

Santa Cruz FREE Guide www.free-guide.org

→ Help

Coffee Talk Support at the Library *9am Thursdays* 224 Church St.

River Street Shelter 115C Coral St. 831-459-6644

Paul Lee Loft 115 Coral St. 831-458-6020

Second Harvest Food Bank *hotline to free food locations* 831-662-0991

Homeless Persons Health Project *emergency medical* 831-454-2080

Supportive Services for Veteran Families 846 Front St. 831-454-0478

Walnut Ave. Family & Women's Center *domestic violence* 831-426-3062

New Life Recovery 707 Fair Ave. *addiction treatment* 831-427-1007

Pets of the Homeless.org *free emergency vet & pet food* 775-841-7463

Suicide Prevention Crisis Hotline 877-ONE-LIFE **Crisis Text** 741-741

Free PTSD Counseling 510-541-6746 **Emergency Directory** 211

→ Meals

Mon-Fri 12pm **Saint Francis Soup Kitchen** 205 Mora St. *off River St.*

Mon 6pm **Calvary Episcopal Church** 532 Center St. *downtown Red Church*

Tues-Fri 10am **Homeless Garden Project** Delaware & Shaffer *work/lunch*

Wed 7am **Elm Street Mission** 117 Elm St. *arrive before 7:15am*

Thu & Fri 7am **Grey Bears** 2710 Chanticleer Ave. *work for groceries & lunch*

Fri, Sat & Sun 4:30pm **Elm Street Mission** 117 Elm St. *arrive before 5:15pm*

Sat Noon **Manna Ministries** 7600 Soquel Dr. Aptos *Resurrection Church lot*

Sat & Sun 4pm **Food Not Bombs** Downtown Post Office *Front & Water St.*

Sun 10:30am **Elm Street Mission** 117 Elm St. *arrive before 11:15am*

→ Showers & Toilets

Showers Mon-Fri 10am-1:30pm **Homeless Services Center** 115 Coral St.

Showers Mon-Fri 11am-12:30pm **St. Francis Soup Kitchen** 205 Mora St.

Mon-Thu 10am-7pm, Fri-Sat 5pm, Sun 1-5pm **Library** 224 Church St.

Mon-Sat 9am-9:30pm **Louden Nelson Center** 301 Center St.

6am-10pm **Parking Garage** *Locust-Cedar & corner Soquel and Front St.*

10pm - 6am **Portapotty** *corner of Lincoln & Cedar St.*

10pm - 6am **Portapotty** *parking lot near Mission St. Center & Cedar St.*