



Clothing

1 Centre Ozanam **418 522-0880**
860 rue du Roi Mon - Fri: 9 am - 5 pm, closed weekends
ssvp-quebec.org furniture too - \$

2 Entraide St-Roch **418-525-3513**
555 rue Saint-François Est Mon: 8:30-noon, Tue - Thu: 9:30-
11:30 am, 1:30-3:30 pm, Fri: 9:30-11:30 am. Food aid on the
1st, 2nd, 3rd and 4th Tue of the month (call before). Christmas
hampers sign up in Nov. with distribution the 3rd week of Dec.

3 Comptoir Emmaüs **418 692-0385**
915 rue St-Vallier Est Mon - Wed: 9 am - 5 pm,
Thu - Fri: 10 am - 7 pm, furniture too - \$

4 Friperie du Café Rencontre **418 266-0261**
798 rue St-Joseph Est Mon - Thu, 9:30 am - 5 pm
Fri: 10 am - 4:30 pm small furniture & other items - \$

5 Friperie Service d'entraide Basse-Ville **418 529-6889**
155 av. du Sacré-Coeur Mon - Tue: 1 pm - 3:30 pm, Fri: 1 pm
- 3:30 pm, Thu: 1 pm - 7pm, Sat: 10 am - 2 pm
(closes July 13 - Aug 13) furniture & other items - \$

6 Maison Mère-Mallet (closes for summer) **418 692-1762**
945 rue des Sœurs-de-la-Charité Tue: Noon - 6 pm, Wed: 11 am
- 6 pm, Thu: noon- 6 pm, Fri: noon - 6 pm, Sat: 11 am - 4 pm

7 Vestiaire St-Dominique **418 522-5741, press 306**
171 Grande-Allée Ouest Mon: 9 - 11 am - \$

8 YWCA **418 683-2155**
855 avenue Holland, local A Mon - Wed: 10 am - 4 pm,
Thu: 10 - 7 pm, Fri: 10 am - 4pm, Sat: 10 am - 2 pm

La Fripe **418 688-5162**
2120 rue Boivin Tue - Sat: 11 am - 4:30 pm



Lodging

9 Maison Revivre **418 523-4343**
261 rue St-Vallier Ouest Sun to Fri: 9 am - 8 pm (closed on Sat)
Lodging (with meals), men only - free

10 Maison de Lauberivière **418 694-9316**
485 rue du Pont Mon to Fri: 8:30 am - 4 pm
Lodging (with meals), men & women \$1.50/night

11 Salvation Army **418 641-0050**
815 boulevard Wilfrid-Hamel Mon - Fri 9 - 4:30 pm
Lodging (with meals) -\$

12 La Maison Charlotte **418 692-3956, press 2**
5 rue McMahan Lodging (with meals) - Women only - \$

8 YWCA **418 683-2155**
855 av. Holland Women only, lodging only (no meals) - \$



Meals

6 Maison Mère-Mallet **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

10 Maison de Lauberivière **418 694-9316**
485 rue du Pont Open day & night, meals from 4 pm - 6 pm
Supper at 5 pm - 75¢

4 Café rencontre Centre-ville **418 640-0915**
796 rue St-Joseph Est Mon - Fri: 8:30 - 11:30 am and 12:30 -
1:30 pm. Coffee & Toast, 9:30 - 10:45 am - \$1. Lunch: noon \$1

9 Maison Revivre **418 523-4343**
261 rue St-Vallier Ouest Daily lunch
(except first 10 days of month), noon - free

La Baratte **418 527-1173**
2120, rue Boivin Breakfast, 8-10:30 am - free



Food banks

Bouchée généreuse **418-648-8588**
145 boul. Wilfrid-Hamel Mon - Fri: 9 am - 4 pm

La Baratte **418-527-1173**
2120 rue Boivin Mon - Fri: 8 am - 3:30 pm
Call for appointment - \$

11 Salvation Army **418 641-0050**
815 boul. Wilfrid-Hamel Call Mondays for appointment - Free

Société St-Vincent de Paul **418 522-5741, press 0**
2225 boul. Henri-Bourassa Call for appointment - Free



Other

13 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 10 am Wed

14 Archipel d'entraide **418 649-9145**
190 rue St-Joseph Est Food bank, support, community café

15 Jeffery Hale Hospital **418 684-5333**
1250 ch. Sainte-Foy, CLSC-type health and social
services in English, lab tests

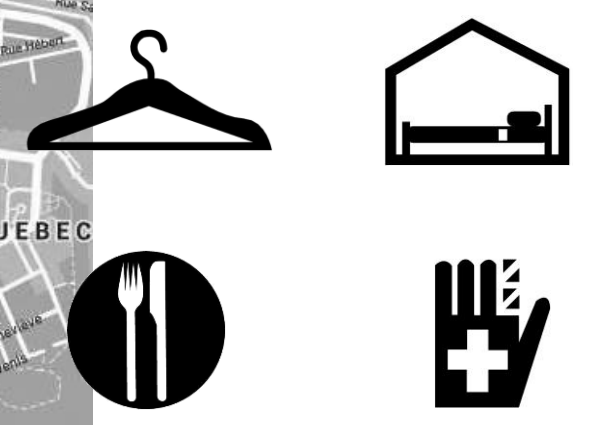
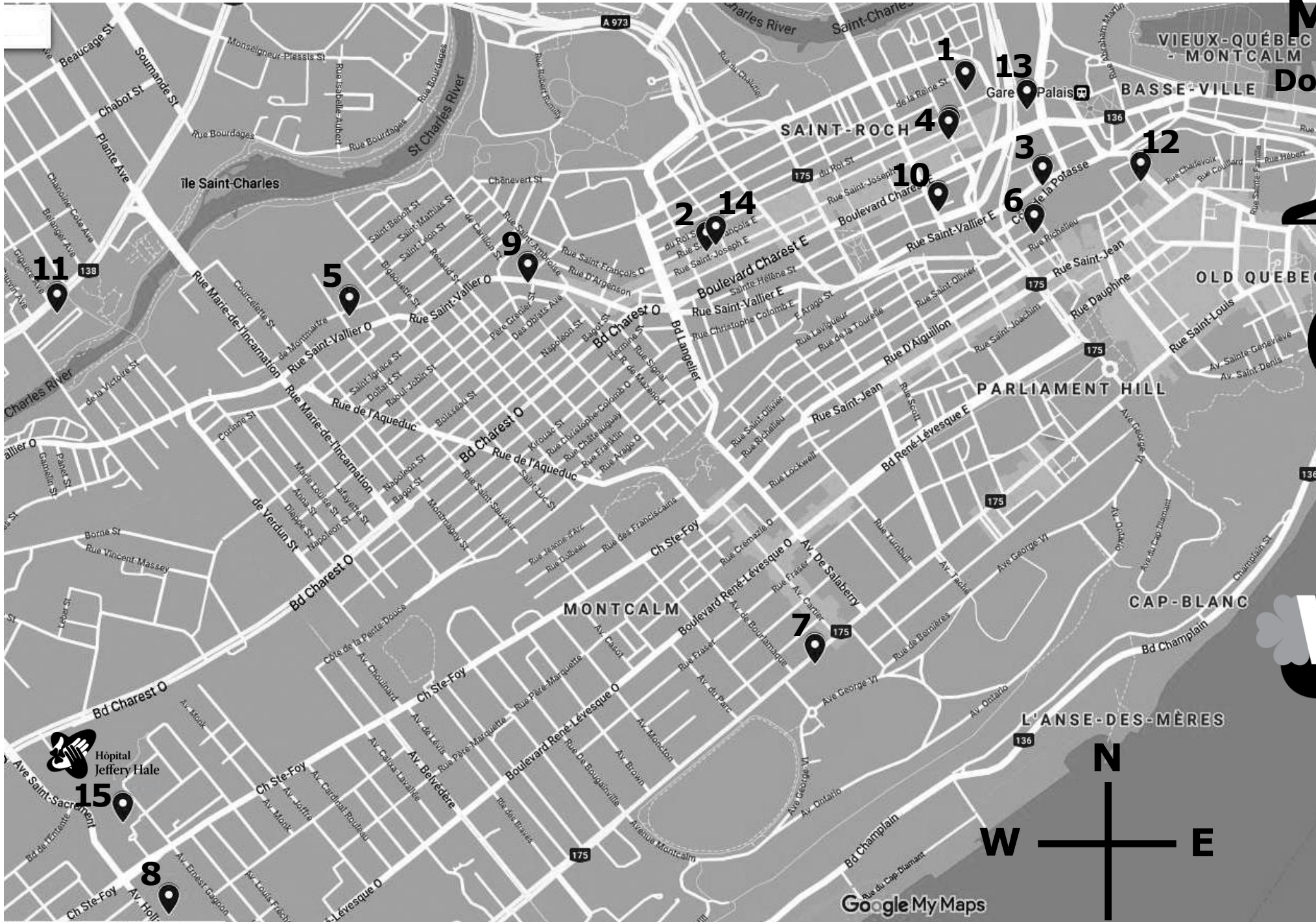
Crisis Centre **418 688-4240**
1380 A Boulevard René-Levesque 24 hours/7 days a week

Suicide Prevention Centre **418 683-4588**
1310 1ère Avenue 24 hours/7 days a week

Notes

Use the numbers to find most places located in the downtown area on the map (on back).

Material Aid Downtown Quebec City



Wellness
A Community of Care

Community Wellness Centre
Pavillon Jeffery Hale
1270, chemin Sainte-Foy
Québec (Québec) G1S 2M4
418-684-5333, ext. 11508

wejh.ca

