

HARM REDUCTION SUPPLIES

ACCESS
 Mount Carmel
 640 Main St.
 Mon-Fri: 9am-4:30pm

Clinic
 888 Main St.
 Mon-Fri: 9am-4:30pm

Sage House
 433 Dufferin St.
 Mon-Fri: 12pm-8pm

Nine Circles
 705 Broadway Ave.
 Mon-Fri: 9am-5pm

North End Women's Centre
 394 Seikirk Ave.
 Mon-Fri: 9am-4pm

Street Connections
 496 Hargrave St.
 Mon-Fri: 8:30am-4:30pm + Mobile

Main Street Project
 24/7: call
 204-982-8245

TAKE-OUT MEALS

710 Aberdeen
 710 Aberdeen St.
 Mon, Thu, Fri:
 11:30am-12:30pm

Aboriginal Health & Wellness
 181 Higgins Ave.
 Mon-Fri:
 9:30am-4:30pm

Agape Table
 364 Furby St.
 Mon-Fri: 8am-10:30am

Andrews Street Family Centre
 220 Andrews St.
 Mon-Fri: 12pm-2pm

Crossways in Common
 222 Furby St.
 Mon/Wed/Thu/Fri
 10:30am & 12:30pm

Lighthouse Mission
 669 Main St.
 Mon-Thu: 9am-3:30pm
 Fri: 1pm-7:30pm

Sage House
 422 Dufferin St.
 Mon-Fri, 12pm-8pm

Missionaries of Charity
 167 Aikins St.
 Mon, Wed, Fri, Sat
 9:30am-10:45am

INDOOR WASHROOMS

ACCESS
 Salvation Army
 324 Logan Ave.
 Mon-Fri, 9am-3pm

Downtown
 8:45am-4:30pm
 Mon-Fri,

Klinic
 870 Portage Ave.
 Mon-Thu:
 9am-8pm
 Fri 9am-5pm

Millennium Library
 251 Donald St
 Mon-Sat: 10am-9pm
 Sun: 1pm-5pm

Centre
 555 Spence St.
 Mon, Wed, Thu, Fri
 9am-4pm

Thrive Resource Centre
 823 Elllice Ave.
 Mon-Fri: 2pm-6pm

DMSCA
 705 Broadway Ave.
 Mon-Fri: 9am-5pm

Nine Circles
 181 Higgins Ave.
 Mon-Fri: 8:45am-4:30pm

Aboriginal Health & Wellness
 433 Dufferin St.
 Mon-Fri: 12pm-8pm

Sage House
 433 Dufferin St.
 Mon-Fri: 12pm-8pm

Nine Circles
 705 Broadway Ave.
 Mon-Fri: 8:45am-4:30pm

North End Women's Centre
 394 Seikirk Ave.
 Mon-Fri: 9am-4pm

Street Connections
 496 Hargrave St.
 Mon-Fri: 8:30am-4:30pm + Mobile

Main Street Project
 24/7: call
 204-982-8245

TAKE-OUT MEALS cont'd

NorWest Co-op
 103-61 Tyndall St.
 Mon, Wed, Fri
 11:30am-1:30pm

Oak Table
 109 Pulford St.
 Mon-Thu:
 12:30pm-3pm

RaY
 125 Sherbrook St.
 Every day, 11am-3pm

WE24/SNA-MERC
 430 Langside St.
 Fri/Sat & holidays
 11pm-7am

WestEnd Commons
 365 McGee St.
 Mon, Tue, Thu, Fri
 1:30pm-4pm

HYGIENE SUPPLIES

ACCESS
 Mon, Tue, Wed,
 Fri: 9am-5pm
 (closed 12-1pm)
 Sat: 1pm-5pm

Sage House
 422 Dufferin Ave.
 Mon-Fri: 12pm-8pm

North End Women's Centre
 394 Seikirk Ave.
 Mon-Fri, 9am-4pm

North Pt. Douglas Women's Centre
 221 Austin St.
 221 Austin St.

SHOWERS & LAUNDRY

West Central Women's Resource Centre
 24/7
 1466 Arlington St.

Union Gospel Mission (Showers only)
 320 Princess St.
 Daily: 2pm-4pm

PHONES

ACCESS
 640 Main St.
 Mon-Fri: 8:45am-4:30pm

EIA Centralized Services
 111 Rorie St.
 Mon-Fri: 8:30am-4:30pm

Salvation Army Weetamah
 324 Logan Ave.
 Daily: 9am-4pm

Nine Circles
 705 Broadway Ave.
 Mon-Fri: 8:45am-5:00pm

DROP-INS

Main Street Project
 190 Disraeli St.
 Daily: 9:30am-4pm

Union Gospel Mission
 320 Princess St.
 Mon-Fri: 2pm-4pm

Rossbrook House
 658 Ross Ave.
 Mon-Fri: 8am-12am, Sat-Sun: 24 hours for youth 6-24

Salvation Army Weetamah
 324 Logan Ave.
 Daily: 9am-4pm

Sscope
 865 Main St.
 24/7

ADULT SHELTERS

Main Street Project
 180 Henry St.
 190 Disraeli St.
 • Temporary low-barrier overnight shelter with physical distancing
 • Wheelchair accessible
 • Separate floors for men and women

Salvation Army
 180 Henry St.
 190 Disraeli St.
 • Overnight shelter with physical distancing
 • Temporary low-barrier overnight shelter with physical distancing
 • Wheelchair accessible
 • Separate floors for men and women

Siloam Mission
 300 Princess St.
 394 Seikirk Ave.
 Mon-Fri, 9am-4pm

North End Women's Centre
 394 Seikirk Ave.
 Mon-Fri, 9am-4pm

West Central Women's Resource Centre
 24/7
 1466 Arlington St.

Union Gospel Mission (Showers only)
 320 Princess St.
 Daily: 2pm-4pm

Pocket Resource Guide



This version is current as of Oct 8, 2020
 All information is subject to change!
 Find more pandemic resources at:
www.sunshinehousewpg.org/wpr

OUR HOURS
Monday and Wednesday:
 2:00pm - 4:30pm
 6:00pm - 8:00pm
Tuesday and Saturday:
 12:00pm - 2:00pm
Sunday:
 11:00am - 1:00pm

Sunshine House, Inc.
 646 Logan Ave. (at Sherbrook St.)
 204-783-8565