

A Day in the Life of a Typical Women's Shelter Guest

- 🕒 Rise and shine! at 6.15am
- 🕒 Guests strip beds and make them with fresh linens
- 🕒 Guests gather their belongings and head to breakfast at 7.30am
- 🕒 Lunch served at 12noon



- 🕒 Check-in bags to room beginning at 4.45pm
- 🕒 Dinner served at 5.15pm
- 🕒 Chapel services at 6.30pm
- 🕒 Showers and bed at 7.15pm
- 🕒 Lights out at 11pm



On Thursdays a group of women take part in Supercupboard, a weekly class led by a volunteer – they learn life skills, medical skills, do craft projects and participate in Bible Study classes. In addition, they periodically on take field trips.