

**Free Lunch!
All are welcome.**

**ST. LUKE'S LUNCH CLUB
AND
DROP-IN CENTRE**



**760 Somerset Street West,
(at the corner of Bell Street North)
Ottawa, Ontario
K1R 6P9**

**Office phone: (613) 238-4193
Drop-In Telephone: (613) 234-6287
E-mail: slclub@yahoo.ca**

**Program Co-ordinator:
Maxine Stata**

Our Program

Our Lunch Club has been an outreach of St. Luke's Anglican Church since 1983 as a support service for the disadvantaged. Open five days a week, our Day Program provides much-needed community services, such as:

- meal programs for those in need
- social services
- recreational services
- counseling services

The goals of our centre are to provide a supportive environment where visitors can maintain and improve their personal and mental health. The program takes place in a safe and secure venue, which encourages the development of trust. We aim to assist all of our clients with practical and emotional needs, which will enable them to thrive in the community.

Our Services

Here at St. Luke's, we provide numerous services which not only benefits our members in the short term, but also encourages long-term emotional, social and psychological benefits.

- providing a safe environment
- personal and practical support
- a light breakfast
- a noon meal

- telephone services
(outgoing, incoming, messages)
- use of our mailing address
- writing paper and envelopes
- daily newspapers

- used books and magazines
- daily recreational activities
- personal hygiene supplies
- laundry soap

- used clothing
- socks, mitts and hats
- use of computers
- computer training

- flu shots / T. B. testing
- referrals to other agencies
- addiction counselor / R. O. H.
- health clinic / nurse practitioner

- mental health worker / SWCHC / ROH
- emergency outreach
- rooming-house support worker
- housing help
- SITE / HIV prevention

Our Target Population

Anyone who is in need of a supportive environment and/or practical assistance, or who finds it difficult to participate in structured programs due to poverty, illness and/or under-developed life skills.

This includes:

- male / female
- homeless or transient
- lonely
- unemployed
- recently de-institutionalized
- psychiatrically disabled
- working poor
- single parents
- seniors
- youth
- families
- individuals suffering from
drug / alcohol abuse
- living in poverty

***May no one go hungry
in
body, mind or spirit.***

Funding & Donations

Our program is primarily funded by:

- the City of Ottawa
- private donations
- service clubs
- fund-raising activities

Food is donated from:

- The Ottawa Food Bank
- City Harvest
- Fresh Harvest
- individuals
- community groups

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Bus # 2 stops at our door!

**Open:
8:00 a.m. - 11:30 a.m.
and
12 noon - 2:00 p.m.
Monday - Friday**