



Booth Centre

- [Pimblett St](#), Manchester M3 - 0161 835 2499
- just off [Cheetham Hill Rd](#), near the Manchester Arena
- Open Mon-Fri, 9am-10am for free breakfast, showers and advice
- Open Mon-Fri, 10am-1pm for social activities and free lunch – but have to be in the venue before 10am. Doors are locked at 10am, no late attendees accepted.

Cornerstones

- Denmark Rd, Manchester M15 6JS - 0161 232 8888
- just off Princess Parkway, near ASDA, opposite [Greenheys Police Station](#)
- Open Mon-Fri, 10.30am to 4pm – no time restrictions, come and go as you please
- offers free breakfast, lunch, activities, showers and advice

Young People's Support Foundation

- 52 Oldham Street, M4 1LE, 0161 228 7654
- just off Piccadilly Gardens, near [Afflecks Palace](#)
- for under 26yrs old only
- Mornings: Mon-Fri, 10am to 12pm – drop-in for advice and support
- Afternoons: Mon-Fri (not Wed), 1.30pm to 3.30pm – drop-in for advice and support
- Mon and Fri only, 10am to 12pm – free breakfast, showers, laundry, internet



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