

Un coup de main
quand l'en a besoin

A helping hand
when you need one

RESOURCES FOR MEN

FOOD BANKS	MEALS /Drop-in centres	DROP-IN AND SHELTERS	CRISIS HELP	CLOTHING
<p>(bring ID and address)</p> <p>Lowertown : Good Neighbours Community House 145 Beausoleil Dr. Wednesdays: 9:30-11:30 and 1:45-3:30 pm 613-562-2925</p> <p>St. Joe's 151 Laurier East Fridays: 1:00 – 3:00 pm Call first: 613-233-4095 infor@stjoessuppertable.com</p> <p>Shepherds of Good Hope 233 Murray Wed-Friday 10am-1pm</p> <p>Salvation Army 171 George Street 613-241-1573 Mon, Tues, Wed Fri -Call for times</p> <p>Sadaqa Foodbank (Halaal) 174 Cobourg St. #200 613- 680-5679 Sat and Sun.: 10am-1pm</p>	<p>Salvation Army: Every day of the year Breakfast 8 am Mid-afternoon meal 3pm 171 George</p> <p>Shepherds of Good Hope: Dinner and drop-in 5:30 – 9pm</p> <p>St. Joe's supper table: 5:00- 6:15pm – Monday to Friday 151 Laurier</p> <p>Ottawa Mission 35 Waller St. Mon, Wed-Sun: 8am and 3pm Tues: 7:30 am and 3pm Sandwiches: 9 pm Drop-in: 8-4 (assistance: shelter, clothing, food – 24 hrs/day)</p> <p>Centre 507 613-233-5626 (soup, coffee, snacks, practical support, recreation activities) 507 Bank Street Mon-Fri 12:00 – 3:30 pm; Mon, Wed, Thu evenings 5:30 – 9:00pm; Sun 1:00 – 4:00pm</p>	<p>Centre 454 454 King Edward Ave Mon-Fri: 8:30 am- 11:30 12:30 – 3:30 (closed Wed pm) During winter – also open on weekends. (food, laundry, showers, social activities, supportive counselling)</p> <p>Capital City Mission: 512 Rideau Street Drop-in (coffee, sandwiches) Monday –Friday 9:30am -1:30pm Thurs eve: 6-8 pm Sat-Sun: 2-4pm</p> <hr/> <p>SHELTERS</p> <p>Emergency Housing : 613-560-6000</p> <p>Salvation Army: 171 George Street 613-241-1573</p> <p>Ottawa Mission (MEN 35 Waller St.</p> <p>Shepherds of Good Hope: 233 Murray</p> <hr/> <p>City of Ottawa</p> <p>311 – City of Ottawa services (access to sidewalk, needle hunters, street outreach van, etc) 211 – Information and referral for community, social, government and health services in Ottawa</p>	<p>Mental Health Crisis line (24 hrs) 613-722-6914 Outside Ottawa 1-866-996-0991</p> <p>Distress Centre Ottawa – 24 hrs /613-238-3311</p> <p>Tel Aide – French 613-741-6433</p> <p>Youth Services Bureau 613-562-3004</p> <p>Sexual Health Centre – Ottawa 179 Clarence St. 613-234-4641</p> <p>AIDS/Sexual Health info: 613-563-2437 (phone 9am-4pm)</p> <p>Telehealth: 1-866-797-0000</p> <p>Alcoholics Anonymous : 613-237-6000</p> <p>Narcotics Anonymous 613-613-4674</p> <p>Gamblers Anonymous 613-567-3271</p> <p>Ottawa Withdrawal Management (Detox) 613-241-1525</p> <p>AIDS Committee of Ottawa & The Living Room (613) 238-5014</p> <p>The Men's Project Men who were sexually abused 613-230-6179</p>	<p>Clothing: Ottawa Mission 9:30-10:15 613-234-1144</p> <p>Good Neighbours Community House, 145 Beausoleil Dr. 613-562-2925</p> <p>Shepherds of Good Hope 233 Murray St. 613-789-8210 Mon, Wed, Fri 10am-1pm</p> <p>Centre 507 507 Bank Street 613-233-5626 Clothing cupboard Monday-Friday 12pm – 3:30 pm</p> <p>Salvation Army 171 George Street 613-241-1573 Community and Family Services You may qualify for a clothing voucher from the Thrift store. Bring ID, proof of address and income stub. Monday-Friday 9am-11:30 12:30-4pm Closed Thurs aft.</p>