

# **Santa Cruz FREE Guide** [www.free-guide.org](http://www.free-guide.org)

## **→ Help**

**Coffee Talk Support at the Library** *9am Thursdays* 224 Church St.  
**River Street Shelter** 115C Coral St. *call to get on waiting list* 831-459-6644  
**Paul Lee Loft** 115 Coral St. *call to get on waiting list* 831-458-6020  
**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  
**Janus of Santa Cruz** 707 Fair Ave. *addiction treatment* 831-462-1060  
**Pets of the Homeless.org** *free emergency vet & pet food* 775-841-7463  
**Second Harvest Food Bank** *call for free food and groceries* 831-662-0991  
**Suicide Prevention Crisis Hotline** 877-ONE-LIFE **Crisis Text** 741-741

## **→ 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.