise OneLink is open as follows: Mon to Fri 8am to 6pm, Sat & Sun 12:30pm to 5:00pm (phone service only).



### **Community Info Hub**

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## The Following services will not be operating as usual – changes in hours listed below

### **Canberra-wide**

Care Financial Counselling Service | 1800 007 007

Closed from: 24 December | Re-Opens: 3 January

CatholicCare | Braddon 6163 7600 | Red Hill 6295 4300 | O'Connor 6163

7647

Closed from: 23 December | Re-Opens: 3 January

**OzHarvest:** 

Closed from: 23 December | Re-Opens: 3 January

## **City/North Canberra**

Community Info Hub - City | 6248 7988

Closed from: 23 December | Re-Opens: 3 January

Canberra City Care – Charnwood | 6196 8632

Closed from: 22 December | Re-Opens: 4 January

**Communities @Work Community Pantry – Gungahlin | 6293 6500** 

Closed from: 24 December | Re-Opens: 10 January

**Directions Health Service - City | 6132 4800** 

Closed from: 24 December\* | Re-Opens: 3 January

(\*Open limited hours 10-2 on the 28th, 29th and 30th of December

Migrant and Refugee Settlement Service (MARSS) - City | 6248 8577

Closed from: 24 December | Re-Opens: 3 January

**Capital Region Community Services | 6264 0200** 

Closed from: 23 December | Re-Opens: 3 January

Early Morning Centre - Community Hub | 6247 5041

Closed from: 21 December | Re-Opens: 5 January

**Multicultural Hub Canberra - City | 6100 4611** 

Closed from: 16 December | Re-Opens: 4 January

**Needle Syringe Program (NSP) – City | 6143 5800** 

Closed From: 24 December\* Re Open: 3 January

(\*Open with limited hours 10-2 on the 28th,29th and 30th of December)

**Northside Community Service - Dickson | 6171 8000** 

Closed from: 24 December | Re-Opens: 3 January

Red Cross Roadhouse - City | 6234 7600

Closed from: 18 December | Re-Opens: 10 January

**St John's Care - Reid | 6248 7771** 

Closed from: 25 December | Re-Opens: 3 January

The Mustard Seed Uniting Food Pantry – Gungahlin | 6242 5001

Closed from: 23 December | Re-Opens: 2 February

**VolunteeringACT - City | 6251 4060** 

Closed from: 23 December | Re-Opens: 3 January

**Youth with A Mission The Pantry - Watson | 6241 5500** 

Closed from: 22 December | Re-Opens: 19 January

## **Belconnen and West Belconnen**

**Capital Region Community Services - Belconnen | 6264 0200** 

Closed from: 21 December | Re-Opens: 3 January

**Belconnen Youth Centre | 6264 0200** 

Closed from: 23 December | Re-Opens: 3 January

HandUp Food Care - Charnwood | 6196 8630

Closed from: 23 December | Re-Open: 5 January

**UnitingCare Kippax | 6254 1733** 

Closed from: 23 December | Re-Opens: 3 January



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**South Canberra, Woden and Tuggeranong** 

Capital Healing Rooms – Fyshwick | 6162 1977

Closed from: 16 December | Re-Opens: 30 January

**Communities@Work Community Pantry – Tuggeranong | 6293 6500** 

Closed from: 24 December | Re-Opens: 10 January

**Community Services #1 - Narrabundah | 6126 4700** 

Closed from: 24 December | Re-Opens: 4 January

**Community Service #1 Food Pantry | 6126 4700** 

Closed from: 24 December | Re-Opens: 4 January

**Gordon Community Centre | 6284 7003** 

Closed from: 22 December | Re-Opens: 10 January

**Mura Lanyon Youth and Community Centre – Conder | 6185 2090** 

Closed from: 23 December | Re-Opens: 2 January

Needle Syringe Program (NSP) - Woden | 6132 4900

Closed from: 24 December | Re-Opens: 3 January

**The Little Pantry – Woden Community Service | 6282 2644** 

Closed from: 24 December | Re-Opens: 3 January Right click on the image above

to link to the Community Directory.

**Woden Community Service | 6282 2644** 

Closed from: 24 December | Re-Opens: 3 January

Woden Youth Centre | 6282 3037

Closed from: 24 December | Re-Opens: 3 January