

Services and Community Centres

Updated: July 22, 2008

Name	Phone #	Hours	Laundry/Shower	Phone	Food	Services
Health Contact Centre 166 E Hastings	604-658-1224	Daily 12:30pm-6am	No	Yes	No	Cooking, Music, Art + other programs Nurse on call 3:30pm - 11:00pm
Mission Possible 543 Powell	604-253-4469	Daily 1:00pm-3:30pm Except Mondays	No	Yes 5 mins.	Free Food	Lunch + Snacks Tues - Fri Breakfast Saturdays 8:30am
Evelyn Saller Centre 320 Alexander	604-665-3075	Mon-Fri 9am-11pm Sat-Sun 10am-10pm	Laundry Mon-Fri 9am Shower Mon-Fri 9am-8pm	Business only	Cheap Food \$2.00 per meal	Haircuts 2nd Sunday 11am-3pm TV, Pool Tables, Cards, Board Games
First United Church 320 E Hastings	604-681-8365	Mon-Thurs 830am-4pm Fri 830am-12pm	Shower Mon-Fri 9am - 10:30pm	Yes	See Reverse	Basic Literacy (starts Sept. 3) Mon-Thurs 12:30pm-3pm
Life Skills Centre 412 E Cordova	604-678-8278	Mon-Fri 10am-4pm	Laundry & Shower	Yes	Free! Food See Reverse	Provides Picture ID
Gathering Place 609 Helmcken	604-665-2391	Daily 10am-8pm	Laundry & Shower (members only)	Yes	Cheap Food	Internet / Computers Haircuts (call first) Library, pool, fitness classes, music Provides GED Course
<i>Basic membership \$1 a year (clothing, health cnt, donation room, cheap food)</i>						
<i>Regular membership \$5 a year (library, fitness, health cnt, music, clothing, cheap food)</i>						
Carnegie Community Centre Main and E. Hastings	604-665-2220	Daily 9am-11pm	No	Yes for members	Food Services	School, Library, Pool Room, Board Games Weight room, Computer room
La Boussole 612 E Broadway	604-683-7337	Mon-Thurs 9am-4pm Fri 9am-12pm Fri 12-4pm woman only	No	Yes	Food Bank Tues + Thurs 10am (1st come 1st serve)	Employment Resource Centre, Board Games Help w/ Income Assistance, Cards Special social events every 2 weeks
Directions Youth Centre 1134 Burrard 21 years & under	604-633-1472	Open 24 hrs	Laundry & Showers 4pm-12am	Yes Inc. Long Distance	Free! Food See Reverse	TV, hair cuts (Sat + Sun), counseling, hygiene products, Nurse Mon + Wed 8am-4pm Female Doc Thurs + Male Doc Tues 8pm-10pm
Downtown Eastside Women's Centre 302 Columbia	604-681-8480	Mon-Fri 10am-5pm (open 11am on wed) Sat-Sun 12pm-5pm	Shower everyday until 3pm	Yes	Meal 1230pm	Victim services, mental health & legal advocates Nurse on duty Wed 1pm-4pm

Needle Exchange

Downtown Community Health Centre	569 Powell
604-255-3151 open 7 days a week	
Pender Community Health Center	59 W Pender
604-669-9181 Mon - Fri 830am-430pm	
Three Bridges	1290 Hornby
Home Detox, Methadone Program, and Counseling.	
Monday - Friday 830am-430pm Sat 10am - 5pm	
Deyas	221 Main
open 7 days a week from 8am-8pm	

Free Clothes

Union Gospel Mission	607 E Hastings
<i>Mon Wed Fri. 6:30am - 11am</i>	
Union Gospel Mission	601 E. Hastings
Woman only Mon - Fri 3pm-7pm	
First United Church	320 E Hastings
<i>Mon Wed Fri 9-1030am</i>	
Franciscan Sisters	385 E Cordova
Men only Mon-Thurs 9-11am	
Downtown Eastside Women's Centre	302 Columbia
open 7 days	

Ministry of Housing + Social Development

General:	
1725 Robson	604 660-3300
Disabilities:	
201-1023 Davie	604 660-3815
Rape Relief & Women's Shelter: 604 872-8212	
Suicide Line: BC Wide	1-800-784-2433
Crisis Centre: 604 872-3311	
Male Survivors of Sexual Abuse:	
202-1252 Burrard Street	604 682-6482
Nexus (counseling for youth 14-24yrs): 604 660-5216	

Shelter Line

604 875-6381	
Housing Assistance (Al Draycott)	604 873-7109
Street Nurse	604 660-9695
United We Can (Bottle Depot): 49 E Hastings <i>Monday -Friday 930am-5pm, Saturday -Sunday 930am-4pm</i>	
Safe Injection Site: 139 E Hastings <i>10am - 3:15am 604-687-7483</i> (also provides wound care)	

Free Food

Updated: November 20, 2008

Organization	Phone #	Address	Days of Operation	Details	
Christ Church Cathedral	604-682-3848	690 Burrard	Mon - Wed & Fri Thurs.	10am to 11am - Sandwiches 11:15am to 12pm - Soup + Sandwiches	
Union Gospel Mission	604-253-3323	616 E Cordova 601 E Hastings	Daily Daily Daily Mon, Wed, Fri Tues & Thurs	1:45pm - Soup, Sandwich, Fruit + Donut 7pm to 7:30pm - Full Dinner (<i>7:00pm on welfare day</i>) 4pm - Bread Line (<i>at 607 E. Hastings, laneway</i>) 10am to 12pm - Snacks 3pm - 6pm - Full Dinner	
Union Gospel Mission Youth Drop-In 25 Years & Under	604-688-7587	1075 Seymour	Mon, Wed, Fri Tues & Thurs	5:30pm - Full Dinner 2pm - Full Lunch	
Franciscan Sisters of Atonement	604-685-9987	385 E Cordova	Mon, Tues, Thurs, Fri Saturday	3:30pm - Soup + Sandwich 2pm - Sandwiches	
Mission Possible	604-253-4469	543 E Powell	Tues - Fri Wed + Friday Saturday Saturday	1pm-3:30pm Coffee + Snacks 1pm - Hot Meal 9am - Breakfast 12pm to 1pm - Coffee	
Potters Place Mission	604-313-6681	21 E Hastings	Daily (<i>except Sunday</i>) Daily (<i>except Friday</i>)	11am - Church Service, Full meal at 12:00 PM 9pm - Church Service, Full meal at 10:00 PM	
Door is Open	604-669-0498	373 E Cordova	Daily Wed (Women only) Wed (Women only)	11am - Soup, Sandwich, Muffins + Coffee 8:30am to 10:30am - Full Breakfast 11:30am to 12:30pm - Full Lunch	
First United Church	604-681-8365	320 E Hastings	Mon - Fri Mon - Fri	8:30am - Soup 9:30am - Sandwich + Coffee 12pm - Lunch	
Salvation Army; Harbor Light	604-646-6800	119 E Cordova	Mon - Fri Mon, Wed, Fri - Sun	11am - Hot Meal 5pm - Hot Meal	
First Baptist Church	604-683-8441	969 Burrard	Tues Wed	9:30pm - Hot Meal 6am to 7am - Breakfast	
Directions	604-633-1472	1134 Burrard	Daily	21 Years & Under: 8pm to 9pm - Hot Meal	
Crab Tree House (YWCA) Women Only	604-216-1650	533 E Hastings	Mon, Tues, Thurs Wed (<i>except cheque day</i>) Friday	2pm - Hot Lunch 10:30am - Coffee 12pm to 1:15pm - Soup + Bannock 2pm - Bag Lunch (take out)	
Downtown Eastside Women's Center	604-681-8480	302 Columbia	Daily	Women Only - 12:30pm - Hot Lunch	
Covenant House 24 years & Under	604-685-7474	575 Drake	Mon-Fri (drop in) Tues & Wed (drop in) Monday Friday	10am to 12pm - Pastries, bread + juice 2pm to 5pm - snacks 4pm to 6pm - Hot Meal Women Only - 2pm to 5pm - Hot Lunch	
		Friendship Providers	Seymour & Nelson Pigeon Park	Sunday Sunday	1:30pm - Sandwiches + Snacks 3:30pm - Sandwiches + Snacks
The Dugout	604-685-5239	59 Powell	Mon - Sat Sun & Holidays	7:15am - Soup + Coffee 8:45am - Soup + Coffee	
Life Skills Centre	604-678-8278	412 E Cordova	Mon - Fri Mon - Fri Mon - Fri	11:30am & 2:30pm - Coffee 10:30am - Breakfast 12pm to 12:30pm - Lunch	
Rainbow Community Church	604-299-9538	1401 Comox	Sunday	6pm - Hot Meal	
Bargain Food (not free, but cheap)					
Gathering Place Membership needed \$1 per year	604-665-2391	609 Helmcken	Daily	10am to 12pm - Breakfast \$2.00 12pm to 1:20pm - Lunch \$2.75 (Sandwich \$1.00) 4:15pm to 5:20pm - Dinner \$3.75	