



	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Drop-In Food Service	7:45am–9:30am <i>(breakfast)</i> 1:45pm-8:30pm	7:45am–9:30am <i>(breakfast)</i> 1:45pm-8:30pm	7:45am–9:30am <i>(breakfast)</i> 1:45pm-8:30pm	7:45am–9:30am <i>(breakfast)</i> 1:45pm-8:30pm	7:45am–9:30am <i>(breakfast)</i> 1:45pm-8:30pm		7:45 – 10:30am 10:45– 1:30pm
Night Café (Freephone)	11pm – 7:30am	11pm – 7:30am	11pm – 7:30am	11pm – 7:30am	11pm – 7:30am	11pm – 7:30am	11pm – 7:30am
Showers	7:45am–9:30am 1:45pm-8pm	7:45am–9:30am 1:45pm-8pm	7:45am–9:30am 1:45pm-8pm	7:45am–9:30a.m 1:45pm-8pm	7:45am–9:30am 1:45pm-8pm		7:45 – 10:30am 10:45am – 1pm
Needle Exchange	7:45am – 8:30pm	7:45am – 8:30pm	7:45am – 8:30pm	7:45am – 10am 1:45pm – 8:30pm	7:45am – 8:30pm		7:45-10am 11–1:30pm
Doctor <i>(arrive early-1st come 1st served)</i>	9am – 12:30pm 2pm – 4pm	9am – 12:30pm 2pm – 4pm	2pm – 4pm	2pm – 4pm	9:30am–12:30pm 2pm – 4pm		
Nurse <i>(arrive early-1st come 1st served)</i>	8:15am– 12:30pm 2pm - 7:45pm	8:15am– 12:30pm 2pm - 7:45pm	8:15am– 12:30pm 2pm - 7:45pm	8:15am – 9:15am 2pm – 7:45pm	8:15am– 12:30pm 2pm - 7:45pm		
Dentist <i>(arrive early-1st come 1st served)</i>		AM: 9 – 1 <i>(Appointment)</i> PM: 2 – 4.00 <i>(Drop In)</i>	AM: 9 – 1 <i>(Appointment)</i> PM: 2 – 4.00 <i>(Drop In)</i>				
Hairdressing <i>(arrive early-1st come 1st served)</i>					10am – 12:30pm 2pm – 4pm (Men Haircuts)		
Naloxone Clinic					9:30am – 12:30pm		
Client’s Forum					Ask for Mags		



	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Acupuncture			11am – 12:30pm				
Counsellor (appointment)	9am – 3pm	9am – 3pm	9am – 3pm	1:45pm – 3pm	9am – 3pm		
Mental Health Team (referral)	9am – 5pm	9am – 5pm	9am – 8pm	1:45pm – 8pm	9am – 5pm		
Young-Person Worker (18-25 years)	9am – 5pm	9am – 5pm	9am – 5pm	1:45pm–5pm	9am – 5pm		
Stabilisation Group	1pm–4pm	1pm–4pm	1pm–4pm	1pm–4pm	1pm–4pm		
Community Engagement Team	7am–7pm	7am – 7pm	7am – 7pm	7am-9:30am 1:45pm-7pm	7am – 7pm		
Family Support Group		Ask for Will / Joyce					
AA Meeting					11am – 12:30pm		
Art Therapy	11am – 12pm						
Vet <i>(check notice board for Dates)</i>					12pm – 2pm		



Chiropodist	9am – 1pm 2pm – 4pm						
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External Services

Project	Opening Times	Services Available	Address	Contact no.
Ana Liffey Drug Project	<u>Mon – Fri:</u> 9:30am – 5:30pm <u>Sat and Sun</u> - Closed	Tea / Coffee Info & Advice	48 Middle Abbey Street Dublin 1	1800 78 68 28 01 878 6899
Cappuchins Day Center (Brother Luke’s)	<u>Mon – Sat:</u> 7am – 11:30am 12:45pm – 3pm <u>Sunday:</u> Closed	Breakfast / Lunch	29 Bow Street Dublin 7	01 873 3301 01 872 0770
Mendicity / BARKA	<u>Drop in Clinic:</u> Mon - Fri: 10.30 – 1 <u>Food Centre:</u> <u>Mon - Fri:</u> 9 - 9.30; 10.30-1 <u>Saturday:</u> 10.00 – 11.00 <u>Sunday:</u> Closed	Breakfast / Dinner Phone & Internet Use Info & Advice Service	9 Island Street Dublin 8	01 677 3308
Focus Ireland Coffee Shop	<u>Mon – Fri:</u> 11:30am – 3:30pm <u>Sat & Sun:</u> 11am – 3:30pm	Breakfast / Lunch Information & Advice Outreach / Intake Team	15 Eustace Street Temple Bar Dublin 2	01 671 2555



Peter McVerry Trust	9:00am – 4:00pm (Wed, Berkeley Street) 10:30 – 11:30 2-4pm Sherrard Street	Tea / Coffee Lunch Showers Info & Advice	26 Upper Sherrard Street Dublin 1	01 823 0776
St Brigid's Food Centre	<u>Mon – Saturday:</u> 11:30am – 1:15pm <u>Sunday & Bank Hol Mon:</u> Closed	Food Service	Holles Row Dublin 2	N/A
St Joseph's Penny Dinners	<u>Mon – Fri:</u> 12:00pm – 1:30pm <u>Sat and Sun:</u> Closed	Food Service	67 Avondale House North Cumberland St Dublin 1	01 874 3297
St Agatha's Food Centre	<u>Mon – Fri:</u> 8am – 2pm	Food Service	35 Portland Row Dublin 1	01 855 5577
Missionaries of Charity	<u>Sunday Only:</u> 3:00pm – 5:00pm	Food Service	223 South Circular Road Dublin 8	01 454 0163
Guild of the Little Flower	<u>Mon – Fri:</u> 12:00pm – 1:30pm	Food Service Laundry (approx. €2 for big bag)	11 Meath Street Dublin 8	01 453 6621
The Lighthouse	<u>Saturday Only:</u> 6:00pm – 7:30pm	Food Service	28 Pearse Street Dublin 2	01 677 5548
CPS - Parkgate Hall Dublin City Council Homeless Unit	<u>Mon – Fri:</u> 10:00am – 12:00pm 2:00pm – 4:00pm (Drop-in for New Clients)	<u>Accommodation</u> for those registered with DCC OR Newly Homeless Clients	6-9 Conyngham Road Parkgate Hall Dublin 8 (Across from CCJ)	01 222 6861 01 222 6891 <u>Freephone:</u> 1800 707 707
North Cumberland Street	10:00am – 12:00pm 2:00pm – 4:00pm (APPOINTMENT ONLY)	<u>Social Welfare for Men</u> who are Homeless	North Cumberland Street, Dublin 1	Freephone: 1800 724 724



<p>Gardiner Street (Foreign National Unit) (Women & Families / Couples)</p>	<p><u>Monday - Thursday:</u> 10:00 – 12:30, 14:15 – 15:30 <u>Friday:</u> 10:00 – 12:30</p>	<p><u>Social Welfare Payment for Foreign Nationals / Women & Families</u> who are Homeless</p>	<p>77 Upper Gardiner Street Dublin 1</p>	<p>01 8585100 01 673 2030</p>
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*****The above 3 services in Green are for those seeking help with Accommodation & Social Welfare – Please ask a Contact Worker for Advice and Information around Rights & Entitlements.*****