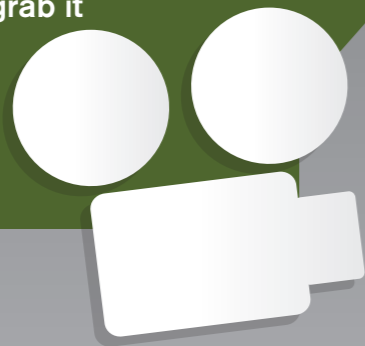


OUT OF THE COLD

5:30 PM

Sign-In, enjoy some coffee, snacks and some movies in the TV room. If you need a fresh pair of socks or underwear, you can also grab it from our intake staff.



6:30 PM

Supper time! Soup, salad, bread and a range of main courses (pork chops are a favourite!). And don't forget to grab some ice cream on Saturday and Sunday.

7:30 PM

Pick up your bedding for the night, a towel if you want a shower and whatever toiletries we can help with. On Saturday nights you can also have a look through our donated clothing if there's anything you need.



8:30 pm

If you feel like going to bed, you can, but you can also stay up to watch movies or borrow a board game or a book from our collection. On Saturdays, if you wanted to get any help from our staff social worker, now's a great time to get some support on anything from housing, to health supports, to finding out what funding you might be eligible for.

7:00 am

Time to go, but hopefully we'll see you tomorrow night!

6:00 am

Breakfast. Enjoy coffee, juice, eggs, toast, cereal and some tasty breakfast meat. If you have to leave before we're ready to serve, don't forget to let staff know the night before so we can give you an early wakeup call and pack you a meal for work.



12:00 am

Curfew - Don't worry, if you are going to be late coming back from work, just give us a call and we'll make sure your bed and a meal are waiting when you get back.

9:30 pm

Time for evening snack, if you're feeling a little peckish before bed.