

## Women's Resources

### Elizabeth Fry Society

2A-32330 South Fraser Way  
604-504-7791

#### Women's Drop In Center Hours

Monday & Friday 9:30 am – 6:00 pm  
Tuesday 4:00 pm – 9:00 pm  
Wednesday 10:00 am – 2:00 pm  
Thursday 9:30 am – 6:00 pm

Coffee, tea, sandwiches, snacks,  
clothing and counseling

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### Women's Resource Society of the Fraser Valley

#### Women's Drop-in

##### The Warm Zone

2481 McCallum Rd  
Upstairs at rear of building

##### Monday - Friday

9:00 am – 9:00 pm

##### Monday & Wednesday Dinner

4:30-6:30

##### Saturday

10:00 am – 2:00 pm

Snacks, Sandwiches & Coffee  
available as well as clothing, laundry,  
& showers

## Youth Resources

### Cyrus Centre

Ages 13 - 18  
2616 Ware Street  
604-859-5773

#### Drop –in Hours

Daily  
12:00 pm – 8:00 pm

Dinner served at 5:00 pm

Youth Emergency Shelter also available

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### Liberty Christian Fellowship

778-549-1421

#### Youth Tonight

Ages 13 - 25

Monday Evening

7:00 – 10:00pm

32042 South Fraser Way

Snacks Sandwiches, Outings and more



Outreach Workers from the  
Salvation Army have compiled this  
list for your benefit. We have tried  
to make it as accurate as possible.  
However, details may change  
without our being informed

Revised December 4, 2009

If you have any additions or changes of  
information for this brochure please contact

Salvation Army Outreach  
604-852-9305 ext 198



Giving Hope Today

# Food Resources in Abbotsford



Giving Hope Today

**The Salvation Army**  
*... a Centre of Hope!*  
34081 Gladys Avenue  
604-852-9305

- **Sunday Brunch**  
10:00 am

Come at 8:30 to enjoy the Super Sunday church service before the meal.

- **Redemption Café**  
Monday – Friday  
9:00 am – 11:45 am
- **Meal Centre**  
Monday – Friday  
12:15 pm – 1:15 pm  
  
Saturday  
12:00 pm – 1:00 pm

Free bread and produce  
Is available during  
Meal Centre hours



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**Calvin Presbyterian Church**  
2597 Bourquin Crescent East  
604-859-6902

- **Community Outreach Dinner**  
Tuesday  
7:00 pm – 9:00 pm  
*(not during July and August)*

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**Faith Bible Church**  
2455 West Railway St

- **Community Outreach Dinner**  
Thursday  
5:30 pm – 7:00 pm

**Fraser Valley Christian Centre**  
32042 South Fraser Way  
604-855-0801

- **Drop-in Fellowship**  
Sandwiches and Coffee  
Free bread also available  
Tuesday, Wednesday, Thursday  
1:00 pm – 4:00 pm
- **The Haven Coffeehouse**  
Dinner and live music  
Friday  
7:00 pm – 9:00 pm
- **Sunday Worship Service**  
Sunday @ 11:00 am  
Lunch served after the service

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**5 and 2 Ministries**

Contact Ward Draper  
604-832-2322 OR 604-613-4432

- **Street Outreach Dinner**  
Jubilee Park – parking lot  
Wednesday @ 6:00 pm
- **Coffee Fellowship**  
Jubilee Park – parking lot  
Mon, Tues, & Thursday @ 9:00 pm
- **Community Fellowship & Dinner**  
Peace Lutheran Church  
2029 Ware Street  
Second Sunday of each month  
6:00 pm
- **Community Fellowship & Dinner**  
Saint Mathews Anglican Church  
2010 Guilford Drive  
Fourth Sunday of each month  
6:00 pm

**Lifeline Outreach Society**  
Montvue Ave @ McDougall Ave  
Behind Community Services

- **Blue Bus Program**  
Hot meal and free clothing  
Most Sundays  
3:30 pm until food runs out  
(closed for month of August)

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**Liberty Christian Fellowship**  
778-549-1421

- **The Sandwich Brigade**  
Monday  
3:30 pm – 6:00 pm  
32042 South Fraser Way  
Soup, Sandwiches and more

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**Abbotsford Food Bank**  
33914 Essendene Avenue  
604-859-5749

- **Families**  
Monday – Thursday  
9:30 am – 12:00 pm
- **Couples and Singles**  
Monday – Thursday  
1:30 pm – 3:00 pm

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**Saint Ann's Catholic Church**  
604-852-5602 call before 10:00 am

- **Emergency Food Hamper**  
Monday – Friday  
Delivery only