

Food Banks

Community Food Basket Wed & Fri 12:00pm - 3:00pm
245 Union St. (old Academy of Learning), **652-2707**

North End Food Association Tues 10:00am - 1:00pm
Rivercross Mission (Corner of Metcalf and Durham).
Find us on Facebook **634-7403**

West Side Food Bank Tues & Fri 1:00 - 3:00
Carlton Community Center, Market Place **635-1060**

East Food Bank Tues & Fri 1:00pm - 3:00am
648 Westmorland Rd. **633-8298**

Other Assistance Available

Ave. B Harm Reduction Mon-Wed 8:30am - 3:00pm
Thurs 8:30am - 7:00pm, Fri 8:30am - 3:00pm
Needle exchange, support, education, advocacy.
62 Waterloo St. **652-2437**

Community Health Centre 8:00am - 4:00pm
Saint John Food Purchasing Club location
116 Colburg St. (next to St. Joseph's) **632-5537**

Family Plus/Life Solutions – Family Counselling
199 Chesley Drive **634-8295**

Free Legal Clinic (every 2nd Wed) 6:00pm - 8:00pm
30 minutes of free legal counsel (No family law)
90 King St. **634-3600**

Freshstart Services for Women & Children
Advocacy & support, 66 Waterloo St. **638-1409**

John Howard Society 44 Peters St.,
Mental Health issues, homeless, living in poverty, and
those in conflict with the law. **657-5547**

P.E.E.R. SJ Mon, Tues, Thurs, Fri - 9:15am - 5pm,
Wed - 10:15am - 5pm, for youth (16-25) experiencing
addiction, mental health issues or other struggles.
No referral necessary, 28 Richmond St. **658-5374**

P.U.L.S.E. Year-round income tax prep
call for apt., 251 Wentworth St. **632-6807**

Sophia Recovery Centre Mon - Fri., 9:30 - 4:30
Support for women overcoming addiction
83 Hazen St., **633-8733**

Stone Church Tues - Fri 9:00am - 11:30am
Free laundry, 87 Carleton St. **634-1474**

S.P.C.A. 12:00pm - 3:00pm
Emergency pet food, supplies, ID required
295 Bayside Dr. **642-0920**

Safe Harbour
Transitional Housing for youth ages 16-19
24hrs, 50 Broad St. **642-6647**

Stone Church Tues. - Fri. 9:00am - 11:30am
Free Laundry

Shelters

Outflow for men 18yrs and over 8:00pm - 8:00am
162 Waterloo St. **658-1344**

Coverdale for women 4:00pm - 8:00am
Drop in 148 Waterloo St., 8:00am - 4:00pm **672-6285**

Hestia House for abused women and children,
24 hr. **634-7570**

Clothing, Household, etc.

St Vincent de Paul Mon, Tues, Thurs 9:00 - 12:00,
1:00pm - 3:00pm Clothing, household items, food
assistance, 146 Waterloo St.

Hillcrest Baptist Fri 12:30pm - 2:00pm
Caring Closet, 476 Lancaster Ave.

The Salvation Army, Wed & Fri, 9:30am - 12:00pm,
1:00pm - 3:00pm, Voucher to Thrift Store,
27 Prince Edward St

Hope Mission 9:30am, Clothing depot
(corner of Metcalf & Durham St.) **642-8060**

St. Luke's Church, during drop in hrs.
Corner of Main & Lansdowne (*Use the Metcalf Street
entrance*), Clothing depot, free haircuts 1/month,
free foot care, **693-4152**

Important Numbers

Alcoholics Anonymous	650-3114
Chimo Crises Line	1-800-667-5005
Domestic Violence Outreach	649-2580, 632-5616
Family Resource Centre	633-2182
Gamblers Anonymous	1-800-461-1234
Gentle Path Counselling	652-7284
Mobile Mental Health	1-888-811-3664
Narcotics Anonymous	658-0779
Portage Emerg. Help Line	1-506-450-4357
Pregnancy Resource Center	634-1867
Ridgewood Detox	674-4300
Saint John City Police	648-3333
Sexual Health Center	658-3998
Social Development	1-866-441-4340
Teen Resource Center	632-5531
Telecare Health	1-800-244-8353



Hope Café Wed & Fri 9:30am - 12:00pm

The Salvation Army **634-1633**
27 Prince Edward St

Bible Study Doors open 9:30, 10:00am – 11:00am
(Starts April 29th)

Personal care items, thrift store vouchers, etc.
Wed and Fri 9:30am - 12:00pm, 1:00pm - 3:00pm



Romero House **Weekdays** 8:00am - 4:00pm
Weekends & Holidays 9:00am - 1:00pm

Every day of the year - full meal on weekdays, soup &
sandwich on weekends.
Clothing/furniture: Tues., Wed., Thurs, 9:30am - 1:00pm
Emergency groceries- after food bank visit & in need.
Community Health Nurse Thurs 10am - 12pm and one
Tues /month Foot care one Friday/month
School supplies and personal care items as requested
Free hair cut one Friday/month

649 Brunswick Drive **642-7447**

For changes or additions, please contact
lynn_cook@can.salvationarmy.org

Meals in Saint John

Monday

Crescent Valley Resource Centre 9:00am
Healthy Breakfast
 130 MacLaren Blvd. **693-8513**

St. Luke's Anglican Church 10:00am - 1:00pm
 Drop-in with noon meal, (Cereal available
 10:00am)
 Corner of Main & Lansdowne
 (use the Metcalf Street entrance at the back)
693-4152

Outflow 6:30pm
 SJ Vineyard, Doors open @ 6pm
 204 Carmarthen St. **648-0998**



Tuesday

St Luke's Anglican Church 8:00am - 9:30am
 (use the Metcalf Street entrance at the back)
 Breakfast 369 Main St. North **693-4152**

Lunch Connection Picnic Lunch 11am
 Starts first week after school dismissal for summer
 PULSE 251 Wentworth Street **632-6807**

Calvary Temple noon (KD, Students only)
 83 Sydney St. Side entrance **634-1688**

Outflow 6pm (except last Tues. Of month)
 162 Waterloo St., door opens at 5:30pm **658-1344**

Church of St. Andrew and St David
 (last Tues. of month only) 4:30 - 6:00 pm
 Trinity Anglican Hall, 115 Charlotte St. **634-3092**

Hope Mission **9:30am**
 drop in for coffee, noon meal
 corner of Metcalf & Durham, 642-8060

Wednesday

Trinity Anglican (3rd Wed. only) 9:00am
 (Sept - June) Breakfast 115 Charlotte St,
693-8558

Crescent Valley Resource Centre 9:00 am
 Healthy Breakfast, 130 MacLaren Blvd. **693-8513**

Nic Nicolle Centre 12 noon - 1:00pm
 ONE Change Community Lunch
 85 Durham St. **658-2980**

Coverdale 12:00 noon
 2nd & 4th Wednesday only (women only)
 148 Waterloo St. **634-1649**

Outflow
 Doors open at 5:30pm, serving at 6:00pm
 162 Waterloo St. **658-1344**

St Luke's Anglican Church 1pm
 Community drop in
 369 Main St. , **693-4152**



Thursday

Calvary Temple 3rd Thurs only 12:00 noon
 Program, meal & bag of groceries
 83 Sydney St. **634-1688**

Outflow doors open at 5:30pm, meal 6:00pm
 162 Waterloo St. **658-1344**

Friday

Lunch Connection Picnic Lunch 11am
 PULSE 251 Wentworth Street **632-6807**

Hillcrest Baptist Church 11:00am
 Soul Cafe 476 Lancaster Avenue **635-8000**

Saturday

St Mary St Bartholomew Church 4:30 pm
 646 Westmorland Rd. **696-1347**

Sunday

Saint John Vineyard Church 9:30am - 1:45pm
 2nd & 4th Sunday, Open Pantry
 204 Carmarthen St. **648-0998**

Outflow Upper Room 5:30pm
 Doors open at 5pm, serving at 5:30 pm
 162 Waterloo St. **658-1344**

Barbeque 11:30am
 Westside Anglican Mission
 Caletton-Kirk United Church
 1 Carleton Place Pl. **343-8958**
Emergency Food Pantry –hours are as need.
 Call for assistance. **343-8958**

