



FREE MEALS IN HALIFAX

MONDAYS

Breakfast
Brunswick St. Mission
2107 Brunswick St
7:15 am- 8:30am

Lunch
Hope Cottage
2435 Brunswick St.
10:00 - 11:00

Lunch
Soul's Harbour
Rescue Mission
5568 Cunard st.
12:00-3:00

Supper
Hope Cottage
2435 Brunswick St.
5:00-6:00

April 2024

We do our best to keep these updated monthly. Contact us if you need a more recent calendar.

Any Changes or updates?

Let us know!

Sheena:

jamiess@halifaxlibrary.ca

902-478-9927

TUESDAYS

Breakfast
Brunswick St. Mission
2107 Brunswick St
7:15 am- 8:30am

Lunch
Hope Cottage
2435 Brunswick St.
10:00 - 11:00

Lunch
Housing Hub Drop-In
10:00am - 1:00pm
5506 Cunard Street

Lunch : Soul's Harbour
Rescue Mission
012:00-3:00
(FreeMart is also open for hygiene & personal items)

Lunch & Snacks / St. Mary's : 5221 Spring Garden rd.
1:00 - 2:30

Supper
Hope Cottage
2435 Brunswick St.
5:00-6:00

WEDNESDAYS

Breakfast
Brunswick St. Mission
2107 Brunswick St
7:15 am- 8:30am

Lunch
Hope Cottage
2435 Brunswick St.
10:00 - 11:00

Lunch : Soul's Harbour
Rescue Mission
5568 Cunard st.
12:00-3:00

(FreeMart is also open)

Lunch & Snacks
St. Mary's
5221 Spring Garden rd.
1:00 - 2:30

Lunch
St. Paul's Church
1749 Argyle St.
12:00 noon

Supper
Hope Cottage
2435 Brunswick St.
5:00-6:00

Salvation Army Meal Truck
Old Library - Grafton St.
5:00 - 7:00

THURSDAYS

Breakfast
Brunswick St. Mission
2107 Brunswick St
7:15 am- 8:30am

Lunch
Hope Cottage
2435 Brunswick St.
10:00 - 11:00

Lunch : Soul's Harbour
Rescue Mission /
5568 Cunard st.
12:00-3:00

(FreeMart is also open for personal items, hygiene items, etc.)

Lunch & Snacks / St. Mary's : 5221 Spring Garden rd.
1:00 - 2:30

Supper
Hope Cottage
2435 Brunswick St.
5:00-6:00

FRIDAYS

Breakfast
Brunswick St. Mission
2107 Brunswick St
7:15 am- 8:30am

Brunch @ David's Place
St. David's church
1544 Grafton St
10:00 - 12:00

Lunch
Hope Cottage
2435 Brunswick St.
10:00 - 11:00

Lunch
Housing Hub Drop-In
10:00am - 1:00pm
5506 Cunard Street

Lunch : Soul's Harbour
Rescue Mission /
5568 Cunard st.
12:00-3:00
(FreeMart is also open)

Lunch & Snacks
St. Mary's : 5221 Spring Garden rd. 1:00 - 2:30

Supper - Hope Cottage
2435 Brunswick St.
5:00-6:00

WEEKENDS:

SATURDAYS

Bagged Lunch
Soul's Harbour
Rescue Mission
5568 Cunard st.
12:00-1:00

Supper
dine-in or take-out
St. George's
Round Church
2221 Maitland street
4:00-5:00

SUNDAYS

Breakfast
St. Matthew's
United Church
1479 Barrington st.
8:00am-9:00am

Sunday Supper
St. Andrew's United
6036 Coburg rd.
4:00-5:30

Laundry & Shower resources in Halifax/Dartmouth



Laundry

Brunswick Street Mission

Tuesday, Wednesday, Thursday & Friday 9:30-2:30

(Closed from 12:00-12:30)

2107 Brunswick Street, 902-423-4605

For unhoused members of the community

Adsum Dartmouth Drop-in

For women, families and gender diverse folks

Wednesdays, 10:00am - 1:00pm

107 Albro Lake Road, Dartmouth

902-423-1687

Loads of Love: Christ Church Halifax's Monthly Free Laundry Night

Bluenose Laundromat - 2198 Windsor St.

5:30pm - 8:00pm (last load in at 7:00pm)

The following Mondays:

April 29th, May 27th

April 2024 We do our best to keep these updated monthly. These programs are run by independent agencies; calling ahead to get more information is encouraged. Please ensure you have the most recent. Any Changes or updates? Let us know!

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Showers

Soul's Harbour FreeMart Hours

Tuesdays, Wednesdays, Thursdays

902-405-4663. 5568 Cunard st. Halifax / 12:00-3:00

Beacon House Shelter (Sackville) Shower is available to community members from 6-8pm every evening and to shelter residents from 8pm-7am. Call to see if shower is available after 6pm or first come, first served.

125 Metropolitan Ave, Lower Sackville. (902) 864-1584.



Laundry **and** Shower

Housing Hub Drop-In (Laundry & Shower)

Tuesdays 10:00am-1:00pm / Fridays 10:00am-1:00pm

(Operates on a sign-up process)

101-5506 Cunard street / (902) 229-2692

Adsum Alders (Laundry & Shower)

For women, youth & gender-diverse folks

Mondays & Fridays (except holidays) / 10:00am-1:00pm

2380 Gottingen st. , 902-492-1120