



Clothing

- 1 Centre Ozanam**..... **418 522-0880**
860 rue du Roi Mon-Fri 9 am - 5 pm, Sat. 9 am - noon
ssvp-quebec.org furniture too - \$
- 2 Entraide St-Roch** **418-525-3513**
160 rue St-Joseph Est Mon-Tue 9:30 - 11:30 am, 1:30 - 4 pm
Thu-Fri 1:30 - 4 pm
- 3 Comptoir Emmaüs**.....**418 692-0385**
915 rue St-Vallier Est Mon-Sat 9 am - 5 pm, furniture too - \$
- 4 Friperie Café Rencontre****418 266-0261**
798 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 Maison Mère-Mallet** (closes for summer)**418 692-1762**
945 rue des Sœurs-de-la-Charité Mon-Fri 9 -11 am, noon - 2 pm
- 7 Vestiaire St-Dominique**.....**418 981-5639**
171 Grande-Allée Ouest Mon 9 - 11 am - \$
- 8 Vestiaire St-Sacrement**.....**418 681-5678**
1330 ch. Sainte-Foy, door 5 (basement) (closes for summer,
but leave a message and they will get back to you)
Tue 1 - 3:30 pm - \$
- 9 YWCA****418 683-2155**
1245 ch. Sainte-Foy Mon-Wed 1 - 5 pm,
Mon-Fri 10 am - 4pm, but closes at 7 pm on Thu - \$
- La Fripe****418 688-5162**
2120 rue Boivin Tue-Wed 1 pm - 4:30 pm, Thu 1 - 8:30 pm
Fri-Sat 10 am - 4:30 pm (closed Sun & Mon)



Lodging

- 10 Maison Revivre****418 523-4343**
261 rue St-Vallier Ouest 9 am - 8 pm (closed Sat)
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 McMahan Lodging (with meals) - Women only - \$
- 9 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
- 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 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**
175 boul. Wilfrid-Hamel Thu only 10 - 11:30 am & 1 - 3 pm - Free
- La Baratte****418-527-1173**
2120 rue Boivin Mon-Fri 8 am - 3:30 pm Call for appointment - \$
- Salvation Army**..... **418 692-3956**
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

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

Material Aid

Downtown Quebec City



Centre
Wellness

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

wejh.ca

