

## Showers

These free shower resources are available to people experiencing homelessness in Pasadena.

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**Foothill Unity Center, Inc.**  
191 N. Oak Street  
(one block west of In-N-Out,  
just south of Foothill)  
Wednesdays, 12:30 p.m.-4:00 p.m.

**Jackie Robinson Center**  
1020 N. Fair Oaks Avenue  
(one block north of Mountain)  
Monday-Friday, 9:00 a.m.-3:00 p.m.  
Free laundry machines are  
also available.

**The Shower of Hope at  
Knox Presbyterian Church**  
225 S. Hill Avenue (at Del Mar)  
Wednesdays, 9:00 a.m.-1:00 p.m.  
Sack lunches are also provided.

**The Women's Room at  
Friends In Deed (women only)**  
444 W. Washington Blvd. (at Los Robles)  
Monday-Thursday, 10:00 a.m.-4:00 p.m.  
Food and free laundry are  
also available.  
Shower and laundry sign-ups are on  
a first-come, first-served basis.  
Last laundry load is at 2:00 p.m.  
Last shower is at 2:30 p.m.

## Meals

These free meals are available to all in the community.

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**All Saints Church**  
132 N. Euclid Ave (next to City Hall)  
Sack Lunch:  
Every Sunday 7:30 a.m. - 8:30 a.m.  
Every Monday the food ministry  
offers food from 9:00 a.m.-11 a.m.

**Central Park and Memorial Park**  
Sack lunches distributed by  
Grace Pasadena Church in  
the parks on Sundays at  
approximately 11:30 a.m.

**Lake Avenue Church**  
393 N. Lake Ave  
(just north of the 210 freeway)  
Community meal every  
2nd, 3rd, 4th Sunday,  
3:30 p.m.-5 p.m.

**Pasadena Presbyterian Church**  
285 E. Colorado Blvd. (at Madison Ave)  
Bagged, complete meals served  
Thursdays and Sundays at 5:30 p.m.

### The Salvation Army

960 E. Walnut Street (two blocks east of Lake)

30 sack lunches are available daily at 9 a.m. on a first-come, first-served basis.