

## Welcome to Thrive DC!

Please take advantage of our numerous services:

- **MEALS** are offered Monday, Wednesday, and Friday at Thrive DC. In the **Morning Program** we offer **hot meals** at **9:30 am** and offer a **take-out sandwich on Tuesday-Thursday** starting at **8:30 am to 9:30 am**. In our **Evening Program for Women**, we serve **hot meals** at **3:00pm**.
- **SHOWERS** are offered in the Morning Program for **men** from **8:30 am to 10:30 am on Monday, Wednesday, and Friday; Tuesday and Thursday from 8:30 to 9:30 am**. And in the Evening Program for **women**, from **2:00 pm to 4:00 pm**.
- **LAUNDRY SERVICES** are offered in the morning for men starting at **8:30 am** and in the evenings for women at **2:00 pm**. Sign-up for laundry starts on Fridays for the following week.

## Welcome to Thrive DC!

Please take advantage of our numerous services:

- **MEALS** are offered Monday, Wednesday, and Friday at Thrive DC. In the **Morning Program** we offer **hot meals** at **9:30 am** and offer a **take-out sandwich on Tuesday-Thursday** starting at **8:30 am to 9:30 am**. In our **Evening Program for Women**, we serve **hot meals** at **3:00pm**.
- **SHOWERS** are offered in the Morning Program for **men** from **8:30 am to 10:30 am on Monday, Wednesday, and Friday; Tuesday and Thursday from 8:30 to 9:30 am**. And in the Evening Program for **women**, from **2:00 pm to 4:00 pm**.
- **LAUNDRY SERVICES** are offered in the morning for men starting at **8:30 am** and in the evenings for women at **2:00 pm**. Sign-up for laundry starts on Fridays for the following week.

- **PROGRAMMING** is offered every day, here at Thrive DC, by both volunteers and staff. Please see our weekly calendar.
- We give **REFERRALS** to numerous service providers, programs, and organizations throughout the city for services we do not provide here at Thrive DC. We offer referrals **Mon. – Fri. at 10:00 am** on the program floor where breakfast is served.
- Ask about **EMPLOYMENT SERVICES** when you arrive. Job search and employment readiness workshops are offered throughout the week.
- Ask us about our **MAIL** service.
- Ask about our Women’s Re-entry program.
- **COMPUTER LAB** is open Monday-Friday from 10am-2pm for all clients and 2pm-4pm for women only.

- **PROGRAMMING** is offered every day, here at Thrive DC, by both volunteers and staff. Please see our weekly calendar.
- We give **REFERRALS** to numerous service providers, programs, and organizations throughout the city for services we do not provide here at Thrive DC. We offer referrals **Mon. – Fri. at 10:00 am** on the program floor where breakfast is served.
- Ask about **EMPLOYMENT SERVICES** when you arrive. Job search and employment readiness workshops are offered throughout the week.
- Ask us about our **MAIL** service.
- Ask about our Women’s Re-entry Program.
- **COMPUTER LAB** is open Monday-Friday from 10am-3pm for all clients and 3pm-5pm for women only.

_____		
Has an appointment on		
_____	at _____	AM
Date		PM
_____		
For		

### IMPORTANT NUMBERS

#### DC Hypothermia & Shelter Hotline

1-800-535-7252

#### Shelter Complaints

1-866-454-1554

#### Domestic Violence

202-667-7001

202-529-5991

#### DC Rape Crisis Center

202-333-7273

#### Substance Abuse/Detox

202-698-6080

#### Office of Police Complaints (OCP)

202-727-3838

#### Metropolitan Police

Emergency: 911

Non-Emergency: 311

_____		
Has an appointment on		
_____	at _____	AM
Date		PM
_____		
For		

### IMPORTANT NUMBERS

#### DC Hypothermia & Shelter Hotline

1-800-535-7252

#### Shelter Complaints

1-866-454-1554

#### Domestic Violence

202-667-7001

202-529-5991

#### DC Rape Crisis Center

202-333-7273

#### Substance Abuse/Detox

202-698-6080

#### Office of Police Complaints (OCP)

202-727-3838

#### Metropolitan Police

Emergency: 911

Non-Emergency: 311

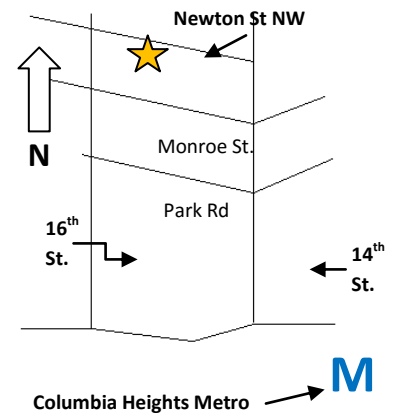
Thrive DC is located in Washington, D.C. inside St. Stephen's Episcopal Church on the corner of 16<sup>th</sup> and Newton Streets, NW. We're just 4 blocks from the Columbia Heights Metro station on the green line and the S2 & S4 buses stop right outside our door on 16<sup>th</sup> St.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Program</b>	<b>8:30-10:30am-</b> Showers & Laundry	<b>8:30-9:30am-</b> Showers & Laundry	<b>8:30-10:30am-</b> showers & Laundry	<b>8:30-9:30am-</b> Showers & Laundry	<b>8:30-10:30am-</b> showers & Laundry
Breakfast	<b>9:30am-</b> Breakfast	<b>8:30-9:30am-</b> Sandwiches only (to go)	<b>9:30am-</b> Breakfast	<b>8:30-9:30am-</b> Sandwiches only (to go)	<b>9:30am-</b> Breakfast
Showers	<b>10-12pm-</b> Referrals	<b>11-12pm-</b> Music Group	<b>10-12pm-</b> Referrals	<b>10-12pm-</b> Referrals	<b>10-12pm-</b> Referrals
Laundry	<b>11-12pm-</b> Alcohol & Drugs	<b>1 pm-</b> Food Bags	<b>10-12pm-</b> Computer Labs	<b>10-12pm-</b> Referrals	<b>10-12pm-</b> Computer Labs
Referrals	<b>11-12pm-</b> Alcohol & Drugs		<b>11-12pm-</b> Alcohol & Drugs	<b>11-12pm-</b> Music Group	<b>11-12pm-</b> Alcohol & Drugs
Computer Lab	<b>11-12pm-</b> Educational Group		<b>11-12pm-</b> Educational Group	<b>11-12pm-</b> Legal Assistance	<b>11-12pm-</b> Educational Group
Music Group				<b>1 pm-</b> Food Bags	<b>1 pm-</b> Fresh Products
Alcohol & Drugs					
Educational Group					
<b>12pm-1pm</b> <b>Office Closed</b>					
<b>Women Program</b>	<b>2-4pm</b> Showers & Laundry	<b>2-4pm</b> Showers & Laundry	<b>2-4pm</b> Showers & Laundry	<b>2-4pm</b> Showers & Laundry	<b>2-4pm</b> Showers & Laundry
Referrals	<b>3pm</b> Hot meal	<b>2-4pm</b> Sandwiches only (to go)	<b>3pm</b> Hot meal	<b>2-4pm</b> Sandwiches only (to go)	<b>3pm</b> Hot meal
Computer Lab					
Showers					
Laundry					
Dinner					



**Thrive DC™**

**1525 Newton St. NW  
Washington, DC 20010  
(202) 737-9311**



Thrive DC is located in Washington, D.C. inside St. Stephen's Episcopal Church on the corner of 16<sup>th</sup> and Newton Streets, NW. We're just 4 blocks from the Columbia Heights Metro station on the green line and the S2 & S4 buses stop right outside our door on 16<sup>th</sup> St.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Program</b>	<b>8:30-11am-</b> Showers & Laundry	<b>8:30-9:30am-</b> Showers & Laundry	<b>8:30-11am-</b> showers & Laundry	<b>8:30-9:30am-</b> Showers & Laundry	<b>8:30-9:30am-</b> showers & Laundry
Breakfast	<b>9:30am-</b> Breakfast	<b>8:30-9:30am-</b> Sandwiches only (to go)	<b>9:30am-</b> Breakfast	<b>8:30-9:30am-</b> Sandwiches only (to go)	<b>9:30am-</b> Breakfast
Showers	<b>10-12pm-</b> Referrals	<b>11-12pm-</b> Music Group	<b>10-12pm-</b> Referrals	<b>10-12pm-</b> Referrals	<b>10-12pm-</b> Referrals
Laundry	<b>11-12pm-</b> Alcohol & Drugs	<b>1 pm-</b> Food Bags	<b>10-12pm-</b> Computer Labs	<b>10-12pm-</b> Referrals	<b>10-12pm-</b> Computer Labs
Referrals	<b>11-12pm-</b> Alcohol & Drugs		<b>11-12pm-</b> Alcohol & Drugs	<b>11-12pm-</b> Music Group	<b>11-12pm-</b> Alcohol & Drugs
Computer Lab	<b>11-12pm-</b> Educational Group		<b>11-12pm-</b> Educational Group	<b>11-12pm-</b> Legal Assistance	<b>11-12pm-</b> Educational Group
Music Group				<b>1 pm-</b> Food Bags	<b>1 pm-</b> Fresh Products
Alcohol & Drugs					
Educational Group					
<b>12pm-1pm</b> <b>Office Closed</b>					
<b>Women Program</b>	<b>2-4pm</b> Showers & Laundry	<b>2-4pm</b> Showers & Laundry	<b>2-4pm</b> Showers & Laundry	<b>2-4pm</b> Showers & Laundry	<b>2-4pm</b> Showers & Laundry
Referrals	<b>3pm</b> Hot meal	<b>2-4pm</b> Sandwiches only (to go)	<b>3pm</b> Hot meal	<b>2-4pm</b> Sandwiches only (to go)	<b>3pm</b> Hot meal
Computer Lab					
Showers					
Laundry					
Dinner					



**Thrive DC™**

**1525 Newton St. NW  
Washington, DC 20010  
(202) 737-9311**

