



Showers

Free showers are available to people experiencing homelessness in Pasadena.

All Saints Church

132 N. Euclid Ave.

(across from City Hall)

Mondays

Showers: 8:00 a.m. – 2:00 p.m.

Food: 9:00 a.m. – 11:00 a.m. and

Thursdays 10:30 a.m.

Haircuts: 9:30 a.m. – 11:30 a.m.

(every other week)

The Women's Room at

Friends In Deed (Women Only)

444 W. Washington Blvd.

(at Los Robles Ave.)

Free Food, Laundry, and Showers

Monday – Thursday

10:00 a.m. – 4:00 p.m.

Last Load of Laundry: 2:00 p.m.

Last Shower: 2:30 p.m.

All services are on a first come,
first served basis.

Mobile Health

All Saints Church

132 N. Euclid Ave. (across from City Hall)

LA County Mobile Clinic

Free Medical, Mental Health, and

Follow-Up Services

Third Monday of the month

If the third Monday is a holiday, clinic will
be on the fourth Monday of the month.

9:00 a.m. – 2:00 p.m.

Meals

These free meals are available
to all in the community.

Foothill Unity Center, Inc.

191 N. Oak St.

(just south of Foothill Blvd.)

Meal Bags (one provided)

Monday – Friday

9:00 a.m. – 4:00 p.m.

(closed 12:00 p.m. – 1:00 p.m.)

All Saints Church

132 N. Euclid Ave.

(across from City Hall)

Hot Meals and Sack Lunches

Mondays

9:00 a.m. – 10:30 a.m.

Sack Lunches Only

Thursdays

10:30 a.m.

The Salvation Army Hope Center

1000 E. Walnut St. (at Catalina Ave.)

Grab-n-Go Meals

Mondays and Fridays

9:00 a.m. – 11:15 a.m.

Lake Avenue Church

393 N. Lake Ave. (just north of the 210 Fwy)

Community meal on the 2nd, 3rd, and
4th Sunday of each month

2:30 p.m. – 5:00 p.m.

Pasadena Presbyterian Church

585 E. Colorado Blvd. (at Madison Ave.)

Meals provided Thursdays

5:00 p.m. – 6:00 p.m.



Duchas

Estos recursos gratuitos de duchas están disponibles para personas sin hogar en Pasadena.

All Saints Church

132 N. Euclid Ave.

(junto al Ayuntamiento)

Lunes

Duchas gratuitas 8:00 a.m. – 2:00 p.m.

Comida 9:00 a.m. – 11:00 a.m. y el
jueves 10:30 a.m.

Cortes de cabello 9:30 a.m. – 11:30 a.m.
(cada dos semanas)

The Women's Room en Friends In Deed (solo mujeres)

444 W. Washington Blvd.

(en Los Robles Ave.)

Comida, lavandería y duchas gratuitas
De lunes a jueves

10:00 a.m. – 4:00 p.m.

Última carga de lavandería: 2:00 p.m.

Última ducha: 2:30 p.m.

Clínicas de Salud Móviles

All Saints Church

132 N. Euclid Ave.

(junto al Ayuntamiento)

Clínica Móvil del Condado de Los Ángeles
Servicios médicos, de salud mental y
de seguimiento gratuitos.

El tercer lunes del mes. Si el tercer
lunes es feriado, la clínica será el cuarto
lunes del mes.

9:00 a.m. – 2:00 p.m.

Comidas

Estas comidas gratuitas están disponibles para todos en la comunidad. Todos los servicios son por orden de llegada.

Centro de Unidad Foothill, Inc.

191 N. Oak St.

(justo al sur de Foothill Blvd.)

Bolsas de comida (una por persona)

De lunes a viernes

9:00 a.m. – 4:00 p.m.

(cerrado 12:00 p.m. – 1:00 p.m.)

All Saints Church

132 N. Euclid Ave. (junto al Ayuntamiento)

Comidas calientes y almuerzos en bolsa

Lunes

9:00 a.m. – 10:30 a.m.

Solo almuerzos en bolsa

Jueves

10:30 a.m.

The Salvation Army Hope Center

1000 E. Walnut St. (en Catalina Ave.)

Almuerzos en caja

Lunes y viernes

9:00 a.m. – 11:15 a.m.

Lake Avenue Church

393 N. Lake Ave. (justo al norte de la
autopista 210)

Comida comunitaria cada 2º, 3º y 4º
domingo de cada mes

2:30 p.m. – 5:00 p.m.

Pasadena Presbyterian Church

585 E. Colorado Blvd. (en Madison Ave.)

Jueves

5:00 p.m. – 6:00 p.m.