

# WATIZAT







*Paris and  
Seine-Saint-Denis*











## INFORMATION GUIDE FOR WOMEN IN EXILE AUTUMN 2025

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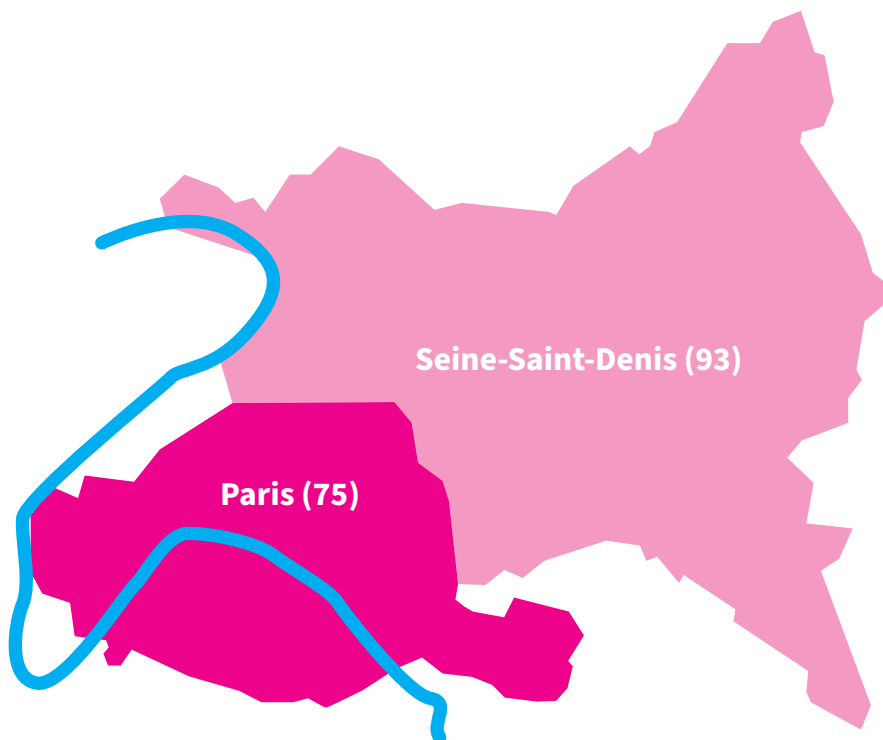
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## KEY DATES

**Holidays - some places might be closed:**

1<sup>st</sup> november, 11 november, 25 december, 1<sup>st</sup> january

**School holidays - some places might be closed:** from saturday  
december 20th 2025 to monday 5th january 2026



# 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 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).**

## ASYLUM CLAIM



**Call the OFII to book an appointment: 01 42 500 900**

### ⌚ Monday to Friday 9am-4:30pm

Wait for the language option to choose yours. Lots of people are calling at once: waiting times can be long and cut off automatically after 45 minutes. It is advised to call between 2 and 4:30pm to avoid long waiting times. You may have to try several times.

**⚠ Careful, this phone number is not free. It will cost you the price of a local call. If you do not have phone credit, go to a day center (see page 13) and the people working there will let you use a phone.**

**⚠ If you are unable to book an appointment, take screenshots of the calls made to the OFII on your phone. This will help you prove you have tried to call and were not able to reach them.**

### 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.



# YOUR DOCUMENTS

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

## **ACCUEIL DE JOUR BARON LE ROY**

**Families or pregnant women without housing.** here you can get help with your asylum claim.

🏠 28, rue Baron le Roy

🚇 14 Cour Saint-Émilien

🕒 Monday, Thursday: 9am-12.30pm, 2-5.30pm

🕒 Friday, Saturday, Sunday: 9am-1pm, 2-5pm

**Get there early!** (see page 13)

## **UTOPIA 56**

🏠 Place de l'Hôtel de Ville, 75004 Paris

🚇 11 Hôtel de Ville

**For families, couples, single women, and unaccompanied girls under 18.**

Distribution of blankets and solidarity housing (people host you in their house) for one night.

🕒 Monday-Sunday at 6pm



**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) [f Tarjimly](#)



**SPIKEY 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](http://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 alerte 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.

 **3919**

## Women Violence Hotline

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

 **115**

## 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

🚶   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

🚶  /  153, 353 Hôpital Delafontaine

📞 01 42 35 64 39

**Find more specialized addresses for gender-based violence victims.**

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

# 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<sup>th</sup> Danube

Asylum claim and residency permit support.

🕒 Monday 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 Métiévir

🕒 Tuesday 5-8.30pm

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

### 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

Try contacting before coming:

✉ [rajfire.asso@gmail.com](mailto:rajfire.asso@gmail.com)

### SOLIDARITÉ NOTRE-DAME DE TANGER

**Mothers and children asking for asylum**

🏠 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 from December 24th 2025 to January 5th 2026*

### 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](mailto:accueil@solidariteroquette.fr)

*Closed from December 25th 2025 to January 1st 2026*

### PSA GAUTHEY

**Single women and families.**

🏠 39 rue Gauthey, 75017 Paris

🚶 13 Guy Moquet / 🚌 Traverse Batignolles

Bichat - Collège Mallarmé

🕒 Monday to Friday 8am-5pm

🕒 Thursday 8am-12h30pm.

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

*Closed on bank holidays*

### 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****For women victims of violence living in Ile-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 M 13 14 Porte de Clichy

🕒 Tuesday and Thursday 2-5pm

In person or by phone ☎ 01 44 32 49 95

**BUS DE LA SOLIDARITÉ**

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

🏠 7 rue des Maraîchers, 75020 Paris

🚶 M 1 Porte de Vincennes

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

With or without appointment:

✉ [barreausolidarite@avocatparis.org](mailto:barreausolidarite@avocatparis.org)

- Criminal law and immigration law for women

🏠 In front of the 11th city hall, 12 place Léon Blum, 75011 Paris

🚶 M 11 Voltaire

🕒 Wednesday 12th november, 10th december, 14 january 12-3pm (Come early!)

**LIBRE TERRE DES FEMMES**

Social and legal support. Psychologists, support groups, and osteopaths.

🏠 8 rue de la banque, 75002 Paris

🚶 M 3 Bourse / BUS 29

🕒 Tuesday 2-5pm

🏠 111 boulevard Macdonald, 75019 Paris

🚶 M 7 / T3b Porte de la Villette

🕒 Monday 2-6pm, wednesday 9-1pm, thursday 2-8pm

🏠 Point femmes Mairie du 19<sup>e</sup> arr., 5-7 place Armand Carrel, 75019 Paris

🚶 M 5 Laumière / BUS 48, 60, 75

🕒 Monday 9am-12pm

**Women involved in sex work****BUS DES FEMMES**

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

🚶 M 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

*Closed from December 25th 2025 to January 5th 2026*

**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 / BUS 15, 605, 613, 615, 618

🕒 Tuesday 8am-12pm

- Support for asylum claims and residency

🏠 59 rue de la Solidarité, 93100 Montreuil

🚶 M 9 / BUS 124, 127

- Asylum: 🕒 Tuesday 8:30am-1pm

- Residency: 🕒 Friday 8:30am-1pm

**JURIS SECOURS 93**

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

**Listening space for women:** psychological and administrative support for women victims of violence and discrimination.

By appointment: ☎ 01 48 30 81 39



🏠 4 avenue Paul Éluard, 93000 Bobigny

• Legal aid: 🕒 Every other week, Tuesdays and Thursdays 10-11am et 2-6pm

• Listening space for women:

🕒 Every other week, Mondays and Wednesday 10-11am et 2-6pm

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

 T8 Rose Bertin,  BUS 361 Place René Clair

☎ 01 49 51 27 88


- Legal aid (immigrants' rights):

🕒 Wednesday 10-11am and 2-6pm

- Listening space for women:

🕒 Tuesday and thursday 9:30am-12:30pm


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

 RER E /  BUS 102 Bois-Perrier Sud

- Listening space for women:

🕒 Monday 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

🕒 Monday and saturday morning

### MAISON DES SERVICES PUBLICS - DRANCY

🏠 2 avenue Jean Jaurès, 93700 Drancy

 BUS 148 Charles Gide

- Legal and administrative aid for women :

🕒 Once a week 9am-12pm



- Listening space for women

By appointment, call ☎ 01 48 96 50 14

### PERMANENCE CDIFF GAGNY

Legal aid for women victims of violence.

🏠 66 rue du Chemin de Fer, 93220 Gagny

 RER E Le Chénay Gagny /  BUS 21, 643 La Mare

🕒 Thursday 9am-12pm

By appointment, call ☎ 01 48 36 99 02


🕒 By appointment : Friday 10am-1pm

*Closed from December 22nd to 26th 2025*

### 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

🕒 Every second Thursday of the month 2-5pm


*Closed from December 22nd to 26th 2025*

### 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

🕒 Wednesday 9.30am-12pm and 1.30-5pm

*Closed from December 22nd to 26th 2025*

### 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

*Closed from December 22nd to 26th 2025*

### 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

*Closed from December 22nd to 26th 2025*

### 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


*Closed from December 22nd to 26th 2025*

### PERMANENCE CDIFF NOISY-LE-GRAND

Legal aid for families and women victims of violence.

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

 RER 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



*Closed from December 22nd to 26th 2025*


### FEMMES SOLIDAIRES 93 PERMANENCES

Support for women victims of violence.

Help with residency permit requests.

🏠 25 rue du Chemin Vert, 93022 Bobigny

 M  S Bobigny - Pablo Picasso

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

🕒 Monday-Friday 10am-12pm, 2-5pm

🕒 Closed Wednesday afternoon

Legal aid by appointment :

🕒 Monday, Wednesday and Thursday

☎ 09 71 47 83 04 / 07 49 73 95 94

By appointment: ✉ [femmes.solidaires93@](mailto:femmes.solidaires93@wanadoo.fr)

[wanadoo.fr](mailto:femmes.solidaires93@wanadoo.fr) *Closed all bank holidays*

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). **Closed all bank holidays**

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

#### ANTENNE MARCEL PAUL

**For residents of the 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, 14<sup>th</sup>, 15<sup>th</sup> and 16<sup>th</sup> arrondissements.**

🏠 9 place Marcel-Paul, 75014 Paris

🚶 13 Pernety / 🚌 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.

#### ANTENNE BAYET

**For residents of the 13<sup>th</sup> arrondissement.**

🏠 6 rue Albert-Bayet, 75013 Paris

🚶 5 6 7 Place-d'Italie / 🚌 83

Make an appointment on site:

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

#### ANTENNE RAMEY

**For residents of the 8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup>, 17<sup>th</sup> and 18<sup>th</sup> arrondissements.**

🏠 6 passage Ramey, 75018 Paris

🚶 4 12 Jules-Joffrin / Marcadet-Poissonniers  
🚌 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

#### ANTENNE FOUGÈRES

**For residents of the 19<sup>th</sup> and 20<sup>th</sup> 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

**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 AURORE

**Only for people staying in social hotels.**

Food supplies on site. Children welcome.

**Closed all bank holidays**

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

🚶 9 / 🚶 T3b / 🚌 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.

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

🚶 2 Colonel Fabien

🕒 Sunday and Monday 10am-1pm and 2-5pm





🕒 Tuesday and Wednesday 3-8pm

By appointment, call ☎ 06 12 97 26 04 to reserve a slot from 3pm, once a week.

## LES CUISINES DE BASILE (Cuisine partagée Basiliade)

🏠 86bis boulevard Ney, 75018 Paris

🚶  T3b Diane Arbus

   Porte de Clignancourt et  
Porte de la Chapelle /  56 Mont-Cenis  
🕒 Monday-Friday 9:30am-12:30pm and  
2-5.30pm.

Only for people housed in hotels.

Make an appointment by phone

📞 07 44 83 63 05 or email

✉ [lescuisinesdebasile@basiliade.org](mailto: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

  Saint Maur,  Ménilmontant

 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 or 07 79 70  
68 39

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 PALAIS DE LA FEMME (Fédération de l'Armée Du Salut)

**Reserved for beneficiaries who live in social  
hotels.**

🏠 96 rue de Charonne, 75011 paris

  Faiderbe Chaligny,  Charonne

 46, 56, 76

🕒 Tuesday to friday 10am-4pm

By appointment : 📞 06 26 97 44 54  
or 07 79 70 68 39





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

**Closed all bank holidays**

## LE CAMION CUISINE DU PALAIS DE LA FEMME (Fédération de l'Armée Du Salut)

**Reserved for beneficiaries who live in social  
hotels.**

🏠 9 av. de la Porte des Lilas, 75019 Paris

  /  T3b Porte des Lilas /  26

🕒 Mardi au vendredi 10h-16h

By appointment : 📞 07 79 70 68 39

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 rue de la Charbonnière, 75018 Paris

  Barbès/La Chapelle,  Gare du Nord

• 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 10am-6pm, Wednesday

4-6pm, Tuesday and Friday 9.30am-12pm and  
2.30-6pm

• Distribution of fruits and vegetables

🕒 Wednesday 2.30-4pm (on site only)

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

✉ [contact@quartierlibre4c.fr](mailto: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.

## LA CUISINE PARTAGÉE DU CENTRE SOCIAL ET CULTUREL SOLIDARITÉ ROQUETTE

**Reserved for families who live in a hotel within  
Paris limits and priority to residents of the 11<sup>th</sup>  
arrondissement.**

🏠 47 rue de la Roquette, 75011 Paris

   Bastille,  Bréguet Sabin/Voltaire

 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](mailto: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 from December 25th 2025 to January  
1st 2026**

# **DAY CENTERS**

Autumn 25

13

**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 BARON LE ROY



Families or pregnant women without housing.

📍 28 rue Baron le Roy (M) 14 Cour Saint-Émilien

🕒 Monday, thursday 9am-1pm and 2-6pm

🕒 Friday, saturday, sunday 9am-1pm and 2-5.30pm

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 LA ROCHEFOUCAULD



**Unhousing families.**

📍 15 avenue du Général Leclerc, 75014 Paris

(M) 6 4 RER B Denfert Rochereau

🕒 Monday to Friday 9:30am-4:30pm

Closes at 2.30pm on Tuesdays.

- Breakfast and hot meals, bathrooms
- Distribution of diapers, milk (likely to break) and sanitary protection: 🕒 Monday and Friday
- Kitchen: 🕒 by appointment
- Laundry 🕒 by appointment. Closed Friday

**Clinics:**

- Mid-wife 🕒 Monday afternoon
- Psychologist 🕒 Monday morning and Thursday
- Nurse 🕒 Wednesday afternoon (adults and

- adolescents) ; Thursdays (pediatric)
- 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

### LE FILON



**Single women 18+.** *Closed all bank holidays*

🕒 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](mailto:bienvenue@le-filon.org)

### ESI BONNE NOUVELLE



📍 9 rue Thorel, 75002 Paris

(M) 8 9 Bonne Nouvelle

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

Closed on Thursday afternoons.

- Breakfast
- Social support 🕒 by appointment
- Legal aid 🕒 by appointment
- Childcare 🕒 Monday, Thursday and Fridays 9.40am-12.30pm
- Psychologist 🕒 Monday and Wednesday morning
- Midwife 🕒 Wednesday morning
- Nurse (pediatric) 🕒 Tuesday morning
- Pregnancy monitoring 🕒 Wednesday morning
- Hairdresser 🕒 Monday morning and Tuesday morning and afternoon
- Beautician 🕒 Monday afternoons
- CPAM : 3rd Tuesday and 4th Friday of the month

**Closed all bank holidays**



## ESI GEORGETTE AGUTTE

### Pregnant women and women with children.

Lounge area, psychologist, social workers, bag storage.

🏠 11 rue Georgette Agutte, 75018 Paris

🚶 13 Guy Moquet

🕒 Tuesday to Saturday 9:15am-4:30pm

Closed on Thursday mornings.

*Closed all bank holidays*

## AUTREMONDE



### Women with or without children.

🏠 30 rue de la Mare, 75020 Paris

🚶 11 Jourdain, 2 Couronnes

🕒 Wednesday-Friday 2-5.30pm

🕒 Sunday 3-6pm

## ESI PITARD



### Families and pregnant women.

🏠 4 rue Georges Pitard, 75015 Paris

🚶 13 Plaisance

• Without appointment:

🕒 Monday to Friday 9:15am-1pm

• By appointment:

🕒 Monday to Friday 2-5pm

Closed on Tuesday afternoons.

## REPAIRE SANTE BARBÈS (ADSF)



### Women with or without children.

Diagnoses, evaluation of healthcare needs and orientations. Midwives, nurses and psychologists.

🏠 23 Rue des Cheminots, 75018 Paris

🚶 12 Porte de la Chapelle

🕒 Monday, Tuesday and Thursday 9.30am-12.30pm

🕒 Tuesday, Wednesday and Friday 1.30-4.30pm

*Closed all bank holidays and last week of December*

## DESSINE MOI UN MOUTON



### Pregnant women or women with children who with an infectious, chronic or genetic illness (HIV, sickle-cell anemia, hepatitis B)

🕒 Monday to Saturday 9:30am-5.30pm

🏠 12 rue Béranger, 75003 Paris

🚶 3 5 8 9 11 République / BUS 91, 96

### In January:

🏠 29 Rue Pajol, 75018 Paris

🚶 12 Marx Dormoy

- Psychologist
- Psycho-social beautician
- Nurse
- Social support
- Sports
- Family therapy trips
- Information clinic and guidance

*Closed November 1st and 11th and December 25th 2025 and 1st of January 2026*

## ACCUEIL DE JOUR

### CITÉ DES DAMES



### Single women without children or pregnant

🏠 39 rue du Chevaleret, 75013 Paris

🚶 T3a Avenue de France M 14 / BUS 62, 89

🚶 RER C Bibliothèque François Mitterrand

🕒 Tuesday 9:30am-12pm

🕒 Wednesday-Monday 9.30-6pm

- Snacks, dining room, lounge area
- Phone charging station, wifi, computers
- Laundry by appointment
- Various activities
- Showers with hygiene kits and towels available
- Social support and orientation
- Midwife 🕒 Monday, Wednesday, Thursday, Friday: 9:30am-6pm, Tuesday 9:30am-12pm.
- Psychologist 🕒 Monday and Thursday 2-5pm, Wednesday 9am-5pm
- Possibility of emergency accomodation at Halte for the night

## ESI HALTE FEMMES



### Single women.

🏠 16 passage Raguinot, 75012 Paris

🚶 M 1 14 / RER A D Gare de Lyon / BUS 29

🕒 Monday and Saturday 9am-4pm, Tuesday, Wednesday and Friday 9am-7pm, Thursday 9am-12:30pm

### Bank holidays 9am-4pm

- Welcome, Hot drinks
- Breakfast
- Showers
- Psychologist by appointment
- Laundry by appointment
- Legal Aid by appointment
- Doctors (reserved for women without healthcare coverage)
- Psychologist
- Social Support by appointment



## LE REFUGE DE PANTIN



🏠 164 avenue Jean Lolive, 93500 Pantin

🚶 5 Église de Pantin

61 Manufacture de Tabacs

🕒 Monday, Tuesday, Thursday, Friday  
8.30-11.45am and 1-5.30pm

• Laundry and shower by appointment

🕒 Tuesday afternoons for women and children

*Closed all bank holidays*

## L'OASIS

*Asylum seekers coming for their OFPRA interview*

A space to support asylum-seeking women on the day of their OFPRA interview.

🏠 50 rue Louis Auroux, 94120

Fontenay-sous-Bois Val de Fontenay

☎ 01 78 68 41 08

• Psychologist

• Artistic and creative activities

• Help with basic needs (like hygiene products and clothing), upon request, for the most vulnerable people coming for their OFPRA interview.

*Closed November 10th and 11th and from December 24th 2025 to January 1st 2026.*

## LES INSOUMISES



*Women with or without children.*

🏠 1 ter rue Danielle Mitterrand, 93120 La Courneuve La Courneuve - 8 Mai 1945

(small door next to 2 colorful shops)

🕒 Monday-Friday 9.30am-12.30pm and 1:30-4:30pm. Closed on Thursday afternoons.

• Friendly welcome is a secure space

• Essential services (snack bar, hygiene services, access to showers and laundry)

• Information, practical advice, workshops (focusing on self-esteem), activities and support for mothers and their children

• Social evaluation and guidance by professionals trained to deal with violence

• Parenting support

• A time for sharing, conviviality and educational activities.

## LA MARMITE

*Open to all, women and children welcome*

🏠 18 bis avenue Léon Blum, 93140 Bondy

615, 616 Suzanne Buisson

Seated meals, showers, clothing for women and children.

🕒 Tuesday-Friday 10am-1.30pm; 2.30-5.45pm

Sharing groups on parentality : 🕒 Thursday

## CENTRE DE RESSOURCE JANE

### VIALLE

*Pregnant women and mothers under 25*

🏠 33 rue de l'Harmonie, 93000 Bobigny

146/148 Escadrille Normandie Niemen

Mother-baby workshops, discussion groups between young mothers, women's and

children's health prevention workshops, free resource center (baby clothes, small

equipment, etc.), referral to external partners (PMI, planning), administrative support by

appointment on site, psychologist

🕒 Monday 3-5pm

🕒 Tuesday to Friday 10am-5pm

*Closed on Fridays in November*

**Planning and closing times :**



## IKAMBERE - LA MAISON ACCUEILLANTE



*Femmes vivant avec le VIH et leurs enfants*

🏠 14 rue Jules Saulnier, 93200 Saint-Denis

Saint Denis - Porte de Paris

255, N44 La Plaine Saulnier

Social and parenting support, French classes, seated meals, sport and cultural activities

🕒 Monday to Friday 9am-6pm, no appointment

• Dance therapy 🕒 Monday 9am-12.30pm

• Personal dietary support 🕒 every other week:

Tuesday 10am-1pm, Wednesday 2-5pm

• Sewing workshop 🕒 Monday, Thursday 2-6pm

• Food basket 🕒 two Thursdays a month

*Closed all bank holidays.*

## LAO POW'HER

*Women between 15 and 25 years old victims of sexist and sexual violence*

🏠 Bagnolet 93170

Discussions, legal aid, social and psychological support, group activities.

Make an appointment ☎ 01 71 29 50 02

🕒 Monday; Thursday, Friday 2-8pm

🕒 Tuesday and Wednesday 10am-6pm

## SOS FEMMES 93

*Women victims of domestic violence*

🏠 93140 Bondy

Group discussions, domestic violence awareness promotion

🕒 Monday 5-8pm and Tuesday to Thursday 10am-1pm

Anonymous hotline ☎ 01 48 48 62 27

🕒 Monday-Friday 2-5pm

# DAY CENTERS FOR PARENTS WITH CHILDREN

## The Lieu d'Accueil Enfant-Parent (LAEP)

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.

Listening space, Games room and artistic activities - Limited capacity.

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

🚇 7 Riquet /  45

🕒 Tuesday-Sunday 2:30-6pm

Last admission 5.30pm

### LA MAISON VERTE

#### Parents with children under 3.

🏠 13 rue Meilhac, 75015 Paris

🚇 6 Cambronne, 10 Avenue Émile Zola,

8 Commerce /  80 Fondary

🕒 Monday to Friday 2-7pm,

🕒 Saturday 3-6:30pm

Helpw with homework:

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

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

*Closed all bank holidays and second week of school holidays*

### GRAINE DE FAMILLES

#### Parents with children under 6.

*Anonymous, free, and without registration.*

🏠 8 rue Perdonnet, 75010 Paris

🚇 2 La Chapelle 4 5 Gare du Nord

 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

*Closed all bank holidays and from December 25th 2025 to January 1st 2026.*

### LA BULLE D'AIR €

#### Parents with children under 4.

*A donation is asked at the end of each admission*

🏠 60 rue Greneta, 75002 Paris

🚇 4 Réaumur - Sébastopol

 29 Étienne Marcel - Montmartre

 20, 39 Sentier

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

*Closed from December 24th 2025 to January 1st 2026*

## Seine-Saint-Denis

### LES MOUSSAILLONS

🏠 23 allée Étienne Dolet,

93320 Les Pavillons-sous-Bois

 146, N45 Président Wilson - Mairie

🕒 Friday 9.30am-12pm

### 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](http://www.traducmed.fr)
- No police check is authorized within PASS.

● Medical organizations that offer FREE consultations.

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

## Paris

### General PASS

#### HÔPITAL SAINT-LOUIS ●●

PASS general medicine

📍 1 avenue Claude-Vellefaux, 75010 Paris

🚇 (M) 2 Colonel Fabien

🕒 Monday-Friday from 8.30am

By appointment only. Call on Monday, Tuesday, Thursday or Friday 10am-2pm to make an appointment ☎ 01 42 49 91 30

**Closed 11th November**

#### HÔTEL-DIEU ●●

Go to « Centre diagnostic »:

📍 1 rue de la Cité, 75004 Paris

🚇 (M) 4 / (RER) B Saint Michel / Cité

Without appointment:

🕒 Monday-Friday: 7.30am and 10.30am-1pm

**From 15 years and 3 months old:**

**Closed 11th November**

Access to PASS Ophtalmology 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 - Friday, 9am-5pm

Secretary: ☎ 01 48 95 51 93

**Closed 11th November.**

#### HÔPITAL LARIBOISIÈRE ●●

PASS general medicine

Asf for « Consultation Arc-en-ciel »

📍 47-83 rue Ambroise-Paré, 75010 Paris

🚇 (M) 4 5 / (RER) B Gare du Nord

Without appointment:

🕒 Monday to Friday 8am-4.30pm. **Come early!**

**Closed 11th November**

#### HÔPITAL PITIÉ-SALPETRIERE ●●

PASS general medicine

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

🚇 (M) 5 Saint-Marcel

🕒 Monday-Friday. **Come at 7am** for an appointment between 8.30am-1pm, subject to availability. ✉ [accueil-medint1.pass-pitie@aphp.fr](mailto:accueil-medint1.pass-pitie@aphp.fr)

**Closed 11th November**

**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

Available to 16 year olds and over

Ask for «Polyclinique Baudelaire»

Without appointment:

🕒 Monday to Friday, come at 8am.

☎ 01 49 28 29 53/54

*Closed 11th November*

**Healthcare organizations****COMEDE** ●

Open to all without condition.

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

• Access to an interpreter

• First meeting without appointment (cont..)

Consultations are also available  
for unaccompanied minors.

🏠 Hôpital Bicêtre 78 rue du Général Leclerc  
94270 Le Kremlin Bicêtre (M) 7 Le Kremlin-Bicêtre

🚇 (M) 14 Hôpital du Kremlin Bicêtre

Access: Second floor, Gate 58, Brown section

🕒 Monday-Friday, 9am-1pm and 2-5.30pm

🕒 Closed Thursday afternoons

*Closed 11th November*

**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

*Until 17th October:*

🏠 70 boulevard Barbès, 75018 Paris

🚇 (M) 4 12 Marcadet-Poissonniers

*From 17th October:*

🏠 23, rue des cheminots 75018 Paris

🚇 (M) 12 Porte de la Chapelle

🕒 Tuesday 9.30-5.30 Thursday 9.30am-12.30pm

🕒 Monday, Wednesday and Friday 9.30am-  
12.30pm and 1.30-5pm.

*Closed 17th October-2nd November and 11th  
November*

**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, and Thursday at 9am

Without reservation. **Come early.**

*Closed 11th November*

**ACT UP PARIS** ●

Open to people with HIV and/or hepatitis.

🏠 8 rue des Dunes, 75019 Paris

🚇 (M) 2 11 Belleville (M) 7m Buttes Chaumont

🕒 Wednesday 1-5pm

Appointments can be made on another day:

✉ [permanence@actupparis.org](mailto:permanence@actupparis.org)

**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-Beaumont

🚇 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

🚶  La Plaine - Stade de France

🚶  Front Populaire

• **Social clinics (information about l'AME) and mail:** 🕒 Tuesday and Thursday 2pm-5pm

• **Medical Consultation without appointment (without AME):**

🕒 Monday, Tuesday, Thursday 9.15am-12pm

• **Collective information about AME:**

🕒 Monday (in Hindi, Urdu, Punjabi), Tuesday and Thursday (in French) at 9.15am

• **HIV and Hepatitis Prevention and tests:**

🕒 Monday 9.30am-12pm, Tuesday and Thursday 2pm-5pm

*Closed 13th-17th October and 11th November*

## 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, Tuesday, Thursday:

9.30am-12.30pm, 2.30pm-5.30pm

🕒 Wednesday: 9.30am-12.30pm only

• **Social and legal questions:** 📞 01 45 21 63 12

🕒 Monday, Tuesday, Friday: 9.30am-12.30pm

🕒 Tuesday, Thursday: 2.30-5.30pm

*Closed 11th November*

### 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

*Closed on bank holidays*



## 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/](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@rspp.fr](mailto:contact@rspp.fr)

🕒 Monday to Friday 9am-5pm

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

or [contact@perinat-nef.org](mailto:contact@perinat-nef.org)



### nata **APPLICATION NATA**

Mobile app that helps you keep track of your pregnancy.

### **SOS ALLAITEMENT IDF**

Breastfeeding support telephone helpline for parents : 📞 0 800 800 315

🕒 Monday to Friday 7-10pm

🕒 Weekends and holidays: 10am-1pm; 6-9pm

## Paris

### **HÔTEL-DIEU ●●**

**Maternity welfare centre (Cité)**

**For pregnant women without housing.**

Pregnancy monitoring up to 28 weeks (ultrasound, medical analysis), help with health insurance rights. No delivery on-site, possible referral to maternity hospital for delivery.

🏠 1 parvis Notre-Dame 75004 Paris. Galerie A1, 6th floor   Saint Michel / Cité

**By appointment:** 📞 01 71 28 13 30

🕒 Monday-Friday 9am-5pm

🕒 Thursday 9am-1pm *Closed 11th November*

**HÔPITAL ROBERT-DEBRÉ** ● ●**PASS for unaccompanied minors****PASS for pregnant women.**

Gynecology and maternity consultations.

Access through the «Point VERT» zone

🏠 48 boulevard Sérurier, 75019 Paris

🚇 7- Pré Saint-Gervais

Without appointment: ⌚ Monday-Friday: 9am-4.30pm ☎ 01 40 03 24 94

**Closed 11th November**● ● **HÔPITAL NECKER ENFANTS MALADES****PASS for unaccompanied minors**

🏠 149 rue de Sèvres, 75015 Paris 🚇 13 Duroc

🚇 6 Sèvres-Lecourbe 🚇 12 Falguières

⌚ Monday to Friday 9am-4pm. **Make an appointment by phone:** ☎ 01 44 38 17 93**Closed 11th November**● **PMI CURIAL**

For pregnant women and 0-6 year old children: midwife consultations, pregnancy certificates, vaccinations.

🏠 11 bis rue Curial, 75019 Paris 🚇 7 Riquet

⌚ Monday-Friday 8.30am-12.30pm, 1.30-5.30pm

**Closed 11th November****AGE-MOISE (SOS GROSSESSE)** ●

Psychosocial support for women experiencing pregnancy-related mental illness. French and English. Free, anonymous and confidential.

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

Hall 5 🚇 6 / 🚌 80 Cambronnes

🚇 10 Emile Zola, 8 Commerce

Make an appointment ☎ 01 45 77 75 51

⌚ Monday to Friday 9am-12.30pm and

1.30-5pm **Closed on bank holidays****LACTARIUM RÉGIONAL D'ÎLE-DE-FRANCE**🏠 Hôpital Necker Enfants Malades, Pôle Mère-Enfant Laennec, 1<sup>st</sup> 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)

**Closed all Bank 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

RER B Sevrans-Beaudoctes

🚌 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/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 14<sup>th</sup> week of pregnancy (16 weeks after the 1<sup>st</sup> day of your last period).

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

## PLANNING FAMILIAL

**No appointment needed. Info on birth control, abortion, STDs, sexuality, relationships and violence. Also available: pregnancy test, testings, emergency contraception, oral contraception prescription.**

Medical consultations (abortion pill, gynecological follow-up, birth control) after a discussion group and info session on sexual health, by appointment ☎ 01 42 60 93 20

🏠 10 rue Vivienne, 75002 Paris  
 (M) 3 Bourse Palais Royal / BUS 29  
 ⌚ Monday 2-7pm and Thursday 2-4pm

🏠 Centre Hittorf, 2 rue Hittorf, Paris 75010 (M) 4 Château d'Eau, 5 Jacques Bonsergent  
 BUS 38 Mairie du 10<sup>e</sup>  
 • Testing ⌚ Monday 5.30pm no appointment  
 • Medical consultations (gynecological follow-up, birth control) after a discussion group and info session on sexual health

🏠 Centre Massena, 9 villa d'Este, 75013 Paris  
 (M) 7 Porte d'Ivry / N31 Porte d'Ivry  
 • Info without appointment ⌚ Wednesday 10am-5pm and Friday 10am-4pm  
 • A space for listening, information, and access to care for trans, non-binary, and/or questioning individuals:  
 ⌚ The 2nd and 4th Wednesdays of the month at 2 pm  
 First, a group session to learn about and share experiences regarding hormone therapy. Then, individual consultations with a doctor for initial prescriptions or prescription renewals. With or without health insurance.  
 ☎ Call to make an appointment: 01 42 60 93 20

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

🏠 1 place du parvis Notre-Dame, 75004 Paris, Galerie A, 6<sup>th</sup> floor.  
 ☎ 01 42 34 83 00 ✉ [css.paris.htd@aphp.fr](mailto:css.paris.htd@aphp.fr)  
 ⌚ Monday to Friday 9am-7pm  
 (M) 4 Cité, 1 11 Hôtel de Ville  
 RER B Saint-Michel/Cité  
 BUS 21, 24, 27, 47, 38, 85, 96 Saint-Michel

## CMS RIDDER

🏠 3 rue Ridder, 75014 Paris (M) 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  
 (M) 11 Télégraphe/Place des fêtes  
 T3b 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  
 (M) 11 Télégraphe / BUS 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  
 (M) 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

**Closed all Bank Holidays**

### COMITÉ DES FAMILLES

**Open to people who carry HIV.**

🏠 18 rue de la Mare, 75020 Paris

🚇 2 Ménilmontant, 11 Jourdain / 🚌 96, 26

- Social and medical individual support (diagnosis, social interviews)
- Group activities (sports, arts)
- Mens and womens talking groups
- Specific support for pregnant and breastfeeding women

Check the schedule:

<https://www.comitedesfamilles.net/agenda>

If possible, notify us before coming

by phone ☎ 01 40 40 90 25 or

by email ✉ [contact@comitedesfamilles.net](mailto:contact@comitedesfamilles.net)

### CENTRES DE VACCINATION

#### DE LA VILLE DE PARIS

**Open to all without condition.**

Vaccination starting at 6 years old.

**Interpreters available.**

• 🏠 16 rue Cave, 75018 Paris

🚇 4 Château Rouge / 🚌 302 Saint-Bruno

**Make an appointment on site**

or ☎ 01 53 41 35 90

• 🏠 1 Parvis Notre-Dame - Place Jean-Paul II, 75004 Paris

🚇 4 Cité / 🚌 47, 75 Cité - Parvis Notre-Dame

**Make an appointment on site**

or ☎ 01 42 34 84 84

• 🏠 13 rue Charles Bertheau, 75013 Paris

🚇 7 Porte de Choisy

**Make an appointment on site**

or ☎ 01 45 82 50 00

• 🏠 12 rue Tiphaine, 75015 Paris

🚇 6 8 10 / 🚌 80 La Motte Piquet Grenelle

**Make an appointment on site**

or ☎ 01 53 95 47 00

### DESSINE MOI UN MOUTON



**Pregnant women or with children who carry a genetic or infectious pathology (HIV, sickle cell anemia, hepatitis)**

🕒 Monday to Saturday 9:30am-6pm

🏠 12 rue Béranger, 75003 Paris

🚇 3 5 8 9 11 République / 🚌 91, 96

**More info on page 14.**

### ACTIONS TRAITEMENTS

#### ***Women living with HIV.***

Association of patients.

🏠 23 rue Duris 75020 Paris

🚇 3 Père Lachaise, 2 Ménilmontant

🚌 71 Ménilmontant - Nanettes

- Therapeutic, psychological and social support

#### **By appointment**

🕒 Monday to Friday 10am-6pm`

☎ 01 43 67 66 00

- Helpline:

Info, support, and advocacy for people living with HIV and other co-infections.

☎ 01 43 67 66 00

## Seine-Saint-Denis

### PLANNING FAMILIAL 93

🏠 3-5-7-9 rue Édouard Vaillant,

93200 Saint-Denis

🚇 11 Basilique de Saint-Denis

🚌 11, 253, 255 Cité Langevin

**Make an appointment** ☎ 01 55 84 04 04

- Gynecological consultations, abortion, birth control, STD testing.

- Support for victims of sexist and sexual violence

🕒 Monday 9:30am-12:30pm

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

### PMI & CMS HENRI BARBUSSE

Translators available (ISM)

🏠 62 Av. Gabriel Péri, 93400 Saint-Ouen-sur-Seine

🚇 13 Garibaldi

🕒 Monday to Friday 9.30am-12.30pm and 1.30-5.30pm

**Open to all without condition:**

- Assistance with accessing healthcare services, health mediators

- General medical consultations (children, adults), vaccinations, psychology, gynecology, contraception, medical abortion

**For people with health insurance (AME, CSS):**

- Dentists

By appointment in person or by phone:

☎ 01 49 45 68 90



**MAISON DES FEMMES**

**Free healthcare accessible to undocumented persons.**

🕒 Monday to Friday 9am-5pm

🏠 1 chemin du Moulin Basset,  
93200 Saint-Denis

🚶 / 153, 353 Hôpital Delafontaine

☎ 01 42 35 64 39

- Pluridisciplinary assistance (medical and psychological, social and legal) for women victims of violence and sexual mutilations.
- 🕒 Monday to Friday 9am-5pm
- Emergency legal and medical assistance to rape and sexual assault victims.



## Mental health

### Emergencies

### Emergencies

#### ● **HÔPITAL SAINT-ANNE**

**From 16 years old.**

Call before going:

☎ 01 45 65 81 09 / 01 45 65 81 10

🏠 1 rue Cabanis, 75014 Paris Glacière

🕒 24/7 - every day, at any time or call the free emergency number 112

### Free psychological consultations

#### ● **HÔPITAL AVICENNE**

🏠 125 rue de Stalingrad, 93000 Bobigny (Mantout Building) Ground floor, door 2

La Courneuve - 8 mai 1945

**Mental health: psychologists specialised in psychotraumatology, interpreters available.**

Make an appointment by phone or email:

☎ 01 48 95 54 74

✉ [psychotrauma.avicenne@aphp.fr](mailto:psychotrauma.avicenne@aphp.fr)

🕒 Monday-Friday: 9am-4pm

**Closed 11th November**

#### ● **PARCOURS D'EXIL**

For anyone in exile who is suffering from psychological trauma.

**For minors, check the website.**

🏠 4 avenue Richerand (2<sup>e</sup> étage), 75010 Paris

Colonel Fabien Goncourt

🕒 Friday 7th November 10am ☎ 01 45 33 31 74

✉ [accueil@parcours-exil.org](mailto:accueil@parcours-exil.org)



## Women who've been victims of violence

#### ● **FEMMES ENTRAIDE AUTONOMIE**

**Female victims of violence.**

🏠 Pépinière Mathis, 9 rue Mathis, 75019 Paris

Crimée

People to speak to, individual psychological support, women's discussion groups, sport and well-being workshops.

🕒 without appointment: Wednesday and Friday 9am-1pm, 2-5pm

🕒 By appointment: Tuesdays and Thursdays  
☎ 07 45 69 01 37

**Closed 11th November**

## Addictions

**Only for people with addiction to psychoactive substances.**

#### ● **ESPACE FEMME**

**For adult women who are victims of violence, in sex work, addicts or HIV positive.**

🏠 3 boulevard Magenta, 75010 Paris

Château Rouge République

• **Group sessions:**

🕒 Monday and Friday 9.15am-3.30pm,

🕒 Tuesday-Thursday 9.15am-12.30pm

• **Nurse:** 🕒 Monday 1-3.30pm

🕒 Tuesday and Wednesday 9.15am-12.30pm

• **Socio-aesthetician:** 🕒 Friday 9.15am-3.30pm

• **Podiatrist:** 🕒 Monday 9.15am-1pm

• **Individual sessions by appointment:**

🕒 Tuesday and Wednesday 1.30-4.30pm

**Closed 11th November**



# CLOTHES

## Paris

### VESTIAIRE ÉGLISE SAINT-BERNARD

🏠 5 rue Pierre l'Ermitte, 75018 Paris

🚶 4 Château-Rouge (M) 2 La Chapelle

🚶 2 4 Barbès-Rochechouart

🕒 2 Thursdays per month 9am-12pm

**While (limited) stocks last. Come early.**

### VESTIAIRE DE L'ASSOCIATION ACCUEIL SOLIDARITÉ SAINT AUGUSTIN

Men, women and children

**Call before going!** ☎ 01 42 93 20 52

🏠 46 bis boulevard Malesherbes, 75008 Paris (Church basement)

🚶 9 Saint-Augustin (M) 3 12 13 Saint-Lazare

🕒 Tuesday 2.30-4.30pm

**Closed during school holidays, and 11th November.**

### BOUTIQUE EMMAUS RIQUET €

Affordable baby clothes and small equipment.

🏠 40 rue Riquet, 75019 Paris

🚶 7 Riquet / BUS 35, 45 Jean Moulin

🕒 Wednesday and Saturday 10am-6pm

## Seine-Saint-Denis

### BOUTIQUE EMMAUS COUP DE MAIN €

Affordable adult and baby clothes and toys.

🏠 31 avenue Édouard Vaillant,

93500 Pantin

🚶 E Pantin / BUS 170, 249, 330

🕒 Wednesday to Friday 2:30-7pm, and Saturday 10am-1pm and 2-7pm



### SECOURS CATHOLIQUE

#### VESTIAIRE SOLIDAIRE ÉPINAY €

Affordable baby clothes.

🏠 1 rue de L'Abbé Pierre, 93800 Épinay-sur-Seine

🚶 C Épinay-sur-Seine Gare

🚶 T8 Gilbert Bonnemaïson

🕒 Tuesday 2-4pm, Thursday 9-11am and 2-4pm, Friday 9-11am

Without appointment.

### 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>

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

🚶 B Le Blanc Mesnil

BUS 346, 607 Église Notre Dame

☎ 06 73 50 15 95

🕒 Thursday 9am-12pm

**Closed on bank holidays**

### SECOURS CATHOLIQUE VILLEPINTÉ €

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 3-5pm. By appointment, please call during opening hours.

- Vestiaire 🕒 Wednesday 3-5pm and Saturday 10am-5pm





# 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 Watzat guide, page 36.**

## Paris

### PARIS ADRESSE

🏠 10 Rue Eugénie Eboué, 75012 Paris

🚇 1 8 Reuilly - Diderot

**Initial enquiries by appointment only**

To make you first request or to renew your domiciliation for domiciliation:

[paris.fr/pages/vivre-au-quotidien-112](https://paris.fr/pages/vivre-au-quotidien-112)

**New places open up everyday.**

🕒 Monday-Friday 9am-5pm

Wednesday 9am-12.30pm

**Postal collection:**

🏠 90 rue Saint-Denis, 75001 Paris

🚇 11 Rambuteau

🕒 Monday-Friday 8am-6pm Thursday 8am-7pm

**Closed 1st and 11th November**



## 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

### ASSOCIATION LA MIE DE PAIN

**Anyone over 18 years old**

🏠 113 rue Regnault, 75013 Paris

🚇 7 Porte d'Ivry 🚇 14 Olympiades

🕒 Tuesday-Saturday 8.30am-12pm, 1.45-5pm.

Closes at 4pm on Tuesdays

**Make an appointment:** ☎ 01 44 06 96 88

on Wednesday 1.30-1.45pm

**Closed 11th November**



# RESTORING FAMILY LINKS

### LA CROIX ROUGE FRANÇAISE

#### RÉTABLISSEMENT DES LIENS FAMILIAUX

**1. For those who need help finding a lost family member:** help for people who lost a family member due to conflict, a natural disaster, or migration. ☎ 07 77 46 62 40

✉ [rlf.dt75@croix-rouge.fr](mailto:rlf.dt75@croix-rouge.fr)

**This is a free service. All personal details will stay confidential.**

Free telephone available to call family and friends internationally.

**2. If you want to contact a family member internationally by phone/text:**

🏠 In front of the subway 🚇 2 La Chapelle 🕒 Monday 2-5pm

🏠 In front of the subway

🚇 2 Couronnes 🕒 Wednesday 9am-12pm

🏠 «La Rochefoucauld» 15, av du Général Leclerc, 75014 Paris 🚇 6 4 RER B Denfert Rochereau 🕒 Thursday 2-5pm



# PARENT SUPPORT

## Paris

### FASTI

🏠 58 rue des Amandiers, 75020 Paris

(M) ② Père Lachaise

 69, 61 Auguste Métivier

Group discussions on pregnancy.

🕒 Monday 1.30pm

### CENTRE SOCIAL ET CULTUREL SOLIDARITÉ ROQUETTE

*For Paris residents.*

🏠 48 rue de la Roquette, 75011 Paris

(M) ① ⑤ ⑧ Bastille, ⑨ Voltaire /  69, 46

« Les Pitchouns »: daycare for children aged 6 months to 3 years old. **Closed all Bank holiday**

Registration by phone ☎ 01 49 23 81 50 or by email ✉ [lespitchouns@solidariteroquette.fr](mailto:lespitchouns@solidariteroquette.fr)

Parents-children workshop once a week.  
✉ [accueil@solidariteroquette.fr](mailto:accueil@solidariteroquette.fr)

### CENTRE SOCIAL LA 20<sup>EME</sup> CHAISE

🏠 38 rue des Amandiers, 75020 Paris

(M) ② ③ Père Lachaise /  61, 69

*During school holidays:*

🕒 Monday to Friday 10am-6pm

*Outside of school holidays :*

🕒 Tuesday to Saturday 10am-6pm

• Swap Meet: 🕒 Wednesdays 2-4 pm and Saturdays 10.30 am-12.30 pm

• Parent-Child Space (La chaise trotteuse): Parent-child space offering parenting support

🕒 Thursday mornings 10 am-12 pm

**Closed during the December school holidays**

### LES PÂTES AU BEURRE

Mental health prevention and parenting support. Free, anonymous, no appointment necessary. Children welcome. No age limit.

🏠 140 rue du Faubourg Saint Martin, 75010 Paris (M) ④ ⑤ ⑦ Gare de l'Est

 32 Faubourg-Saint-Denis

• On-site support from a team of two psychologists: 🕒 Monday 11.30am-1.30pm; Wednesday 9-11am


• Dance workshops for pregnant women

🕒 November 13th, December 11th : 10-11.30am

By appointment: ✉ [paris@lespatesaubeurre.fr](mailto:paris@lespatesaubeurre.fr)

🏠 La Villette (Little Studio)

211 avenue Jean Jaurès, 75019 Paris

 T3b Ella Fitzgerald

🕒 Every other wednesday 3-5pm  
(November 5th and 19th, December 3rd)

• Le Fil des Pâtes au Beurre

☎ 02 40 16 90 50, national telephone line 📞  
Mondau 9-11am, Friday 12-2pm

### DESSINE MOI UN MOUTON



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

🕒 Monday to Saturday 9:30am-5.30pm

🏠 12 rue Béranger, 75003 Paris

(M) ③ ⑤ ⑧ ⑨ ⑪ 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).

• Support and play area for babies aged 0 to 3 years and their parents 🕒 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

(M) ⑫ 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](mailto:contact@craif.org)

### 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 and Tuesday 9am-12.30pm and 1.30-5.30pm, Wednesday 9am-5.30pm, Thursday 9.30am-12.30pm and 4-8pm

🏠 37-39 rue Victor Hugo, 93500 Pantin

(M) ⑤ Église de Pantin

 249 Lycée professionnel Simon Weil



# FRENCH CLASSES

27  
Autumn 25

## Registration required

### FEMMES RELAIS MÉDIATRICES INTERCULTURELLES

🏠 3-5 place des Nations Unies, 93022 Bobigny

🚶 11 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 2-4pm

## No registration required

### BAAM

Courses for all levels, non-degree or certificated courses, without registration. 🏠 10 locations in Paris and Ivry. More information and timetables on website: [baamasso.org/fr/ateliers-francais](https://baamasso.org/fr/ateliers-francais)

## 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:**

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



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

<https://formation-rsa.seinesaintdenis.fr/evenement/5cc06d4b-d627-415d-8a18-644a1ea9f4ee>



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

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



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

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



## EMPLOYMENT

### Professional Support

- 🔵 Asylum procedure
- 🔴 Dublin
- 🟡 Refugees
- 🟢 Residency permit

### SISTECH

Women refugees with level A2 in French.  
Training program for technology and digital professions. By registration, using this form: [https://sis.tech/apply/refugee\\_women\\_france/](https://sis.tech/apply/refugee_women_france/) or ✉ [france@sis.tech](mailto:france@sis.tech)

### MISSION LOCALE

**Unconditional access. For young people aged 16 to 25 with a residence permit, work permit or API for young people with BPI.**

🕒 On-site enrollment: Monday-Friday at 9am or 1.30pm. **Closed Thursday afternoons**

- **For those domiciled in the 1<sup>er</sup>, 2<sup>e</sup>, 3<sup>e</sup>, 4<sup>e</sup>, 9<sup>e</sup>, 10<sup>e</sup> et 11<sup>e</sup> arrondissements :**  
🏠 29/31 rue des boulets, 75011 Paris  
🕒 9 Rue des boulets
- **For those domiciled in the 5<sup>e</sup>, 12<sup>e</sup>, 13<sup>e</sup>, arrondissements:**  
🏠 93 rue Jeanne d'Arc, 75013 Paris  
🕒 6 National
- **For those domiciled in the 6<sup>e</sup>, 7<sup>e</sup>, 14<sup>e</sup>, 15<sup>e</sup> et 16<sup>e</sup> arrondissements :**  
🏠 24/26 rue de Chatillon, 75014 Paris  
🕒 4 Alesia
- **For those domiciled in the 8<sup>e</sup>, 17<sup>e</sup> et 18<sup>e</sup> arrondissements :**  
🏠 9 impasse Milord, 75018 Paris  
🕒 13 Porte de Saint-Ouen
- **For those domiciled in the 19<sup>e</sup>:**  
🏠 65 rue d'Hautpoul, 75019 Paris  
🕒 5 Ourcq
- **For those domiciled in the 20<sup>e</sup> :**  
🏠 3 rue de l'Est, 75020 Paris  
🕒 11 Jourdain

For more French classes:  
[www.reseau-alpha.org](https://www.reseau-alpha.org)

**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

🚇 M13 🚶 13 🚶 13 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.

***Closed all Bank Holidays***

● **KODIKO**

• Career support with a professional support worker for 6 months: 10 individual meetings with companies / 12 group workshops for finding a job or training / French lessons (level A2 and B1) / computers available to borrow and introductory course in IT skills.

• 2 sessions per year (March or October) :

**The next cohort starts on 16 October!**

• Planned activities for young people, women and more experienced people  
• Requirements: be looking for a job or training / live in France / be a refugee, stateless, or receive subsidiary or temporary protection or family reunification / have A2 level French and be available one day a week (Monday-Friday).

**To enroll fill in the form until 13th November:**




## SOCIAL AND CULTURAL ACTIVITIES, AND SPORTS

.....

**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.

**TERRAIN D'AVENIR**

Several sports (climbing, basketball, rugby, football, swimming, yoga (women and mixed), step, modern dance, running with or without registration.

**NOUR**

**Beginners, mixed, women-only yoga sessions.**

By registration: [reservation.nour-yoga.com](https://reservation.nour-yoga.com)

🏠 For other courses in Paris,

☎ 06 12 64 83 64



✉ [contact@nour-yoga.com](mailto:contact@nour-yoga.com)

## CITÉ FERTILE

### ***Sports reserved for women.***

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

🏠 14 av. Édouard Vaillant, 93500 Pantin



🚶  Pantin /  170, 330 /  Ella Fitzgerald

🕒 Thursday 12-2pm

Registration <https://shorturl.at/ZPzie>

## LIMBO


🏠 '104', 5 rue Curial, 75019 Paris

🚶     Stalingrad, Riquet and Marx Dormoy

### • **Art mediation workshops:**

🕒 Thursdays 2.30-5pm (with bank holidays)

### **Mixed discussion group:** once a month

🏠 Maison des Réfugiés, 10b rue Henri Ribière, 75019 Paris  Place des Fêtes

**Drop-in open to everyone:** Tuesday 3-5pm (including bank holidays).

### **Women's speaking group with Family**

**Planning:** First Tuesday of the month.

🏠 Various locations

• **Cultural outings:** Twice a month

Contact: ✉ [ateliers.limbo@gmail.com](mailto:ateliers.limbo@gmail.com)




## Libraries

### FREE

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

### **BIBLIOTHÈQUE PUBLIQUE D'INFORMATION**

🏠 bâtiment Lumière, au 40 avenue des Terroirs de France 75012 Paris   Cour Saint-Émilion

🕒 Monday to Friday 12-10pm.

🕒 Saturday and Sunday 11am-10pm

**Closed on Tuesdays. French conversation**

**workshops:** 🕒 Friday at 1pm (complete beginners), 2pm, 4pm and 6pm

**Access to healthcare clinic:** 🕒 Every second Thursday of the month 2-6pm

***Closed at 7pm on December 24th and 31st***

***On December 25th 2025 and January 1st 2026:***

🕒 ***12-10pm***

Find all of Paris' libraries:

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

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

④ The Metro works in Paris and its suburbs.

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

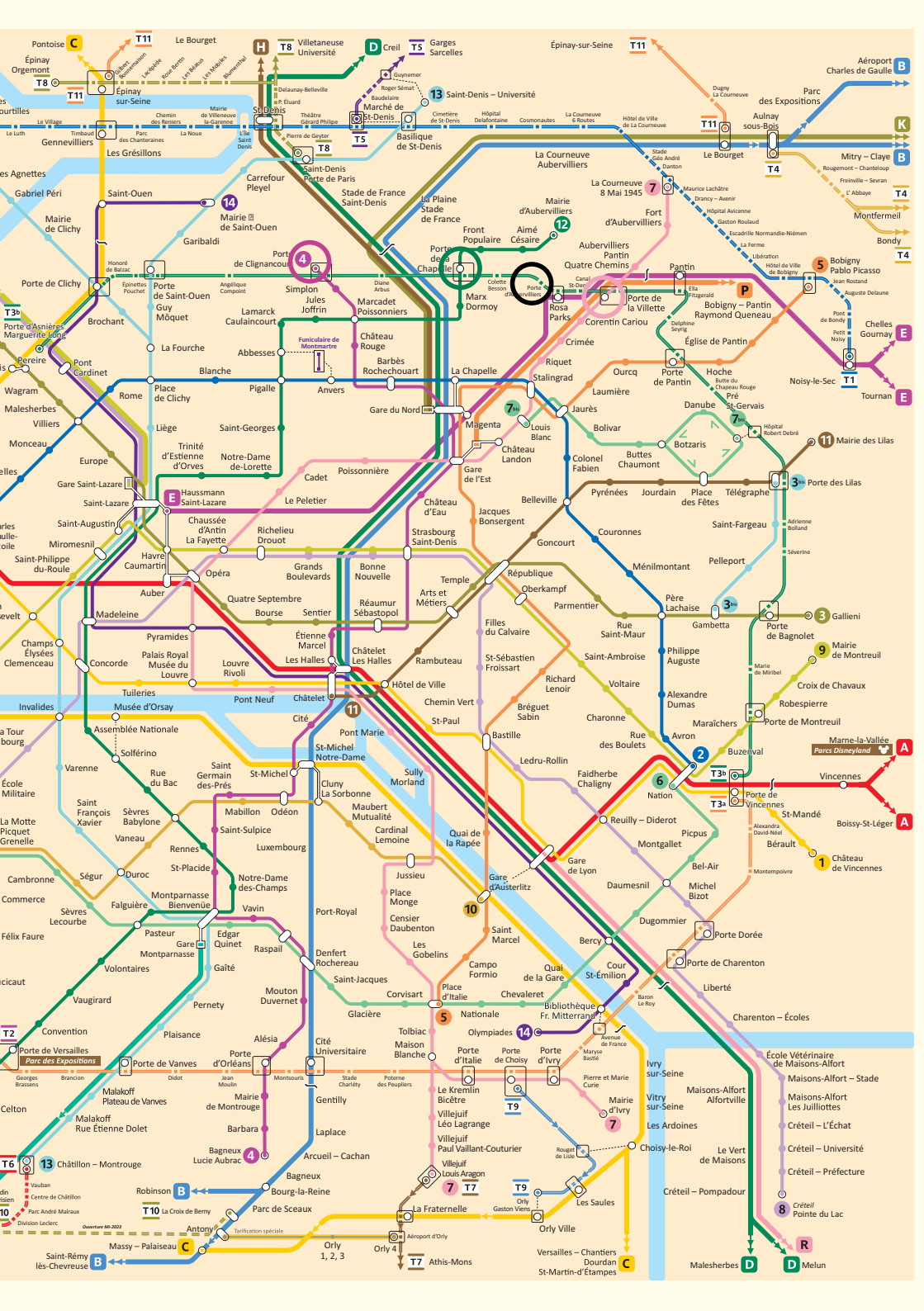


**Nous remercions les bénévoles et toutes les structures, associations et collectifs qui font vivre le projet ! ❤️**

**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>*







# AUTUMN 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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