

WATIZAT






*Paris and
Seine-Saint-Denis*






INFORMATION GUIDE FOR WOMEN IN EXILE SUMMER 2025

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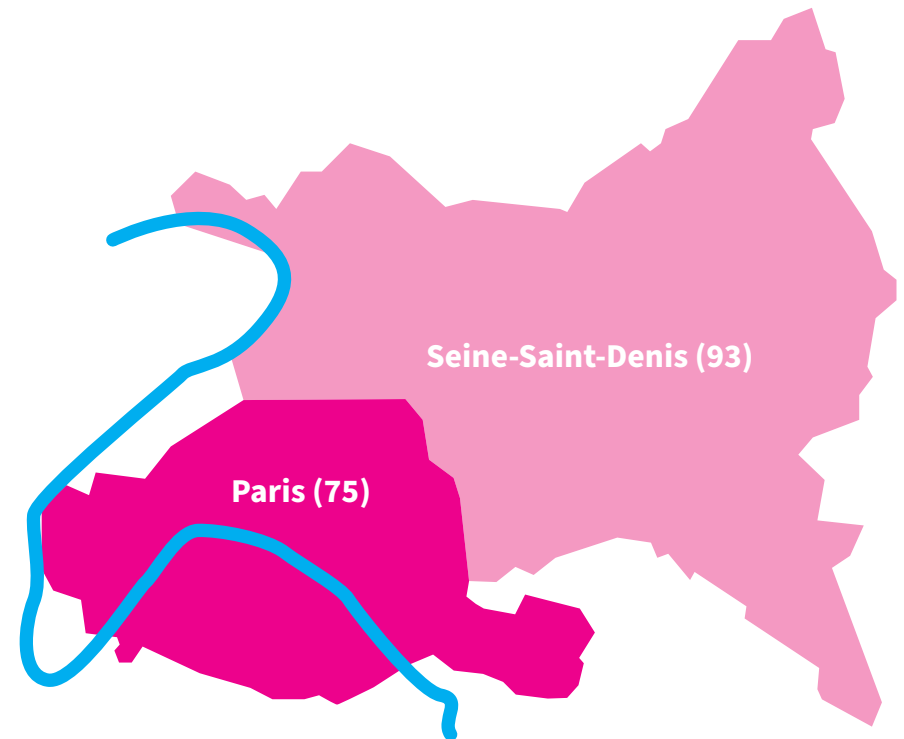
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KEY DATES

Holidays - some places might be closed:

9th June, 14th July, 15th August

School holidays - some places might be closed: from Saturday 5th July to Monday 1st September 2025




ARRIVING IN PARIS

YOUR ADMINISTRATIVE SITUATION

You are a foreign national and wish to stay in France: in order to stay on French territory without risking expulsion, you need a residency permit.


There are various options depending on your personal situation (**asylum claim, residency permit request**).

In the box below you will find information on how to start an asylum claim. This is not the only option. These procedures are long and complicated.


 **For legal help, you can seek free legal aid (see page 8)**

HOUSING

Emergency accomodation for all

 **If you are don't have any accomodation, you can call this free emergency number: 115**


You do not need a French residency permit to qualify for emergency accomodation.

 **Careful, there aren't many spots open so accomodation is not guaranteed and is often only available for a short stay.**

We advise you to talk to a social worker in a day center (see page 13).

Accomodation for asylum seekers

During your first appointment at the Prefecture, the OFII should offer you accomodation. Since the waiting time can be long, other housing solutions exist for you before you even start your asylum claim.

 **Careful, the French Office for Immigration and Integration (OFII) can offer you a referral for accomodation in another region than the one you filed your asylum claim in. If you refuse to go where they refer you, you will loose your housing and financial benefits (ADA). Your asylum claim may also be canceled.**




Access to accomodation will vary depending on your family structure and on your administrative situation. If you haven't submitted an asylum claim yet, you are less likely to be provided with accomodation. Call

the OFII number to request housing during your asylum procedure.

The Aboukir Day Center specializes in helping families, couples and single women who have just arrived in Paris.

ACCUEIL DE JOUR ABOUKIR

There you can get help with your asylum claim. Priority to newcomers. **For families and single women.**


-  28, rue Baron le Roy
-  14 Cour Saint-Émilion
-  Monday, thursday 9am-1pm and 2-6pm
-  Friday, saturday, sunday 9am-1pm and 2-5pm (see page 13)

UTOPIA 56

-  Place de l'Hôtel de Ville, 75004 Paris
-  1 11 Hôtel de Ville
- For families, couples, single women, and unaccompanied girls under 18.**
- Hygiene products distribution and short term solidarity housing (people will host you in their house).
-  Monday to Sunday at 6pm

YOUR DOCUMENTS



 **It is very important to keep copies (photos) of all your documents and letters in your name you may be given during your stay in France.**


Keep these copies in different places (at a friend's house, with an organization) and online (in your emails...).



Keep track of all your documents as soon as you arrive in France and organize them by theme (health, work, school...)

- They will be useful **during your asylum procedure or in case of arrest** to prove your lawful presence on French territory, and will help organizations better understand your situation.
- **Proofs of your presence in France will be requested if you request a residence permit.** Examples : income declarations (taxes), medical prescriptions, social security notifications, phone and electricity bills, Navigo Pass, domiciliation certificate, paystubs, French class registration and diploma, other letters...

Useful apps

You can download these apps onto your phone:

 **ADOBE SCAN**
To help you make copies of your documents (in PDF or JPEG format).

 **TARJIMLY**
Allows you to contact a volunteer translator directly via the Messenger app (written, audio and voice messages)  [Tarjimly](#)

 **SPIKY COMMUNITY**
Free application to access useful information for getting settled in France, tips and advice for discovering the city.

GETTING AROUND

Tickets

Metro tickets t+ (2.15€) allow you to make a single trip on the metro or RER (you can make transfer between lines but once you leave the metro, your ticket is no longer valid).

- It is cheaper to buy a ticket in the metro than on the bus
- Tickets are cheaper is bought in 10-ticket packs in the metro.

Pass Navigo

This is a travel pass that you can top-up to take the metro, the bus and the RER. It costs 86.40€ per month but discounts are available:

- CSS (ex CMU-C) beneficiaries get 75% off
- AME beneficiaries get 50% off
- RSA beneficiaries get it for free

To get a Navigo Pass

Ask for a Navigo Pass at an RATP counter in most metro stations. The pass itself is free. If the RATP agent refuses to issue it, try another counter.

To benefit from the « Solidarité transport » discount

www.solidaritetransport.fr/first-request/online/home

Asylum seekers can get help from the organization where they get their mail (SPADA).

If you are not entitled to these discounts you can buy a « Pass Navigo Easy » (2€ for the pass itself) and charge it for 10 trips (17.35€), an unlimited day (20.60€), a week (30.75€), or a month.

Get more information at an RATP counter.



FREE EMERGENCY NUMBERS

15 SAMU

In case of emergency,, to get help from a medical team.

18 Firemen

To report a dangerous situation: accident, fire, sick person...

17 Police

To get help in case of assault or to report a crime/offense that requires police intervention.

114 Emergency SMS

Allows deaf and hearing-impaired persons, as well as anyone who can't make a voice call to alert emergency services 24/7.

115 Samu Social

Emergency accomodation for a short-term stay (one or few nights). You can also request humanitarian assistance (a hot meal, hygiene kit, blankets, clothes and shoes).

119 Children in danger

For any child or teenager who is a victim of violence (psychological, physical and/or sexual) or anyone who is concerned about a situation where a child is at risk.

Violence against women

If you are a victim of violence, you can turn to several structures that will listen to you and guide you.



Women Violence Hotline

This hotline listens, informs and guides women who are victims of violence, as well as witnesses to gender-based violence.



Emergency accomodation

For people without housing who need emergency accomodation for the night.

HELP FEMMES

If you need to talk to someone about your situation and need information, without appointment:

🕒 Monday, wednesday and friday 7-9.30pm

🕒 Saturday 4-6.30pm

For legal aid, domiciliation, and discussion groups, make an appointment.

🏠 17 rue Mendelssohn, 75020 Paris

🚶 T3b / BUS 351 Porte de Montreuil

☎ 06 76 38 53 19

MAISON DES FEMMES

Free healthcare accessible to undocumented women:

- Multidisciplinary care (healthcare but also psychological, social and legal support) for women victims of violence and genital mutilations.

🕒 Monday to Friday 9am-5pm

- Emergency medico-legal care and support for victims of rape or sexual assault.

🕒 Monday to Friday 8am-5pm

🏠 1 chemin du Moulin Basset, 93200 Saint-Denis

🚶 T1 / BUS 153, 353 Hôpital Delafontaine

☎ 01 42 35 64 39

Find more specialized addresses for gender-based violence victims.

PROFITE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Ta relation est saine quand il...	Respecte tes décisions, tes désirs et tes goûts	Accepte tes amies, amis et ta famille	A confiance en toi	Est content quand tu te sens épanoui	S'assure de ton accord pour ce que vous faites ensemble	Te fait du chantage si tu refuses de faire quelque chose	Rabaisse tes opinions et tes projets	Se moque de toi en public	Est jaloux et possessif en permanence	Te manipule	Contrôle tes sorties, habits, maquillage	Fouille tes textos, mails, applis	Insiste pour que tu lui envoies des photos intimes	T'isole de ta famille et de tes proches	T'oblige à regarder des films pornos	T'humilie et te traite de folle quand tu lui fais des reproches	"Pète les plombs" lorsque quelque chose lui déplaît	Menace de se suicider à cause de toi	Menace de diffuser des photos intimes de toi	Te pousse, te tire, te gifle, te secoue, te frappe	Te touche les parties intimes sans ton consentement	T'oblige à avoir des relations sexuelles	Te menace avec une arme	
	VIGILANCE: DIS STOP !																							
	Il y a de la violence quand il...																							
	PROTÈGE-TOI, DEMANDE DE L'AIDE																							
	Tu es en danger quand il...																							

USEFUL ADDRESSES



FREE ADMINISTRATIVE SUPPORT

The **Center for Information on Women and Family Rights** (CDIFF) is an organization that helps families and women with their **administrative procedures concerning family rights** (divorce, child custody, child support...) and **violence against women**. The CDIFF **does not provide help with asylum claims and residency permits**.

You can call:

- Paris ☎ 01 83 64 72 01
- Seine-Saint-Denis ☎ 01 48 36 99 02

🕒 Monday to Friday 9am-12pm et 1:30-5pm

Paris

FEMMES DE LA TERRE

🏠 2 rue de la Solidarité, 75019 Paris

🚇 7 Danube

Asylum claim and residency permit support.

🕒 Monday and Wednesday 1-5pm

By appointment, call ☎ 01 48 06 03 34

FASTI

For information on residency permits.

🏠 58 rue des Amandiers, 75020 Paris

🚇 2 3 Père Lachaise

🚌 69, 61 Auguste Métyvier

🕒 Tuesday 5-8.30pm

🕒 Thursday 2-4:30pm, no appointment needed.

Closed from 1st July to 31st August

RAJFIRE

🏠 163 rue de Charenton, 75012 Paris

🚇 1 8 Reuilly-Diderot

Support for asylum claims, family reunification, and residency permits.

🕒 Tuesday and Thursday 2-5pm

Closed 10th July - 4th September

Try calling before coming:

☎ 06 70 23 64 10 ✉ rajfire.asso@gmail.com

SOLIDARITÉ NOTRE-DAME DE TANGER

🏠 44 rue Charles Hermite, 75018 Paris

🚇 1 8 Reuilly-Diderot

Asylum claim and residency permit support.

🕒 Monday, Wednesday and Thursday 2-6pm

Children welcome.

Food and hygiene products distribution.

Closed in August

CENTRE SOCIAL ET CULTUREL SOLIDARITÉ ROQUETTE

🏠 47 rue de la Roquette, 75011 Paris

🚇 1 5 8 Bastille, 9 Voltaire

Legal aid, immigrants' rights, DALO procedure, housing rights.

Appointment by phone ☎ 01 49 23 81 50

or by email ✉ accueil@solidariteroquette.fr

PSA GAUTHEY

Single women and families without domiciliation.

🏠 39 rue Gauthey, 75017 Paris

🚇 13 Guy Moquet / 🚌 Traverse Batignolles

Bichat - Collège Mallarmé

🕒 Monday to Friday 8am-5pm

Closed on Thursday afternoons.

- Support with access to rights, welfare, DALO, Solibail, retirement pensions
- Specialized educator on Wednesdays
- Psychologist and game room for children
- Clothing

Closed 3rd and 4th July

ACCEPTESS-T

For trans people. Social, administrative, legal, and health support.

🏠 88 rue Philippe de Girard 75018 Paris

🚇 12 Max Dormoy 🚇 4 La Chapelle

🕒 For first-timers, Monday 11am-6pm
no appointment needed

Call if needed ☎ 01 42 29 23 67

For more information on **asylum claims and residency permits** see Watizat guide page 11.

CIMADE ÎLE-DE-FRANCE

Support for asylum claims, Dublin procedures, and residency permits.

☎ 06 77 82 79 09

🕒 Wednesday 10am-1pm and 2-5:30pm

TRIBUNAL DE PARIS

For women victims of domestic violence.

🏠 Parvis du tribunal de Paris, 75017 Paris

🚇 RER C 🚇 13 14 Porte de Clichy

🕒 Tuesday and Thursday 2-5pm

In person or by phone ☎ 01 44 32 49 95

BUS DE LA SOLIDARITÉ

🏠 7 rue des Maraîchers, 75020 Paris

🚇 1 Porte de Vincennes

- Support for asylum claims, Dublin procedures, and residency permits.
- Support for women victims of violence (at home, in public spaces, at work)

🕒 Wednesday 23rd July, 20th August and 24th September 12-3pm

🏠 12 place Léon Blum, 75011 Paris

• Criminal law and immigration law for women

🕒 Wednesday 9th July, 13th August and 10th September

With or without appointment:

✉ barreausolidarite@avocatparis.org

Women involved in sex work

BUS DES FEMMES

🏠 58 rue des Amandiers, 75020 Paris (point fixe)

🚇 2 3 Père Lachaise

🕒 Monday to Friday 9:30am-5:30pm

🕒 Closed on Tuesday afternoons.

Domiciliation services only for persons involved in prostitution.

- weekly CPAM services
- general follow-up
- Rapid testing (TROD) available for HIV, Hepatitis B and C
- Legal aid and healthcare services

Seine-Saint-Denis

RESF 93

Legal aid for regularization and against the deportation of undocumented families with children at school.

Contact the collective that is the nearest to your domiciliation or children's school.



LA CIMADE

Support for residency claims.

🏠 1 boulevard de Gourgues,

93600 Aulnay-sous-Bois

🚇 RER B / 🚇 T4 / 🚌 15, 605, 613, 615, 618

🕒 Monday mornings starting at 8am, no appointment needed

LA CIMADE

Support for asylum claims and residency

🏠 17 rue Hoche, 93100 Montreuil

🚇 9 / 🚌 115, 122, 129, 322

- Residency: no appointment needed

🕒 Tuesday 9:30am-12pm

(priority to OQTF / IRTF)

- Asylum: no appointment needed

🕒 Friday 9:30am-12:30pm

ASKOLA

Helps with school enrollment for children of families living in precarious housing situations.

🏠 6-10 Quai de Seine, 93200 Saint-Denis

(6th floor, offices 9 and 19)

🚇 T1 T8 / 🚇 RER D H

BUS 237, 253, 255, 274, N44, N51

Monday to Friday 9:30am-5:30pm

Call to make an appointment:

☎ 07 49 66 87 39

✉ contact.askola@gmail.com

JURIS SECOURS 93

Legal aid: family rights, workers' rights, immigrants' rights.

Listening space for women: legal aid, psychological and administrative support for women victims of violence and discrimination. Make an appointment by phone.

🏠 4 avenue Paul Éluard, 93000 Bobigny

☎ 01 48 30 81 39

- Legal aid:
 - 🕒 Every other week, Tuesdays and Thursdays 10am-6pm
- Listening space for women:
 - 🕒 Every other week, Mondays and Wednesday 10-6pm

🏠 9 rue du Maréchal Maison, 93800 Épinay-sur-Seine

T8 / **BUS** 361 Place René Clair

☎ 01 49 51 27 88

- Legal aid (immigrants' rights):
 - 🕒 Monday 9:30am-12:30pm
- Listening space for women:
 - 🕒 Tuesday 9:30am-12:30pm

🏠 60-66 rue Philibert Hoffman, 93110 Rosny-sous-Bois

RE **E** / **BUS** 102 Bois-Perrier Sud

Legal aid (immigrant's rights) / For women only

🕒 Wednesday 2-5pm

☎ 01 41 58 59 70

🏠 Maison des Services publics, Place de l'Amitié, 93700 Drancy

BUS 248 Cité de la résistance

☎ 01 48 96 39 29

- Listening space for women and general legal aid for women victims of violence
 - 🕒 Every other Thursday 9:30am-5pm

MAISON DES SERVICES PUBLICS - DRANCY

🏠 2 avenue Jean Jaurès, 93700 Drancy

BUS 148 Charles Gide

By appointment, call ☎ 01 48 96 50 14

🕒 Wednesday 9am-12pm

PERMANENCE CDIFF GAGNY

Legal aid for women victims of violence.

🏠 66 rue du Chemin de Fer, 93220 Gagny

RE **E** Le Chénay Gagny / **BUS** 21, 643 La Mare

🕒 Thursday 9am-12pm

By appointment, call ☎ 01 48 36 99 02 on

🕒 Friday 9am-12pm

PERMANENCE CDIFF MONTFERMEIL

Legal aid for women victims of violence.

🏠 4 rue Modigliani, 93370 Montfermeil

T4 Clichy - Montfermeil

BUS 613, 643 Les bosquets

By appointment, call ☎ 01 41 70 74 70

🕒 Thursday 2-5pm

PERMANENCE CDIFF CLICHY-SOUS-BOIS

Legal aid for families and women victims of violence.

🏠 4bis allée Romain Rolland,

Bâtiment ECOPOLE, 93390 Clichy-sous-Bois

T4 Notre Dame des Anges

By appointment, call ☎ 01 41 70 38 20

🕒 Monday 9:30am-12:30pm and Wednesday 2-5pm

PERMANENCE CDIFF LIVRY-GARGAN

Legal aid for families and women victims of violence.

🏠 36 rue Saint-Claude, 93190 Livry-Gargan

BUS 623 Église Notre-Dame-de-Livry

By appointment, call ☎ 01 48 36 99 02

🕒 Thursday 2-5pm

PERMANENCE CDIFF NEUILLY-SUR-MARNE

Legal aid for families and women victims of violence.

🏠 205 avenue du 8 mai 1945,

93330 Neuilly-sur-Marne

BUS 127 Roussillon

By appointment, call ☎ 01 43 08 45 30

🕒 Wednesday 3-6pm and Friday 9am-12pm

PERMANENCE CDIFF NEUILLY-PLAISANCE

Legal aid for families and women victims of violence.

🏠 Centre Communal d'Action Sociale,

33 rue du Général Leclerc, 93360 Neuilly-Plaisance

BUS 127 Square Jean Mermoz

By appointment, call ☎ 01 48 36 99 02

🕒 Monday 9am-12pm

PERMANENCE CDIFF NOISY-LE-GRAND

Legal aid for families and women victims of violence.

🏠 111 piazza Mont d'Est, 93160 Noisy-le-Grand

RE **A** Noisy-Le-Grand-Mont d'Est

BUS 206, 207, 306, 310 Cimetière

By appointment, call ☎ 01 41 70 39 18

🕒 Thursday 9am-12pm and 2-5pm

FEMMES SOLIDAIRES 93 PERMANENCES

Legal aid for women victims of violence.

Support for residency permit requests.

🏠 25 rue du Chemin Vert, 93022 Bobigny

M **5** Bobigny - Pablo Picasso

BUS 146, 147, 148, 234, 251, 301, 303, 322

🕒 Monday-Friday 10am-12pm, 2-5pm

🕒 Closed Wednesday afternoon

☎ 07 49 73 95 94

By appointment: ✉ femmes.solidaires93@wanadoo.fr

Closed all bank holidays and the whole month of August.



Find the addresses of food distributions in Paris in the **Watzat** guide, page 14.

€ Financial participation required.

🏠 You need a domiciliation to access this service.

à Paris

Le secours populaire Paris € 🏠

Distribution of affordable dry food and vegetables, and cheap clothing (prices depend on your income).

Make an appointment at one of the Paris branches according to your domiciliation:

ANTENNE MARCEL PAUL

For residents of the 5th, 6th, 7th, 14th, 15th and 16th arrondissements.

🏠 9 place Marcel-Paul, 75014 Paris

M **13** Pernetty / **BUS** 59, N63

Make an appointment on site:

🕒 Monday and Thursday 9:30am-12pm

🕒 Friday 6-8pm

- Welcome centre, listening and social support by appointment
- After evaluation of your situation, a card is issued to access self-service affordable food and clothing.

Closed 12th July-18th August

ANTENNE BAYET

For residents of the 13th arrondissement.

🏠 6 rue Albert-Bayet, 75013 Paris

M **5** **6** **7** Place-d'Italie / **BUS** 83

Make an appointment on site:

🕒 Monday 2-4:30pm, Tuesday 9am-12pm, Wednesday and Thursday 9am-12pm-2-5pm

- Social support
- After evaluation of your situation, a card is issued to access affordable food and clothing.
- Employment support, by appointment

☎ 01 53 60 09 45

🕒 Monday to Friday 2-6pm

• French classes (20 euros / year)

• Computer and smartphone classes, without appointment 🕒 Wednesday 10am-12pm

Closed 30th June-23rd July

ANTENNE RAMEY

For residents of the 8th, 9th, 10th, 17th and 18th arrondissements.

🏠 6 passage Ramey, 75018 Paris

🚇 4 12 Jules-Joffrin / Marcadet-Poissonniers
BUS 40, 80

Make an appointment 🕒 Monday from 9:30am

- Social support
- After evaluation of your situation, a card is issued to access affordable food and clothing.
- Housing support
- Legal aid 🕒 Tuesday and Saturday 9:30am-12:30pm
- Literacy classes

Closed all bank holidays

ANTENNE FOGÈRES

For residents of the 19th and 20th arrondissements.

🏠 3 rue de Noisy-le-Sec, 75020 Paris

🚇 3 Saint-Fargeau / 🚇 T3b Adrienne-Bolland

Make an appointment on site:

🕒 Monday and Thursday 9.30am-12.30pm and 2pm-5.30pm

- Social support
- Literacy classes and tutoring
- After evaluation of your situation, a card is issued to access affordable food and clothing.
- Public writers

Closed all bank holidays

Shared kitchens: these kitchens are available to you during several hours for meal preparation. Ingredients are sometimes supplied. A safe space for children is sometimes available.

CUISINE PARTAGÉE AUREORE

Only for people staying in social hotels

🏠 (CHU) Garcia, 7 rue Cristino Garcia, 75020 Paris

🚇 9 / 🚇 T3b / BUS 351, 215 Porte de Montreuil

🕒 Monday to Friday 10am-1pm and 2-5pm

Call 📞 06 26 13 60 08 to book a 3-hour slot, once per week. There is food in the kitchen. Children welcome.

🏠 (CHU) Garcia, 3 Rue Jean et Marie Moinon, 75010 Paris

🚇 2 Colonel Fabien

🕒 Monday-Friday 2-6pm

By appointment, call 📞 06 26 13 60 08 to

reserve a slot from 3pm, once a week.

Food supplies on site. Children welcome.

LES CUISINES DE BASILE

(Cuisine partagée Basiliade)

🏠 86bis boulevard Ney, 75018 Paris

🚇 T3b Diane Arbus

🚇 4 12 Porte de Clignancourt et

Porte de la Chapelle / BUS 56 Mont-Cenis

🕒 Monday-Friday 9:30am-12:30pm and 2-5pm.

🕒 Thursdays 2-5pm

Only for people housed in hotels.

Make an appointment by phone

📞 07 44 83 63 05 or email

✉ lescuisinesdebasile@basiliade.org

Closed all bank holidays

LA CUISINE PARTAGÉE DE MÉNILMONTANT

(Fédération de l'Armée Du Salut)

Reserved for beneficiaries who live in hotels.

🏠 21 passage Ménilmontant, 75011 Paris

🚇 3 Saint Maur, 2 Ménilmontant

BUS 20, 96, 71

🕒 Tuesday and Thursday 1.30-4.30pm,

Wednesday 4-7pm, Friday 9.30am-12.30pm

By appointment 📞 06 26 97 44 54

1 slot is available per person and per week, 3 people can share the kitchen at once.

Closed all bank holidays

LA CUISINE PARTAGÉE DU COLLECTIF 4C

🏠 9-11 rue de la Charbonnière, 75018 Paris

🚇 2 Barbès/La Chapelle, 5 Gare du Nord

🕒 Tuesday 10am-6pm, Wednesday-Friday 10am-12pm and 2-6pm

- unconditional welcome by reservation (free of charge, depending on the attendance). 2.5 hour slots, 6 stations per slot.

To book, phone: 📞 09 87 58 39 83

- Shared kitchen:

🕒 Tuesday-Friday 10am-6pm

- Distribution of fruits and vegetables

🕒 Wednesday 2-4pm (on site only)

Get in touch for the first time on site, by email

✉ contact@quartierlibre4c.fr or phone: 📞 09 87 58 39 83.

Children welcome under parent supervision.

Food isn't supplied, please bring your supplies and containers. No frying.

August: Reservation compulsory on 📞 09 87 58 39 83

LA CUISINE PARTAGÉE DU CENTRE SOCIAL ET CULTUREL SOLIDARITÉ ROQUETTE

Reserved for families who live within Paris limits and priority to residents of the 11th arrondissement.

🏠 47 rue de la Roquette, 75011 Paris

🚇 1 5 8 Bastille, 5 Bréguet Sabin/Voltaire

BUS 69, 46

🕒 Monday to Friday 9am-1pm, 2-5pm

First contact on site,

by phone 📞 01 49 23 8150,

or by email ✉ accueil@solidariteroquette.fr

Food isn't supplied.

- Organic fruit and vegetable distribution once a week for families on the scheme.

- Workshops on healthy diets for parents and children with chef's hats in stock

Closed all bank holidays

**Free**

A place to rest and access diverse forms of support depending on the place (hot drinks, phone charging station, wifi, counseling...)



Showers (limited spots)



Laundry, to wash your clothes



Women with children welcome



Women without children



Pregnant women

Paris**ACCUEIL DE JOUR ABOUKIR**

Families, couples and single women.

Priority to people who haven't started their asylum/residency procedure.

🏠 6 rue Aboukir, 75002 Paris 🚇 3 Sentier

🕒 Monday, Wednesday, Thursday 9am-6pm

🕒 Saturday and Sunday 9am-5pm

Closed on Tuesday at 2.30pm. **Come early!**

- Families : social support and emergency housing support, by appointment
- Women and couples : information and orientation
- Meals at breakfast and lunch
- Nurse: Wednesdays 9am-5pm

ACCUEIL DE JOUR AUSTERLITZ

Unhoused families.

🏠 24 quai d'Austerlitz, 75013 Paris

🚇 6 Quai de la gare, 1 14 RER C Gare de Lyon

🕒 Monday to Friday 9:30am-4:30pm

Closes at 3pm on Tuesdays.

- Clothing, bag storage: 🕒 Monday and Friday
- Breakfast and hot meals, bathrooms, kitchen: 🕒 by appointment
- Laundry 🕒 by appointment. Closed Friday

Clinics:

- Mid-wife 🕒 Monday afternoon
- Psychologist 🕒 Monday morning, Wednesday afternoon and Thursday
- Medical (paediatric) 🕒 Thursday morning
- Osteopath/well-being massages 🕒 every other Wednesday morning, by appointment each week
- Access to a social worker without an appointment

🕒 Wednesday and Thursday, appointments available by reservation until midday the same day, for people with no social support and in an irregular situation

In July, the site is likely to move: for more information, visit the Watzat site.

LE FILON

Single women 18+

🕒 Monday, Tuesday, Thursday, Friday 11-5pm

🕒 Saturday 11am-3pm

- Breakfast, lunch and meals on site
- Shared kitchen
- Day center, lounge area
- Social and administrative support (housing, healthcare, entitlement to benefits)
- Employment support
- Cultural activities
- Massages and manicures
- library
- Yoga

First contact by appointment:

📞 06 45 16 60 40 or ✉ bienvenue@le-filon.org

Closed all bank holidays

DAY CENTERS FOR PARENTS WITH CHILDREN

The Lieu d'Accueil Enfant-Parent (LAEP)

est a free and anonymous space that welcomes children under 6 and their parent during the day.

A game room and a lounge area are available to beneficiaries. A welcoming team is ready to listen to you.

The space is open to children with mental disability.

⚠ **Careful**, this is not a childcare service.

Paris

List of LAEP in Paris:

<https://bitly.ws/3eTBA>

⚠ **Careful**, this list is non-exhaustive: Contact your PMI (see page 20) or social center (see page 29) to identify the LAEP closest to you.

LA MAISON DES PETITS

Parents with children under 6.

🏠 Au Centre-Quatre, 5 rue Curial, 75019 Paris

🚇 **M** 7 Riquet / **BUS** 45

🕒 Tuesday-Sunday 2:30-6pm

Games room and artistic activities

Limited capacity. **Closed 4th-24th August**

LA MAISON VERTE

Parents with children under 3.

🏠 13 rue Meilhac, 75015 Paris

🚇 **M** 6 Cambronne, **10** Avenue Émile Zola,

8 Commerce / **BUS** 80 Fondary

🕒 Monday to Friday 2-7pm,

Saturday 3-6:30pm

Help with homework:

🕒 Monday and Thursday 4:30-6pm for primary-schoolers

🕒 Tuesday 5-6:30pm and Saturday 10am-12pm for middle-schoolers

Closed 19th July-1st September

GRAINE DE FAMILLES

Parents with children under 6.

Anonymous, free, and without registration.

🏠 8 rue Perdonnet, 75010 Paris

🚇 **M** 2 La Chapelle **4** **5** Gare du Nord

BUS 35, 38, 45, 302, 48, N43 Cail - Demarquay

🕒 Monday, Tuesday and Friday 10am-12:15pm and 3:30-6:30pm, Wednesday 3:30-6:30pm, Saturday 10am-12:15pm

LA BULLE D'AIR

Parents with children under 4.

🏠 60 rue Greneta, 75002 Paris

🚇 **M** 4 Réaumur- Sébastopol

BUS 29 Étienne Marcel - Montmartre

BUS 20, 39 Sentier

🕒 Tuesday, Thursday and Saturday 9:30am-12:30pm, Wednesday and Friday 3-6pm

Closed in August.

Seine-Saint-Denis

MAISON DES PARENTS ROSNY SOUS-BOIS

Parents with children under 4.

🏠 24 rue Édouard Beaulieu,

93110 Rosny-sous-Bois **RER** **B** Rosny-sous-Bois

BUS 4, 116 Mairie - Rosny-sous-Bois RER

BUS 3 Beaulieu

🕒 Wednesday, Thursday, Saturday 3-6.30pm

List of LAEP in Saint-Denis:

<https://bitly.ws/3eTBV>

List of LAEP in Montreuil:

<https://bitly.ws/3eTCj>



HEALTH

🚑 In case of a medical emergency, call 115



General Health

EMERGENCIES:

This hospital service has to treat patients who are in urgent need of care. You do not need healthcare coverage to access emergency care.

⚠ **Careful**, if you do not have healthcare coverage (AME or CSS), stop by the hospital's social services after having received emergency care. If there is no emergency, please go to a PASS.

● **PASS (Permanences d'Accès aux Soins de Santé): free medical consultations without healthcare coverage. Come early, there is always a line.**

PASS pharmacies are available: if you are prescribed medicine, stop by the hospital's pharmacy service.

Important

- If you do not have healthcare coverage (PUMA, CSS, AME), do not leave the hospital without seeing a social worker.
- Having a French speaker with you can help.
- The translation website **Traducmed (39 languages)** is very useful for medical consultations www.traducmed.fr
- No police check is authorized within PASS.

● Medical organizations that offer FREE consultations.

If you have healthcare coverage, please see your primary care physician (see Doctolib).

Paris

General PASS

HÔPITAL SAINT-LOUIS ●●

PASS general medicine

🏠 1 avenue Claude-Vellefaux, 75010 Paris

🚇 **M** **2** Colonel Fabien

🕒 Every day from 8am

Call before coming ☎ 01 42 49 91 30

Closed on Thursday afternoons.

HÔTEL-DIEU ●●

Go to « Centre diagnostic »:

🏠 1 rue de la Cité, 75004 Paris

🚇 **M** **4** / **RER** **B** Saint Michel / Cité

Without appointment:

🕒 Monday-Friday: 8-12.30pm and 1-5.30pm

Access to PASS Ophthalmology or Dental through General PASS.

HÔPITAL AVICENNE ●●

🏠 125 rue de Stalingrad, 93000 Bobigny (Building Mantout)

🚇 **M** **7** La Courneuve - 8 mai 1945

PASS - Medical polyclinic: general medicine, abortion, surgery.

Go to « Unité Villermé »

Make an appointment on site:

🕒 Monday to Friday 9am-1pm and 2-4.30pm

☎ 01 48 95 54 18 or 01 48 95 54 61

HÔPITAL LARIBOSIÈRE ●●

PASS general medicine

Asf for « Consultation Arc-en-ciel »

🏠 2 rue Ambroise-Paré, 75010 Paris

🚇 **M** **4** **5** / **RER** **B** Gare du Nord

Without appointment:

🕒 Monday to Friday from 8am-4pm.

Come early!

HÔPITAL PITIÉ-SALPETRIERE ●●

PASS general medicine

🏠 47-83 boulevard de l'Hôpital, 75013 Paris

🚇 **M** **5** Saint-Marcel

🕒 Monday-Friday. Come at 7.30am to make sure you get an appointment during the day.

HÔPITAL SAINT-ANTOINE ●●

PASS - Medical polyclinic

(specialised in scabies treatment)

🏠 184 rue du Faubourg Saint-Antoine, 75012 Paris (Access through rue Crozatier)

🚇 M 8 Faidherbe-Chaligny / 2 Nation

Accessible from 16 years old on.

Ask for « Polyclinique Baudelaire »

No appointment:🕒 Monday-Friday from 8am

☎ 01 49 28 29 50

Closed 9th June and 14th July

Healthcare organizations

COMEDE ●

Open to all without condition.

Medical and gynecological consultations, therapeutic education, vaccinations, psychotherapy, osteopathy and socio-legal follow-ups.

• interpreters available

• first contact without appointment

🏠 Hôpital Bicêtre, 78 rue du Général Leclerc, 94270 Le Kremlin Bicêtre

Access: door 58, brown sector, 2nd floor

🚇 M 7 Le Kremlin-Bicêtre

🕒 Monday to Friday 9am-1pm and 2-5:30pm

Closed on Thursday mornings.

Closed from 1st to 15th August

REPAIRE SANTÉ BARBES (ADSF) ●

For women with or without children.

Diagnoses, assessment of medical and social needs. Midwives, clothes, nurses and psychologists. Distribution of hygiene kits, showers, legal clinics, testing for STIs and breast and cervical cancer

🏠 70 boulevard Barbès, 75018 Paris

🚇 M 4 12 Marcadet-Poissonniers

🕒 Monday, Tuesday, Thursday 9.30-12.30pm

🕒 Tuesday, Wednesday and Friday 1.30-5pm

MÉDECINS DU MONDE (CAOA) ●

Open to all without condition. Interpreters available. Assessment of medical and social needs. Doctors, social workers, psychologists/psychiatrists.

🏠 15 bd. de Picpus, 75012 Paris 🚇 M 6 Bel Air

🕒 Monday, Tuesday, Thursday from 9am.

Without appointment. **Arrive before 8am.**

ACT UP PARIS ●

Open to people with HIV and/or hepatitis.

🏠 8 rue des Dunes, 75019 Paris

🚇 M 2 11 Belleville, 7 Buttes Chaumont

🕒 Wednesday 1-5pm

Seine-Saint-Denis

General PASS

PASS HÔPITAL ANDRÉ GRÉGOIRE

Medical consultations in general medicine.

🏠 56 boulevard de Boissière, 93100 Montreuil

🚇 BUS 102, 129, 301, 545

🕒 mardi 9:30am-1pm and 2-4:30pm

Make an appointment ☎ 01 49 20 71 00

PASS HÔPITAL ROBERT BALLANGER

Medical consultations in general medicine.

🏠 Boulevard Robert Ballanger,

93600 Aulnay-sous-Bois

🚇 RER B Sevrans-Beaudoctes

🚇 BUS 11, 15, 45, 607, 617, 619

PASS HÔPITAL DE VILLE-ÉVRARD

- Consultations in general medicine then orientation towards a specialist (gynecologist, endocrinologist, podologist, dentist) if required
- Possibility to make a dentist appointment directly

No child consultations.

🏠 202 av. Jean Jaurès, 93330 Neuilly-sur-Marne

🚇 BUS 113, 127, N41

🕒 Monday to Friday 9am-4pm

Make an appointment ☎ 01 43 09 33 85

Healthcare organizations

MÉDECINS DU MONDE (CASO) ●

🏠 8-10 rue des blés, 93210 La Plaine Saint-Denis

🚇 M 12 Front Populaire

🚇 RER B La Plaine-Stade de France

• **Medical and social consultations (info on AME):** 🕒 Monday (in Hindi, Urdu, Punjabi), Tuesday and Thursday (in French)

• **Medical clinics without appointment**

🕒 Monday, Tuesday, Thursday 9.15am-12pm

• **Social consultations (collective info on AME) and letter writing:**

🕒 Tuesday and Thursday 2-5pm

• **Prevention and diagnosis HIV/hepatitis:**

🕒 Monday 9:30am-12pm, Thursday 2-5pm



You have questions about your healthcare rights?

COMEDE

Assistance and expertise on questions of access to residency for medical reason, access to healthcare, and social welfare for foreigners who live in Île-de-France.

Medical and psychological questions:

☎ 01 45 21 38 93

🕒 Monday to Thursday 2:30-5:30pm,

Tuesday 9:30am-12:30pm

Closed 9th June and 14th July

Social and legal questions:

☎ 01 45 21 63 12

🕒 Monday, Tuesday, Friday 9:30am-12:30pm

🕒 Monday and Thursday 2:30-5:30pm

With interpreters if required

Closed from 1st to 15th August.

SOLIPAM ●

Pregnant women or women with children under 3 months.

Telephone helpline staffed by midwives and social workers for advice on social support, pregnancy follow-ups and abortions (IVG).

🕒 Monday to Friday 9am-12:30pm and

1:30-5pm

Call free number ☎ 0801 801 081



Women and children's health

Protection Maternelle et Infantile (PMI): this network assesses the needs, guides and offers consultations to pregnant women and women with young children. PMIs are free and accessible without healthcare coverage. **To find the PMI closest to you:** in Paris: <https://www.paris.fr/lieux/centres-de-pmi/tous-les-horaires> in Seine-Saint-Denis: <https://seinesaintdenis.fr/-PMI->

Pregnant women must **register in a maternity clinic** that will follow the pregnancy and handle the delivery. It may be difficult to find a clinic, these structures can help you:

AIMA: https://aima.sante-idf.fr/app_direct/aimaidf/

The **Réseau de santé périnatal** helps with registration difficulties, abortions (IVG) and other information needs

• in Paris: 01 48 01 90 28 or contact@rspffr

Monday to Friday 9am-5pm

• in Seine-Saint-Denis: ☎ 01 79 72 54 56

or contact@perinat-nef.org



nata APPLICATION NATA

Mobile app that helps you keep track of your pregnancy.

SOS ALLAITEMENT IDF

Telephone helpline for parents that offers breastfeeding support.

☎ 0 800 800 315

🕒 Monday to Friday 7-10pm

Weekends and holidays: 10am-1pm and 6-8pm

Paris

HÔTEL-DIEU ●●

Maternity welfare center (Cité)

For unhooded pregnant women.

Pregnancy monitoring up to 28 weeks (ultrasounds, medical analyses), helps obtaining healthcare coverage.

No delivery on site, orientation to a maternity clinic if needed.

🏠 1 parvis Notre-Dame, 75004 Paris

🚇 4 Cité, 11 Hôtel de Ville

🚇 B Saint-Michel / Cité

🚌 21, 24, 27, 47, 38, 85, 96 Saint Michel

Make an appointment ☎ 01 71 28 13 30

🕒 Monday-Friday 8am-12.30pm, 1-5.30pm

HÔPITAL ROBERT-DEBRÉ ●●

PASS for unaccompanied minors and pregnant women.

Gynecology, addiction, caring for children and maternity consultations.

Access through « Point VERT » zone.

🏠 48 boulevard Sérurier, 75019 Paris

🚇 7 Pré Saint-Gervais

Without appointment:

🕒 Monday-Friday 9-12.30pm, 2-4.30pm

☎ 01 40 03 24 94

HÔPITAL NECKER

ENFANTS MALADES ●●

PASS for children.

🏠 149 rue de Sèvres, 75015 Paris

🚇 13 Duroc, 6 Sèvres-Lecourbe,

12 Falguières

🕒 Monday to Friday 9am-12pm, 2-4pm

Make an appointment ☎ 01 44 38 17 93

PMI CURIAL

🏠 11 bis Rue Curial, 75019 Paris

🚇 T3a Rosa Parks

Nursery nurse, nursery assistants, psychologists, pregnancy support, psychomotricians, midwives, care for children

🕒 Monday-Friday 8:30am-12.30pm and

1.30-5.30pm

AGE-MOISE (SOS GROSSESSE) ●

Psychosocial support for women experiencing pregnancy-related mental illness. French and English.

🏠 21-23 rue de l'Amiral Roussin, 75015 Paris

🚇 6 / 80 Cambronnes

🚇 10 Emile Zola, 8 Commerce

Make an appointment ☎ 01 45 77 75 51

🕒 Monday to Friday 9am-5pm

Closed on bank holidays

LACTARIUM RÉGIONAL D'ÎLE-DE-FRANCE

🏠 Hôpital Necker Enfants Malades,

Pôle Mère-Enfant Laennec, 1st underground

level. 149 rue de Sèvres, 75015 Paris

🚇 6 Sèvres Lecourbe, 10 13 Duroc,

12 Falguière / 28, 39, 70, 82, 87, 89 Pasteur

For any breastfeeding question:

☎ 01 71 19 60 47

🕒 Monday to Friday 9am-4pm (except holidays)

Seine-Saint-Denis

PASS HÔPITAL ANDRÉ GRÉGOIRE

Consultations in general medicine.

🏠 56 boulevard de Boissière, 93100 Montreuil

🚌 102, 129, 301, 545

🕒 Tuesday 9:30am-12pm and 2-4:30pm

Make an appointment ☎ 01 49 20 71 00

Notify if you encounter any specific problem.

PASS HÔPITAL ROBERT BALLANGER

Consultations in general medicine.

🏠 Boulevard Robert Ballanger,

93600 Aulnay-sous-Bois

🚇 B Sevrans-Beaudottes

🚌 11, 15, 45, 607, 617, 619

Notify if you encounter any specific problem.



Sexual health

Sexual health: gynecological follow-ups, abortion, birth control, testing, prevention and treatment of HIV and STDs (Sexually Transmissible Diseases).

The Centers for Sexual Health inform you on your sexual health and affective life, and offer free and anonymous healthcare consultations.

Condoms are available for free.

⚠️ **Careful:** centers do not all offer the same services and are not all accessible to undocumented persons.

Find the health centers:

• in Paris <https://cdn.paris.fr/>

<https://cdn.paris.fr/paris/2024/01/11/dsp-css-23-centres-depliant-10-01-2024-1-05dt.pdf>

• in Seine-Saint-Denis

<https://seinesaintdenis.fr/santesexuelle>

Voluntary Interruption of Pregnancy in

France: a pregnant woman, included underage, who does not want to carry her pregnancy to term can request an interruption. Abortions are practiced up to the 14th week of pregnancy (16 weeks after the 1st day of your last period).

Abortion is free and can be performed in one of these structures:

Paris

CENTRE DE SANTÉ SEXUELLE DE L'HÔTEL-DIEU PARIS CENTRE

🏠 1 place du parvis Notre-Dame, 75004 Paris, Galerie A, 6th floor.

☎ 01 42 34 83 00 ✉ css.paris.htd@aphp.fr

🕒 Monday to Friday 9am-7pm

🚇 4 Cité, 11 Hôtel de Ville

🚇 B Saint-Michel/Cité

🚌 21, 24, 27, 47, 38, 85, 96 Saint-Michel

CMS RIDDER

🏠 3 rue Ridder, 75014 Paris 🚇 13 Plaisance

Interpreters available.

• Gynecology, vaccination

- Birth control, abortion
- STD, HIV and HPV testing
- Psychologist, sexologist, family and couple counselor
- Social worker

• Family planning and general practitioner, make an appointment by phone

☎ 01 58 14 30 30 or on site

🕒 Monday to Friday 8am-7pm

🕒 3 Saturdays per month 9.15am-12.45pm

• For testings, make an appointment online:

<https://bit.ly/3N4SbX7>

CMS BELLEVILLE

🏠 218 rue de Belleville, 75020 Paris

🚇 11 Télégraphe/Place des fêtes

🚇 T3a Porte des Lilas

Make an appointment online: <https://bit.ly/3SCFT9s>

CENTRE MÉDICO-SOCIAL BELLEVILLE

Open to all without condition.

🏠 218 rue de Belleville, 75020 Paris

🚇 11 Télégraphe / 20, N12, N23 Pixérécourt

🕒 Monday to Friday 9:15am-4:30pm

🕒 Closed everyday from 12:30 to 1:30pm

- Midwife
- Vaccination
- Testing
- Generalist doctor (without healthcare cover)
- Pneumologist: Tuesday, Wednesday morning, Thursday morning

Interpreters available.

Make an appointment: ☎ 01 40 33 52 00 or

Doctolib (generalist doctor and pneumologist appointments only by phone)

INFO SEXUALITÉ-CONTRACEPTION-IVG

☎ 0800 08 11 11 or online chat:

<https://ivg-contraception-sexualites.org/>

🕒 Monday to Saturday 9am-8pm

CENTRE D'INFORMATION ET DE DÉPISTAGE DE LA DRÉPANOCYTOSE (CIDD PARIS)

Open to all without condition.

Testing and information on sickle-cell anemia.

Interpreters available.

🏠 13 rue Charles Bertheau, 75013 Paris

🚇 7 🚇 T3a Porte de Choisy

🏠 16-18 rue Cavé, 75018 Paris

🚇 4 Château Rouge / 302 Saint-Bruno

Make an appointment ☎ 01 45 82 50 14



CLOTHES

Paris

VESTIAIRE ÉGLISE SAINT-BERNARD

🏠 5 rue Pierre l'Ermite 75018 Paris
 (M) 4 Château-Rouge, 2 La Chapelle,
 2 4 Barbès-Rochechouart
 ⌚ Sunday 8-11am
Limited stocks. Come early!

BOUTIQUE EMMAUS RIQUET

Affordable baby clothes and small equipment.
 🏠 40 rue Riquet, 75019 Paris
 (M) 7 Riquet / BUS 35, 45 Jean Moulin
 ⌚ Wednesday and Saturday 10am-6pm

Seine-Saint-Denis

BOUTIQUE EMMAUS COUP DE MAIN

Affordable baby clothes and toys.
 🏠 31 avenue Édouard Vaillant, 93500 Pantin
 (RER) E Pantin / BUS 170, 249, 330
 ⌚ Wednesday to Friday 2:30-7pm,
 and Saturday 10am-1pm and 2-7pm

SECOURS CATHOLIQUE

VESTIAIRE SOLIDAIRE SAINT-OUEN

Affordable baby clothes.
 🏠 Église Notre dame du Rosaire,
 65 avenue Gabriel Péri, 93400 Saint-Ouen
 (M) 13 Garibaldi / BUS 137, 237 Audonienne
 ⌚ Tuesday 2-5pm, with or without
 appointment
 ☎ 06 79 68 17 99

SECOURS CATHOLIQUE

VESTIAIRE SOLIDAIRE ÉPINAY

Affordable baby clothes.
 🏠 1 rue de L'Abbé Pierre, 93800 Épinay-sur-Seine
 (RER) C Épinay-sur-Seine Gare
 (T8) Gilbert Bonnemaïson
 ⌚ Tuesday 2-4pm, Thursday and
 Friday 9-11am and 2-4pm, Friday
 9-11am and 2-4pm, without
 appointment. **Closed on bank
 holidays.**



VESTI-BOUTIQUE MOBILE 93

Affordable and free women and baby
 clothes. Check their opening hours
 and locations on their Facebook
 page:

[https://www.facebook.com/
 VestiBoutiqueCRF93](https://www.facebook.com/VestiBoutiqueCRF93) or call ☎ 06 71 95 39 22



SECOURS CATHOLIQUE LE BLANC-MESNIL

Affordable baby clothes.
 🏠 Paroisse Notre-Dame,
 35 av. de la République, 93150 Le Blanc-Mesnil
 (RER) B Le Blanc Mesnil
 BUS 346, 607 Église Notre Dame
 ☎ 01 48 67 32 55 / 01 45 91 02 65
 ⌚ Thursday 9am-12pm
Closed on bank holidays

SECOURS CATHOLIQUE VILLEPINTE

Affordable baby clothes.
 🏠 7 rue de l'église, 93420 Villepinte
 BUS 642 Sanatorium / BUS 619 Mairie de Villepinte
 ☎ 01 43 84 50 97

- Social support ⌚ Wednesday 3-6pm,
 Saturday 10am-12pm. By appointment,
 please call during opening hours.
- Vestiaire ⌚ Wednesday 9:30-11:30am and
 3-6pm, and Friday 2:30-4:30pm.



DOMICILIATION

DOMICILIATION is a postal address where
 you can receive your mail from the French
 administration. It is therefore an essential
 step to benefit from your social rights. Your
 domiciliation address can be different from
 your housing address.

**Asylum seekers must be domiciliated in a
 SPADA:** see Watzizat guide, page 36.

Paris

PARIS ADRESSES

🏠 25 rue des Renaudes, 75017 Paris
 (M) 2 Ternes

For a first request or a domiciliation
 renewal: [https://www.paris.fr/pages/vivre-au-
 quotidien-112](https://www.paris.fr/pages/vivre-au-quotidien-112)
 Renewals with or without an appointment, but
 we recommend that you make an appointment
 in advance: [https://www.paris.fr/pages/
 vivre-au-quotidien-112](https://www.paris.fr/pages/vivre-au-quotidien-112)

Few appointments are available. New slots
 open every day.

⌚ Monday to Friday 9am-12.30pm and 1.30-5pm
 Closes at 12:30pm on Wednesdays

Seine-Saint-Denis

If you can justify a link to the municipality,
 you can request domiciliation from the CCAS
 of the city where you live.

Whether you are in a legal situation or not, a
 link with the municipality is established if:

- your child goes to school there
- you work there
- your close family lives there
- you get social or medical support there or
 your benefit from a professional integration
 program there
- you have undertaken procedures with
 institutions or associations there



BAG STORAGE

BAGAGÈRE

Open to all. Bag drop-off and pick-up.

🏠 8 rue des Deux-Ponts, 75004 Paris

(M) 7 Pont-Marie, 1 Saint-Paul

Go directly to 1st floor of public showers.

⌚ Tuesday and Thursday 12:30-13:30pm

**Closed on public holidays and depending on
 the bathrooms**

ESI L'ARCHIVE D'AVENIRS

Open to all 18+. **Make an appointment ☎ 01 44
 06 96 88 on Wednesday 1:30-1:45pm**

Access to a locker for 2 months renewable after
 one month.

Come during opening hours:

⌚ Wednesday-Saturday 8:30am-12pm and
 1:45-5pm. Tuesday 8:30am-12pm, 1:45-4pm

🏠 113 rue Regnault, 75013 Paris

(M) 7 Porte d'Ivry, 14 Olympiades



RESTORING FAMILY LINKS

LA CROIX ROUGE FRANÇAISE RÉTABLISSMENT DES LIENS FAMILIAUX

• **Looking for family:** helps with finding a loved one lost in a war, a natural disaster, or during migration.

☎ 07 77 46 62 40

✉ rlf.dt75@croix-rouge.fr

<https://bit.ly/3RAMG2I>

Free service. All information is secured.

• **To contact a family member abroad by phone or message**

You can borrow a phone to make calls abroad for free.

🏠 At the subway station La Chapelle
🕒 Monday 2-5pm

Closed 28th July - end of August

🏠 Halte humanitaire, 2 rue Perrault, 75001 Paris

Louvre Rivoli

🕒 Wednesday 9th, 23rd July, 6th August, 20th August 2-5pm

PARENT SUPPORT

Paris

FASTI

🏠 58 rue des Amandiers, 75020 Paris

Père Lachaise

69, 61 Auguste Métyvier

Group discussions on pregnancy.

🕒 Monday 2pm

Closed from 1st July to 31st August

CENTRE SOCIAL ET CULTUREL SOLIDARITÉ ROQUETTE

For Paris residents.

🏠 48 rue de la Roquette, 75011 Paris

Bastille, Voltaire / 69, 46

« Les Pitchouns »: daycare for children aged 6 months to 3 years old.

Registration by phone ☎ 01 49 23 81 50 or by

email ✉ lespitchouns@solidariteroquette.fr

Parents-children workshop once a week.

✉ accueil@solidariteroquette.fr

Closed on bank holidays and in August

DESSINE MOI UN MOUTON

Pregnant women or with children carrying an infectious or genetic pathology (HIV, sickle-cell anemia, hepatitis)

🕒 Monday to Saturday 9:30am-6pm

🏠 12 rue Béranger, 75003 Paris

République / 91, 96

More information on page 14.

Seine-Saint-Denis

LA MAISON DU BÉBÉ

🏠 1 chemin du Moulin Basset, 93200 Saint-Denis
Support for parents of children up to 3 years old pour (18 months max at registration).

• Consultations by appointment

☎ 01 42 35 64 97

• Group workshops

🕒 Monday and Wednesday 2-3:30pm

CRAIF À LA MAISON DE L'AUTISME

Assistance and orientation for parents of autistic children.

🏠 10 rue Waldeck Rochet, bâtiment 521,

93300 Aubervilliers

Front Populaire / 45, 139, 239, 302

🕒 Monday to Friday 10am-1pm and 2-5pm

🕒 Closed Tuesday morning

☎ 01 49 28 54 20 or ✉ contact@craif.org

Closed 28th July- 20th August

RELAIS DES PARENTS

For parents of all age children.

Individual psychological consultations, group workshops (notify us if you need childcare)

By appointment on site or by phone

☎ 01 49 15 72 20

🕒 Monday-Thursday 9am-12:30pm and 1:30-5pm

🏠 37-39 rue Victor Hugo, 93500 Pantin

Église de Pantin

249 Lycée professionnel Simon Weil



Registration required

FASTI

🏠 58 rue des Amandiers, 75020 Paris

Père Lachaise / 69, 61 Auguste Métyvier

🕒 Tuesday 5pm and Wednesday 6.30pm by appointment: ☎ 06 85 67 02 02

Closed from 1st July to 31st August

«EIF-FEL» LINGUISTIC PLATFORM

Assessment of your French level and orientation to a class adapted to your residence.

<https://www.reseau-eiffel.fr>



FEMMES RELAIS MÉDIATRICES INTERCULTURELLES

🏠 3-5 place des Nations Unies, 93022 Bobigny

Pont de Bondy

234 Robespierre - Édouard Vaillant

Socio-linguistic workshops for all levels (one class per day). Registration on site.

Yearly subscription 50€

🕒 Monday, Tuesday, Thursday and Friday 9-11am and 2-6pm

MAISON DES FEMMES

🏠 163 rue de Charenton, 75012 Paris

Gare de Lyon /

29, 46, 215, N33

• Weekly classes of written French, FLE and English: info at front desk

• French classes: 🕒 Tuesday and Thursday 2:30-4:30pm

✉ contact@asso-azmari.fr

Closed on bank holidays

No registration required

KÂLÎ

Children welcome.

🏠 57 rue Étienne Marcel, 93100 Montreuil

Croix de Chavaux

🕒 Wednesday 6-8pm. Followed by a meal.

Make an appointment by email

✉ association.kali2@gmail.com

Seine-Saint-Denis

LEARN FRENCH

For people with residency permits.
Assessment of your french level and orientation to an adapted class:

For people who live or receive social support in the Est Ensemble area: Online registration

<https://formation-rsa.seinesaintdenis.fr/evnement/a635cada-0be5-4e85-97f1-a7bca0887e7d>

For people who live or receive social support in the 93 Nord area:

Registration ☎ 06 37 27 58 68

✉ instep.aftel@leolagrangre.org
<https://formation-rsa.seinesaintdenis.fr/evnement/5cc06d4b-d627-415d-8a18-644a1ea9f4ee>

For people who live or receive social support in the Grand Paris Est area:

Registration ☎ 01 48 12 65 00

<https://formation-rsa.seinesaintdenis.fr/evnement/44762416-36aa-4183-9c10-3634b16c8e18>

For more French classes:
www.reseau-alpha.org

For people who live or receive social support in the Plaine Commune area:

<https://bitly.ws/3eTSD>

☎ 01 48 21 85 74 / 09 50 95 80 85

✉ padoc.sfmad@gmail.com

EMPLOYMENT

Professional Support

- Asylum procedure
- Dublin
- Refugees
- Residency permit

MISSION LOCALE ●●

Youth from 16 to 25 with a residency permit.

🕒 Registration on site, Monday to Friday 9am or 1:30pm. Closed on Thursday afternoons.

Residents of the 1st, 2nd, 3rd, 4th, 9th, 10th and 11th arrondissements.

🏠 29/31 rue des boulets, 75011 Paris

🚇 M 9 Rue des boulets

Residents of the 19th arrondissement.

🏠 65 rue d'Hautpoul, 75019 Paris

🚇 M 5 Ourcq

Residents of the 20th arrondissement.

🏠 31 rue Pixérécourt, 75020 Paris

🚇 M 11 Jourdain

ADAGE ●●

Support for women seeking professional training and employment.

Residency permit with work authorization required. A basic level of French is needed.

🏠 17 rue Bernard Dimey, 75018 Paris

🚇 M 13 T3b Porte de St Ouen

For info and registration:

Call ☎ 01 58 59 01 67

Come to the site

🕒 Monday-Friday 8.30am-12.30pm and 1.30-5.30pm.

Children welcome.

KODIKO ●

• Help finding work or training with an employee on a 6 month contract
2 sessions a year, starting March or October.
Criteria: be looking for work or training / be a refugee or have subsidiary or temporary protection or family reunification / be stateless / have A2 French and be available one day a week (Monday-Friday)

- French and computer classes
- Job-seeking workshops: CV, LinkedIn, interviews...
- Build your professional network
- Childcare and help to find a daycare solution
- Social and cultural activities

To register, fill out this form from July: <https://bit.ly/37QupxD>



MAISON DES FEMMES

163 rue de Charenton, 75012 Paris

🚇 M 1 8 14 / RER A D / BUS 29, 46, 215, N33

✉ mdfdeparis@gmail.com

☎ 01 43 43 41 11

<https://mdfparis.wordpress.com/>

- Professional insertion: by appointment

✉ mdfdeparisemplois@gmail.com

ou by SMS ☎ 07 58 02 81 31

SISTECH ●

Refugee women with A2 level in French.

Training program for technology and digital jobs. Registration via this online form:

<http://sis.tech/apply/>

or contact us by email ✉ france@sis.tech



ACTIVITIES

Social centers are open to all, and free or at low cost.

Each center proposes different activities, such as:

- French classes
- Parent support and parents-children areas
- Leisure and cultural trips and outings for families and/or for youth and children
- School support
- Workshops: cooking, arts and craft, sports, gardening...
- Wellbeing workshops, group walks

Find the social center closest to you

• in Paris: <https://paris.centres-sociaux.fr/annuaire/>

• in Seine-Saint-Denis: <https://seinesaintdenis.centres-sociaux.fr/le-reseau-93/>

You can also get involved in social centers as a volunteer.

Sports

NOUR

Some classes are reserved for women.

Hatha Yoga for beginners.

Online registration: <https://bit.ly/356SiQ1>

🏠 in Paris, contact us to know our hours and meeting points ☎ 06 12 64 83 64

✉ contact@nour-yoga.com

KABUBU

Sports for women.

Info on www.kabubu.fr

✉ info@kabubu.fr

With or without registration on

<https://www.kabubu.fr/en/paris>



CITÉ FERTILE

Sports reserved for women.

Yoga, muscle reinforcement, cardio, selfdefense... depending on your health, age, and capacity.

🏠 14 av. Édouard Vaillant, 93500 Pantin

🚇 RER E Pantin / BUS 170, 330 / Métro T3b Ella Fitzgerald

🕒 Thursday 12-2pm

Registration ☎ 01 48 43 04 60

Libraries

FREE

Access books, computers, WiFi, and outlets to charge your phone.



Find all of Paris' libraries: <https://bit.ly/3jNoSey>

Find all of Paris' public sports centers: <https://bit.ly/3Jdq1G0>

Find all the addresses and opening hours of Paris' public swimming pools: <https://bit.ly/33MAvgE>.



Citymapper is a free phone app that helps you get around in Paris and work out your journey in advance so you don't get lost.

M The Metro works in Paris and its suburbs.

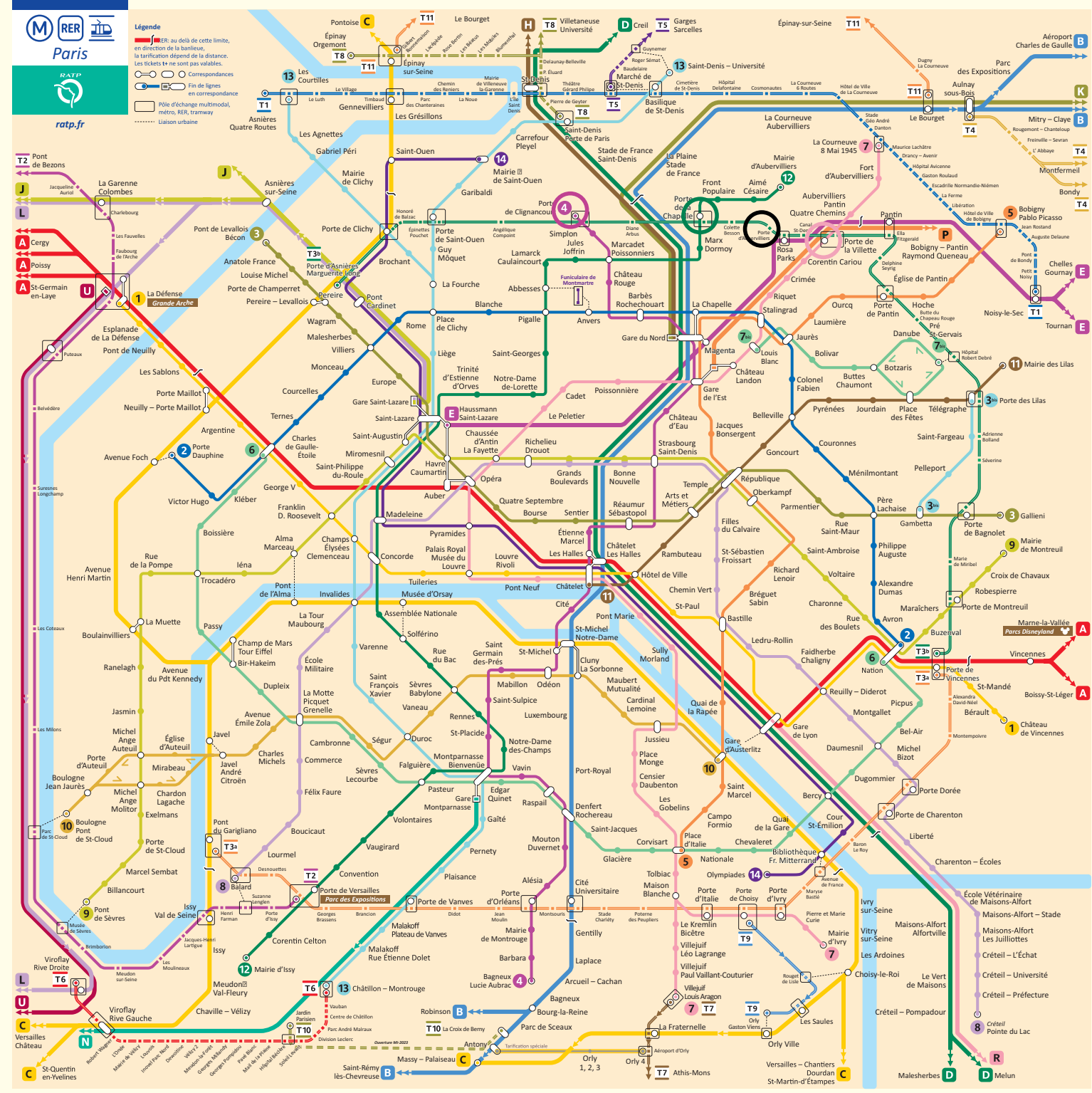
RER The RER is a train network that allows you to get around between Paris and the rest of the region.

-  Porte de Clignancourt
-  Porte de la Chapelle
-  Porte d'Aubervilliers
-  Porte de la Villette

Nous remercions les bénévoles et toutes les structures, associations et collectifs qui font vivre le projet ! ❤️

This guide is a collaborative project led by the associations Watizat, MaMaMa, Action Contre la Faim and Solinum.

For more addresses check <https://soliguide.fr/en>



anglais

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SUMMER 2025

PARIS AND SEINE-SAINT-DENIS
ENGLISH



If you are a woman seeking asylum, a refugee, or undocumented woman, with or without children, this guide is for you.

It contains useful addresses and advice on procedures that are regularly updated!

This guide is available for exiles in Paris, Lyon, Toulouse, and in the Oise department (95).



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You have any question? Contact us: contact@watizat.org

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