

# Material Aid

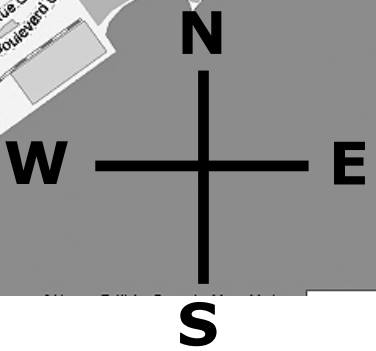
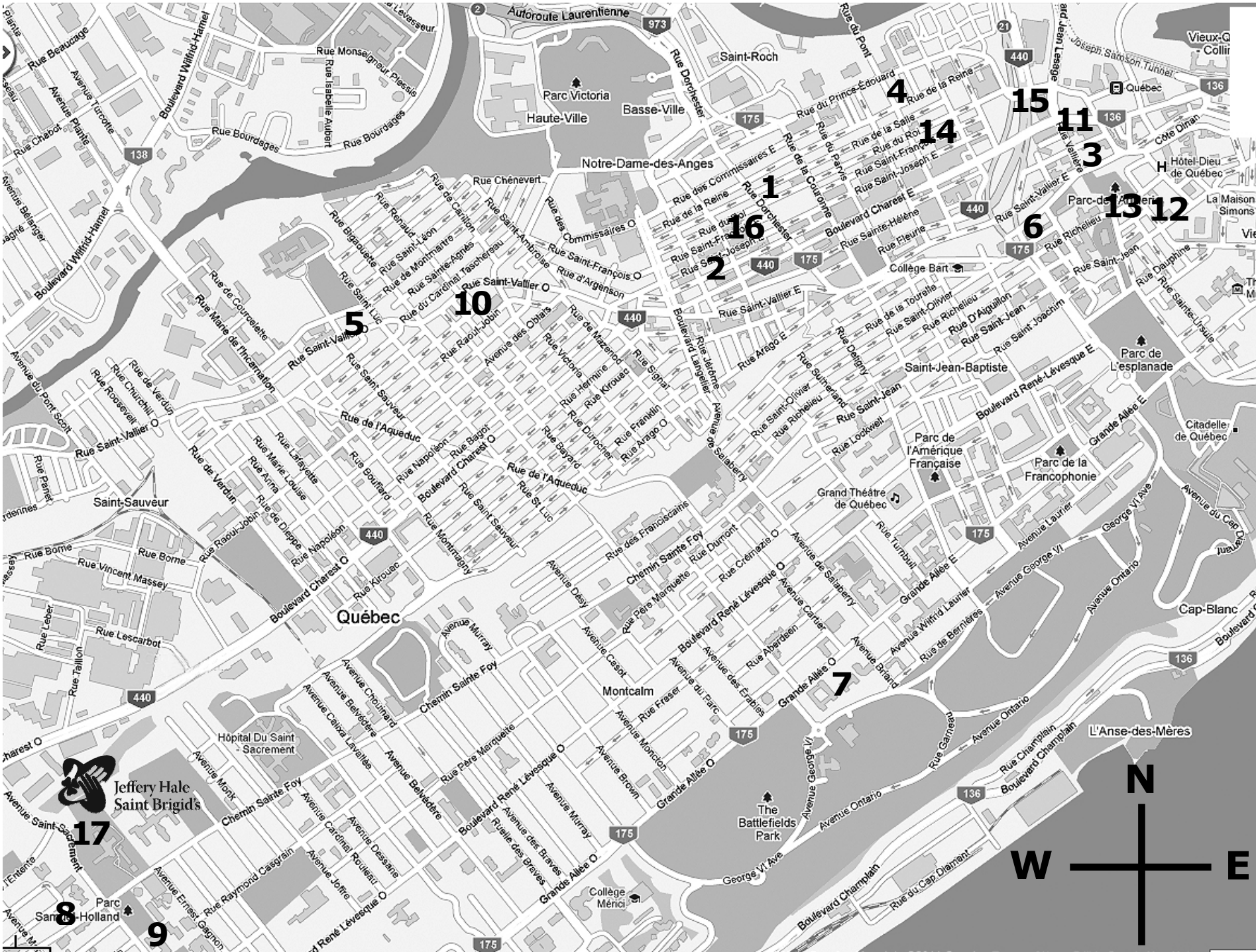
## Downtown Quebec City



Centre  
Wellness

Community Wellness Centre  
Pavillon Jeffery Hale  
1270, chemin Sainte-Foy  
Québec (Québec) G1S 2M4

[wejh.ca](http://wejh.ca)





## Clothing

- 1 Centre Ozanam**..... **418 522-0880**  
860, rue du Roi Mon – Fri 9 am - 5 pm, Sat. 9 am - noon  
ssvp-quebec.org clothes and furniture - \$
- 2 Entraide St-Roch** ..... **418-525-3513**  
160, rue St-Joseph Est . Mon–Fri 9:30– 11 am, Thus 1 :30-4 pm
- 3 Comptoir Emmaüs**..... **418 692-0385**  
915, rue St-Vallier Est Mon 9 am - 5 pm, furniture too - \$
- 4 Friperie Café Rencontre** ..... **418 266-0261**  
796, rue St-Joseph Est Mon-Thu, 9:30 am - 5 pm  
Fri-Sat, 10 am- 4:30 pm small furniture & other items too - \$
- 5 Service d'entraide Basse-Ville** ..... **418 529-6889**  
155, av. du Sacré-Coeur Mon - Fri 1 - 3:30 pm  
(closes July 13 - Aug 13) furniture & other items too - \$
- 6 Vestiaire Mallet** (closes for summer)..... **418 692-1762**  
945, rue des Sœurs-de-la-Charité Mon-Fri 9 -11 am and 1- 2 pm
- 7 Vestiaire St-Dominique**..... **418 522-3963**  
175, Grande-Allée Ouest Mon 9 - 11 am - \$
- 8 Vestiaire St-Sacrement**..... **418 527-2555**  
1330, ch. Sainte-Foy, door 5 (basement) (closes for summer,  
but leave a message and they will get back to you)  
Tuesday 1:00 - 2:30 pm - \$
- 9 YWCA** ..... **418 683-2155**  
1245, Chemin Sainte-Foy Mon - Wed 1 - 5 pm,  
Mon - Fri 10 am - 4pm, but closes at 7 pm on Thu - \$
- La Frippe** ..... **418 688-5162**  
2120 rue Boivin Mon – Sat 1 pm – 4:30 pm  
but opens at 10 am Fri – Sat and closes at 8:30 on Thu



## Lodging

- 10 Maison Revivre** ..... **418 523-4343**  
261, rue St-Vallier Ouest Lodging (with meals), men only - free
- 11 Maison de Lauberivière** ..... **418 694-9316**  
401, rue St-Paul Lodging (with meals), men & women  
\$1.50/night
- 12 Salvation Army** ..... **418 692-3956, press 1**  
**Hôtellerie pour hommes**, 14, côte du Palais  
Lodging (with meals) - Men only - \$
- 13 La Maison Charlotte**..... **418 692-3956, press 2**  
5, rue McMahon Lodging (with meals) - Women only - \$
- 9 YWCA**..... **418 683-2155**  
1245, Ch. Sainte-Foy Women only, lodging only (no meals) - \$



## Meals

- 6 Soupe Populaire, Soeurs de la Charité** .. **418 692-1762**  
945, rue des Sœurs-de-la-Charité Lunch, 7 days a week  
(except first 4 days of month), noon - 1 pm - free
- 11 Maison de Lauberivière** ..... **418 694-9316**  
401, rue St-Paul Supper, 5 pm - 75¢
- 14 Café rencontre du centre-ville** ..... **418 640-0915**  
796, rue St-Joseph Est Coffee & Toast, 9:30 am – 10:45 – 1\$  
Lunch, Mon - Fri 9:30 - noon - 50¢
- 10 Maison Revivre** ..... **418 523-4343**  
261, rue St-Vallier Ouest Men only, daily lunch  
(except first 10 days of month), noon - free



## Food banks

- Bouchée généreuse** ..... **418-648-8588**  
175 Bl Wilfrid-Hamel Parish Stadaonna Thu am, others pm – Free
- La Baratte** ..... **418-527-1173**  
2120, rue Boivin Call for appointment - \$
- Salvation Army** ..... **418 692-3956, press 1**  
815 boul Wilfrid-Hamel Call on Mondays for appointment - Free
- Société St-Vincent de Paul** ..... **418 522-5741, press 0**  
2225, Boul. Henri-Bourassa Call for appointment – Free



## Other

- 15 CLE des Quartiers-Historique** ..... **418 643-3300**  
(work / welfare) 400, boul. Jean-Lesage, Hall ouest, bureau 40  
Mon-Fri, 8:30 am - noon & 1 - 4:30 pm,  
but opens at 10 am Wednesday
- 16 Archipel d'entraide** ..... **418 649-9145**  
190, rue St-Joseph Est Food bank, support, community café
- 17 Jeffery Hale Hospital** ..... **418 684-5333**  
1250, ch. Sainte-Foy emergency room, 8 am to 8 pm  
x-rays, lab tests
- Crisis Centre** ..... **418 688-4240**  
24 hours/7 days a week
- Center for suicide prevention** ..... **418 683-4588**  
24 hours/7 days a week

## Notes

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**Use the numbers to find most places on the map (on back).**