

WATIZAT



*Paris and
Seine-Saint-Denis*

INFORMATION GUIDE FOR WOMEN IN EXILE SPRING 2026

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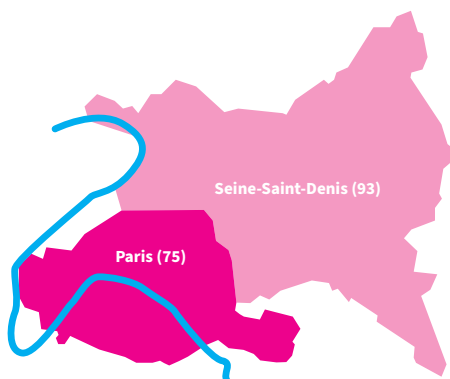
SOCIAL RIGHTS

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KEY DATES

Holidays - some places might be closed: 6th of April, 1st, 8th, 14th and 25th of May

School holidays - some places might be closed: from Saturday 18th of April to the 4th of May



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 accommodation for all



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

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

⚠ Careful, there aren't many spots open so accommodation 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 10am-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.

Accommodation for asylum seekers

During your first appointment at the Prefecture, the OFII should offer you accommodation. 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 accommodation in another region than the one you filed your asylum claim in. If you refuse to go where they refer you, you will lose your housing and financial benefits (ADA). Your asylum claim may also be canceled.

Access to accommodation 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 accommodation. Call the OFII number to request housing during your asylum procedure.



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-Émilion 24

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

Closed on Tuesday afternoons

🕒 **Get there early!** (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.

Distribution of blankets, tents (dependent on availability) and solidarity housing (people host you in their house) for one night.

🕒 Monday-Sunday from 6pm-8pm

⚠️ **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 ask for 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



FREE EMERGENCY NUMBERS

Tickets

The single tickets and 10-ticket packs are no-longer available for single sale at the counter, but rather on the Bonjour RAPT App.

- To replace the single tickets, you can now buy a Navigo Easy pass directly at the station for 2€. This card allows you to buy and load tickets for the Metro, RER, Bus or Tram.
- The Ticket Metro-Train-RER costs €2,55 and allows you to travel up to 2 hours on all 3 modes of transport if you remain in the station.
- The Ticket Bus-tram costs €2,05 and allows you to travel on the bus and tram for 1h30, taking several lines, if you remain in the station.

Pass Navigo

This is a travel pass that you can top-up to take the metro, the bus and the RER in an unlimited manner. It costs 90.80€ 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 (12.30€), a week (32.40€), or a month (90.80€).

Get more information at an RATP counter.

15 SAMU

In case of an 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 accommodation 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-Thursday, 6-9pm

🕒 Saturday 2-6pm

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

🕒 Discussion group, 18th of April 2:30-5pm

🏠 17 rue Mendelssohn, 75020 Paris

🚇 **T3b / BUS** 351 Porte de Montreuil

☎️ 06 76 38 53 19

Closed on the 6th, 14th of April, 12, 14 and 25th of May

MAISON DES FEMMES

Free healthcare accessible to

undocumented women, living in the 93:

- 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-6pm

🏠 1 chemin du Moulin Basset,

93200 Saint-Denis

🚇 **T1 / BUS** 153, 353 Hôpital Delafontaine

☎️ 01 42 35 64 39

Closed on bank holidays

Find more specialized addresses for gender-based violence victims.

ENJOY Your relationship is healthy when he...	1	Respects your decisions and tastes
	2	Accepts your friends and family
	3	Trusts you
	4	Is happy when you feel fulfilled
	5	Gets your approval when making plans together
	WARNING, SAY STOP! There is violence when he...	6
7		Blackmails you if you refuse to do something
8		Belittles your opinions and projects
9		Makes fun of you in public
10		Manipulates you
11		Is constantly jealous
12		Controls your outings, clothes, makeup
13		Goes through your texts, emails, apps
14		Insists that you send him intimate photos
15		Isolates you from your family and friends
PROTECT YOURSELF, GET HELP You are in danger when he...	16	Calls you crazy when you reproach him
	17	"Blows a fuse" when he is unhappy about something
	18	Pushes, pulls, slaps, shakes or hits you
	19	Threatens suicide because of you
	20	Touches you intimately without your consent
	21	Threatens to circulate intimate photos of you
	22	Forces you to watch porn
	23	Forces you have sex with him
	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 Monday-Thursday 10am-12:30pm / 2-5pm, closed Friday afternoons
- Seine-Saint-Denis ☎ 01 48 36 99 02
- 🕒 Monday to Friday 9am-12:30pm and 1:30-5pm, closed Monday afternoons
- Closed on bank holidays and 15th of May*

Paris

FEMMES DE LA TERRE

🏠 2 rue de la Solidarité, 75019 Paris

🚇 7 Danube **BUS** 75 D'Hautpoul

- Asylum claim and residency permit support.
- 🕒 Monday 1-5pm
- By appointment, call ☎ 01 48 06 03 34
- Public Scribe and legal advice
- 🕒 Tuesday 1-5pm - *Closed on bank holidays*

FASTI

Information on residency permits.

🏠 58 rue des Amandiers, 75020 Paris

🚇 2 3 Père Lachaise

BUS 69, 61 Auguste Métyvier

🕒 Tuesday 6-8.30pm / Thursday 2-4:30pm

Closed on bank holidays

RAJFIRE

Asylum claims, family reunification, and residency permits.

Closed on bank holidays and 15th of May

🏠 163 rue de Charenton, 75012 Paris

🚇 1 8 Reuilly-Diderot **BUS** 215

🕒 Tuesday and Thursday 2-5pm

Contact before coming:

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

SOLIDARITÉ NOTRE-DAME DE TANGER

Mothers and children asking for asylum

🏠 44 rue Charles Hermite, 75018 Paris

🚇 12 Porte de la Chapelle **BUS** Traverse Ney Flandre **T3b** Colette Besson

Asylum claim and residency permit support.

🕒 Monday, Wednesday and Thursday 2-6pm

Children welcome.

Food and hygiene products distribution.

Closed from the 31st of March to 5th of April and bank holidays

CENTRE SOCIAL ET CULTUREL

SOLIDARITÉ ROQUETTE

🏠 47 rue de la Roquette, 75011 Paris

🚇 1 5 8 Bastille, 9 Voltaire **BUS** 69, 46

Administrative help:

🕒 Monday-Friday 9am-12:45pm and 2-5pm, closed Wednesday afternoons

Appointment directly there, or calling

☎ 01 49 23 81 50 or

✉ accueil@solidariteroquette.fr

Closed on bank holidays and 15th of May

PSA GAUTHEY

Single women and families.

🏠 39 rue Gauthey, 75017 Paris

🚇 13 Guy Moquet / **BUS** Traverse Batignolles Bichat - Collège Mallarmé

🕒 Monday to Friday 8am-5pm

🕒 Thursday 8am-12:30pm.

- Support with access to rights, welfare, DALO, Solibail, retirement pensions
- Psychologist and game room for children

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 **BUS** 35,38,60

🕒 For first-timers, Monday-Friday 11am-6pm

Call if needed ☎ 01 42 29 23 67

Closed on bank holidays and 15th of May



For more information **on asylum claims and residency permits** see Watzat Info-Exil guide.

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 2:30-5:30pm

TRIBUNAL DE PARIS

For women victims of domestic violence.

🏠 Parvis du tribunal de Paris, 75017 Paris

🚆 RER C / T3b / T3b (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

• Criminal Law for women victims of violence

Blue Bus in front of:

🏠 7 rue des Maraîchers, 75020 Paris

🚆 (M) 9 Maraîchers / BUS 26, 57

🕒 Every 4th Wednesday of the month 12-3pm, 22nd of April, 27th of May and 24th of June

With or without appointment:

✉ barreausolidarite@avocatparis.org

• Criminal and immigration law for victims of sexual and gender-base violence

• Oral advice on the asylum procedure

🏠 Rue François de Neufchateau, 75011 Paris

🚆 (M) 9 Voltaire/ Charonne BUS Gymnase Japy 56

🕒 Every 2nd Wednesday of the month: 8th of April, 13th of May, 10th of June 12-3pm

Without Appointment (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 / T3b Porte de la Villette

🕒 Monday 2-6pm, Wednesday 9-1pm, Thursday 2-8pm

🏠 Point femmes Mairie du 19^e arr.,

5-7 place Armand Carrel, 75019 Paris

🚆 (M) 5 Laumière / BUS 48, 60, 75

🕒 Monday 9:30am-12pm

🏠 Mairie du 17eme, 16/20 rue des

Batignolles

🚆 (M) 2 Rome 13 Place de Clichy / BUS 66

🕒 Friday 9:30am-12:30pm

Closed on bank holidays

Women involved in sex work

BUS DES FEMMES

Domiciliation services only for persons involved in prostitution. **Closed on bank holidays**

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

🚆 (M) 2 3 Père Lachaise

🕒 Monday to Friday 9:30am-5:30pm

🕒 Closed on Tuesday afternoons, Friday at 5pm

• 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. See: urlr.me/3CQUbt

LA CIMADE

• Support for residency claims.

🏠 1 boulevard de Gourgues, 93600 Aulnay-sous-Bois

🚆 RER B / T4 / T4 / BUS 15, 605, 613, 615, 618

🕒 Tuesday 8am-12pm

Closed on all bank holidays

• 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

Closed on bank holidays and school holidays

JURIS SECOURS 93

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

Listening space for women: legal 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:

🕒 Monday and Wednesday 10am-12:30pm

and 1:30-5:30pm

🏠 9 rue du Maréchal Maison,

93800 Épinay-sur-Seine




 T8 Rose Bertin,  BUS 361 Place René Clair

- Listening Space for Women:

🕒 Tuesday and Thursday 10am-12pm and 1:30-5:30pm (*every second week*)

☎ 01 49 51 27 88




🏠 Maison de la Justice et du Droit, 1 rue de la Terrasse, 93800 Epinay-sur-Seine

 RER  C Epinay-sur-Seine,  T11

- Legal Aid (immigrants' rights)

🕒 Tuesday 9:30am-12pm

🏠 CCAS: 9 rue Emile Auxerre, 93110 Rosny-sous-Bois

 RER  E /  BUS 102 Bois-Perrier Sud

- Listening space for women living in Rosny:

🕒 Every second Monday 9:30am-5pm

13th and 27th of April, 11th of May

☎ 01 41 58 59 70 to make an appointment

🏠 Maison des Services publics, 1 Place de l'Amitié, 93700 Drancy

 BUS 248 Cité de la résistance

☎ 01 48 96 39 29

Legal Aid for women living in Drancy

🕒 Monday 9:30-11:30am

🕒 Friday 9:30-11:30am, every 2nd and 4th of the month, 10th, 24th of April, 22nd of May

Closed on bank holidays and hours can vary during school holidays



< For additional information and timetable changes, please refer to this link on the left: <https://bit.ly/4c34bpv>

MAISON DES SERVICES PUBLICS - DRANCY

🏠 2 avenue Jean Jaurès, 93700 Drancy

 BUS 148 Charles Gide

By appointment for women of Drancy

☎ 01 48 96 50 14

- Administrative aid for women:

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

🕒 Saturday 9am-12pm

- Legal Advice, 1st, 3rd and 5th Saturday of the month, 10am-12pm

🕒 Saturday 4, 18 April, 2 and 16 May

• Public Scribe 🕒 Tuesday 2-4:30pm

• Human Rights Defender 🕒 Wednesday 9am-12pm, twice a month




• French Classes 🕒 Tuesday and Thursday

Closed on bank holidays

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 on the 14th of May

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

🕒 One Thursday of the month 2-5pm


9th April, 11th of June

PERMANENCE CDIFF CLICHY-SOUS-BOIS

Legal aid for families and women victims of violence. *Closed on the 14th of May*

🏠 12 bis allée Romain Rolland, Batiment

Maison du Territoire, 93390 Clichy-sous-Bois

 T4 Notre Dame des Anges

By appointment, call ☎ 01 41 70 38 20

🕒 Wednesday 9:30am-12pm and 2-5pm

🕒 SOS Victimes-Thursday 2-5pm

Sur rendez-vous, appeler ☎ 01 41 70 38 20

PERMANENCE CDIFF LIVRY-GARGAN

Legal aid for families and women victims of violence. *Closed on the 14th of May*

🏠 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. *Closed on the 1st and 8th of May*

🏠 205 avenue du 8 mai 1945,

93330 Neuilly-sur-Marne  BUS 127 Roussillon

By appointment, call ☎ 01 43 08 45 30

🕒 Wednesday, Friday 9am-12pm

🕒 Wednesday 2-5pm

PERMANENCE CDIFF NEUILLY-PLAISANCE

Legal aid for families and women victims of violence. *Closed April 6th and May 25th.*

🏠 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

🕒 Two Mondays per month 9am-12pm

PERMANENCE CDIFF NOISY-LE-GRAND

Legal aid for families and women victims of violence. *Closed on the 14th of May*

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

🚇 **A** Noisy-Le-Grand-Mont d'Est

🚌 206, 207, 306, 310 Cimetièrre

By appointment, call ☎ 01 41 70 39 18

🕒 Thursday 9am-12pm and 2-5pm

**FOOD**

Find the addresses of food distributions in Paris in the *Watizat* 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 on all bank holidays.*

After evaluation of your situation, a card is issued to access self-service affordable food and clothing.

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

🚇 **13** Pernes / 🚌 59, N63

Make an appointment on site:

🕒 Monday and Thursday 9:30am-12:30pm

🕒 Friday 4-6pm

• Welcome centre, listening and social support by appointment

ANTENNE BAYET

For residents of the 13th arrondissement.

🏠 6 rue Albert-Bayet, 75013 Paris

🚇 **5** **6** **7** Place-d'Italie / 🚌 47, 57

Make an appointment on site:

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

• Social support

• Employment support, by appointment

☎ 01 53 60 09 45

🕒 Monday-Thursday 2-6pm, and Friday 10am-12pm

• Computer and smartphone classes, without appointment

🕒 Wednesday 10am-12pm

ANTENNE RAMEY

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

🏠 6 passage Ramey, 75018 Paris

🚇 **M** **4** **12** Jules-Joffrin / Marcadet-Poissonniers

🚌 40, 80

Make an appointment

🕒 Monday from 9:30am

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

• Social support.

• Domiciliation (housing support), make an appointment at 9:30am

• Legal aid 🕒 Tuesday and Saturday 9:30am-12:30pm

• Literacy classes, tutoring, Public Scribe

ANTENNE FOUGÈRES

For residents of the 19th and 20th arrondissements.

🏠 3 rue de Noisy-le-Sec, 75020 Paris

🚇 **M** **3bis** Saint-Fargeau / **T3b** **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

• Public Scribe, Thursday 9:30am-12pm

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

🚇 **M** **9** / **T3b** **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

🚇 **M** **2** Colonel Fabien

🕒 Monday 10am-1pm and 2-6pm

🕒 Tuesday-Thursday 3-8pm

By appointment, 3 hours slot, once per week :

☎ 06 12 97 26 04.

LES CUISINES DE BASILE (Cuisine partagée Basiliade)

Beneficiaries who live in social hotels.

🏠 86bis boulevard Ney, 75018 Paris
 🚶 T3b Diane Arbus
 🚇 M 4 12 Porte de Clignancourt et Porte de la Chapelle / 🚌 BUS 56 Mont-Cenis
 🕒 Monday-Friday 9:30am-12:30pm and 1:30-5:30pm
 Make an appointment by phone
 📞 07 44 83 63 05 or email
 ✉ lescuisinesdebasile@basiliade.org
Closed all bank holidays

LA CUISINE PARTAGÉE DE MÉNILMONTANT (Fondation de l'Armée Du Salut)

Beneficiaries who live in social hotels.
 🏠 21 passage Ménilmontant, 75011 Paris
 🚶 M 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 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 (Fondation de l'Armée Du Salut)

Beneficiaries who live in social hotels.
 🏠 94 rue de Charonne, 75011 paris
 🚶 M 8 Faidherbe Chaligny, 9 Charonne
 🚌 BUS 46, 56, 76
 🕒 Tuesday 9am-12pm, Wednesday and Friday 1:30-4:30pm, Thursday 5-8pm
 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 (Fondation de l'Armée Du Salut)

Beneficiaries who live in social hotels.
 🏠 9 av. de la Porte des Lilas, 75019 Paris
 🚶 M 11 / 🚶 T3b Porte des Lilas / 🚌 BUS 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
 🚶 M 2 Barbès/La Chapelle, 5 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-Friday 9:30am-12pm and 2:30-6pm
 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.
Closed all bank holidays and the 15th of May

LA CUISINE PARTAGÉE DU CENTRE SOCIAL ET CULTUREL SOLIDARITÉ ROQUETTE

Reserved for families who live in a social hotel within Paris and priority to residents of the 11th arrondissement.
 🏠 47 rue de la Roquette, 75011 Paris 🚶 M 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 and the 15th of May



DAY CENTERS

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-Émilion

🚌 24 Rue Baron le Roy

🕒 Monday-Sunday: 9am-12:30pm 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
- Mid wife: Monday, two times a month
- Psychologist every Friday

During week-ends and bank holidays, only the day center is available, no services



ACCUEIL DE JOUR LA

ROCHEFOUCAULD

Unhoused families and children under 18.

🏠 15 avenue du Général Leclerc, 75014 Paris

(M) 6 4 RER B Denfert Rochereau

🕒 Monday to Friday 9:30am-4:30pm

Tuesday 12-4:30pm

- Breakfast and hot meals, bathrooms
- Distribution of diapers, milk (susceptible to be out of stock) 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
- Family Psychiatrist : Friday afternoons
- PMI Nurse : Thursday morning
- Nurse from SAMU SOCIAL: all-day Wednesday
- Restoring Family ties : Thursday
 - Access to a social worker without an appointment
- 🕒 Appointments available by reservation until midday the same day, except for Tuesday, for people with no social support and in an irregular situation

Closed all bank holidays and 15th of May



LE FILON

Single women 18+.

(M) 13 Brochant / T3b Épinettes Pouchet.

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

- 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 and 15th of May



ESI BONNE NOUVELLE

Closed all bank holidays and 15th of May

🏠 9 rue Thorel, 75002 Paris

(M) 8 9 Bonne Nouvelle

🕒 Monday to Friday 9:40am-1pm and 2-5pm

Closed on Thursday afternoons.

- Breakfast
- Social support 🕒 by appointment
- Legal aid 🕒 by appointment
- Childcare 🕒 Monday and Fridays 9.40am-12.30pm
- Psychologist 🕒 Monday 2-5pm and Wednesday 10am-12pm
- Midwife 🕒 Tuesday 10am-1pm

- Nurse (pediatric) 🕒 Wednesday 10am-1pm
- Hairdresser 🕒 Monday, Tuesday 10am-1:30pm and Tuesday 2-5pm
- Beautician 🕒 Monday 2-5pm
- CPAM : 3rd Tuesday and 4th Friday of the month



ESI GEORGETTE AGUTTE

Pregnant women and women with children.

Lounge area, psychologist, social workers, bag storage. **Closed all bank holidays**

🏠 11 rue Georgette Agutte, 75018 Paris

🚇 M13 Guy Moquet

🕒 Tuesday to Saturday 9:15am-4:30pm

🕒 Closed on Thursday mornings.

On appointment on site :

Laundry: Tuesday-Saturday 9:30am-12pm

Mid-wife: Friday morning

Pediatric Nurse: Tuesday morning



AUTREMONDE

Women with or without children.

Closed on the 6th of April and 25th of May

Until the 27th of April 🏠 30 rue de la Mare,

75020 Paris 🚇 M11 Jourdain, 🚇 2 Couronnes

From the 27th of April :

To know the address : 📞 01 43 14 96 87

✉ contact@autremonde.org

🕒 Monday and Friday 2-5:30pm

🕒 Sunday 3-6pm

Administrative help: Monday 7:30-9pm

To register : louise.rouge@autremonde.org or 01 43 14 77 84.

French Lessons :

🕒 Monday and Wednesday 10am-12pm



ESI PITARD

Families, single parents and pregnant women.

🏠 4 rue Georges Pitard, 75015 Paris 🚇 M13 Plaisance

• Without appointment:

🕒 Monday to Friday 9:15am-1pm

• By appointment: 🕒 Monday to Friday 2-5pm

🕒 Closed on Tuesday afternoons.

Closed all bank holidays



DESSINE MOI UN MOUTON

Pregnant women, families or children under 30 years, with an infectious, chronic or genetic illness (HIV, sickle-cell anemia, hepatitis B)

🏠 29 Rue Pajol, 75018 Paris 🚇 M12 Marx Dormoy

1st consultation upon appointment, call

📞 01 40 28 01 01

📞 For Families 07 81 57 25 36

📞 For Youth 07 49 39 57 32

🕒 Monday to Saturday 9:30am-6pm

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

Closed 21st of April and all bank holidays



ACCUEIL DE JOUR

CITÉ DES DAMES

Single women without children or pregnant

🏠 39 rue du Chevaleret, 75013 Paris

🚇 T3a Avenue de France 🚇 M14 / 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
- Showers with hygiene kits, towels available
- Social support and orientation
- Midwife 🕒 Monday, Wednesday, Thursday, Friday: 9:30am-6pm, Tuesday 9:30am-12pm.
- Psychologist
- Possibility of night emergency accomodation



ESI HALTE FEMMES

Single women.

🏠 16 passage Raguinot, 75012 Paris

🚇 M1 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, Breakfast, Hot drinks
- Showers
- Psychologist by appointment
- Laundry by appointment
- Legal Aid by appointment
- Doctors (reserved for women)
- Social Support by appointment

Seine-Saint-Denis



LE REFUGE DE PANTIN

🏠 164 avenue Jean Lolive, 93500 Pantin

🚇 M5 Église de Pantin

🚇 BUS 61 Manufacture de Tabacs

🕒 Monday, Tuesday, Thursday, Friday 8:30am-12pm and 1-5pm

- 🕒 Wednesday 10:45-11:45am and 1-5pm
 - Laundry and shower by appointment
 - 🕒 Tuesday afternoons for women and children
- Closed all bank holidays**

L'OASIS

Asylum seekers coming for their OFPRA interview. Closed on bank holidays, Friday 15th and 29th of May

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



🏠 50 rue Louis Auroux, 94120

Fontenay-sous-Bois Val de Fontenay

Sign up before coming : 📞 01 78 68 41 08

<https://bit.ly/4blZUqj>

Monday-Friday 9am-5pm

- Psychologist: Everyday
- 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.



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-Thursday 9:30am-12:30pm and 1:30-5:15pm. Closed on Thursday afternoons Friday 9:30am-2:15pm

- 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.

Closed all bank holidays

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

Closed all bank holidays and 15th of May

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, mothers' groups, 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 2-5pm

🕒 Tuesday-Thursday 10am-1pm, 2-5pm

🕒 Friday 10am-1pm; 2-4:30pm

Planning and closing times :

Closed bank holidays and 15th of May



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 2-6pm

🕒 Tuesday, Wednesday, and Friday 10am-1pm and 2-6pm, closed Friday afternoon

Closed bank holidays and 15th of May

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

Closed all bank holidays

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 in 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://bit.ly/4te1ub7>

⚠ **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

🚇 **M** 7 Riquet / **BUS** 45

🕒 Tuesday-Sunday 2:30-6pm

Last admission 5pm

Closed all bank holidays

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 all bank holidays and from Monday 27th of April till 3rd of May

GRAINE DE FAMILLES

Parents with children under 6.

Anonymous, no registration, donation is asked

🏠 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

Closed all bank holidays

LA BULLE D'AIR €

Parents with children under 4.

A donation is asked

🏠 60 rue Greneta, 75002 Paris

🚇 **M** 4 Réaumur- Sébastopol

BUS 29 Étienne Marcel - Montmarte

BUS 20, 39 Sentier

🕒 Tuesday, Thursday and Saturday 9:30am-12:30pm

🕒 Wednesday and Friday 3-6pm

Closed all bank holidays, 15th and 16th of May

Seine-Saint-Denis

APJC - LIEU D'ACCUEIL ENFANTS-PARENTS

🏠 23 allée Étienne Dolet, 93320 Les Pavillons-sous-Bois

BUS 146, N45 Président Wilson - Mairie

🕒 Friday 9.30am-12pm (**During school term**)

MAISON DES PARENTS ROSNY SOUS-BOIS

Parents with children between 0 and 4 years old.

🏠 24 rue Édouard Beaulieu, 93110 Rosny-sous-Bois

🚇 **RER** E Rosny-sous-Bois

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

BUS 3 Beaulieu

☎ 01 48 94 94 14

🕒 Wednesday, Thursday, Saturday: 3-6:30pm

Closed on the 14th, 15th and 16th of May,

please refer to website for closures: <https://bit.ly/40SpaFF>



List of LAEP in Saint-Denis:

<https://bit.ly/4bEIPzj>



List of LAEP in Montreuil:

<https://bit.ly/301jEO9>



HEALTH


 In case of a medical emergency, call 15



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.

Closed on all bank holidays

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

🚇 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 on 15th of May

HÔTEL-DIEU ● ●

Go to « Centre diagnostic »:

🏠 1 rue de la Cité, 75004 Paris

🚇 4 / RER B Saint Michel / Cité

Without appointment:

🕒 Monday-Friday: 7:30am and 10:30am-1pm

From 15 years and 3 months old:

Access to PASS Ophthalmology or Dental through General PASS.

Closed on 15th of May

HÔPITAL AVICENNE ● ●

🏠 125 rue de Stalingrad, 93000 Bobigny

(Building Mantout, bottom floor, entry door 2)

🚇 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

HÔPITAL LARIBOISIÈRE ● ●

PASS general medicine

Asf for « Consultation Arc-en-ciel »

🏠 2 rue Ambroise-Paré, 75010 Paris

🚇 4 5 / RER B Gare du Nord

Without appointment:

🕒 Monday to Friday 8am-4:30pm. **Come early!**

Closed on 15th of May

HÔPITAL PITIÉ-SALPETRIERE ● ●

PASS general medicine

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

🚇 5 Saint-Marcel

🕒 Monday-Friday. **Come at 7am** for an appointment between 8:30am-4pm, subject to availability. *Closed on 15th of May*

✉ accueil-medint1.pass-pitie@aphp.fr

HÔPITAL SAINT-ANTOINE ●●**PASS - Medical polyclinic**

(specialised in scabies treatment)

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

🚇 8 Faidherbe-Chaligny / 2 Nation

Available to 16 year olds and over

Ask for «Polyclinique Baudelaire»

🕒 Monday to Friday, come at 8am.

☎ 01 49 28 29 53/54

Closed on 15th of May

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 🚇 7 Le Kremlin-Bicêtre

🚇 14 Hôpital du Kremlin Bicêtre

Access: Second floor, Gate 58, Brown section

🕒 Monday-Friday, 9am-6pm

🕒 Closed Thursday afternoons

*For the 1st appointment, come 1 hour before
the centre closes. Closed on bank holidays*

MÉDECINS DU MONDE (CAOA) ●

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

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

🕒 Monday, Tuesday, Thursday at 9am-12:30pm

Without reservation. **Come early.**

Seine-Saint-Denis**General PASS****PASS HÔPITAL ANDRÉ GRÉGOIRE**

Medical consultations in general medicine.

🏠 56 boulevard de Boissière, 93100 Montreuil

🚇 102, 129, 301, 545

🕒 Monday 9am-5pm

Make an appointment ☎ 01 41 70 82 48

Women and pediatric centre for pregnancy
monitoring/gynaecology: ☎ 01 49 20 31 91

PASS HÔPITAL ROBERT BALLANGER

Medical consultations in general medicine.

🏠 Boulevard Robert Ballanger,

93600 Aulnay-sous-Bois, building 25, bottom
floor, corridor F 🚇 B Sevrans-Beaudoctes

🚇 11, 15, 45, 607, 617, 619

For appointments ☎ 01 75 63 61 61 or on-site

🕒 Monday-Friday 9am-4:15pm

Closed on bank holidays

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

🚇 113, 127, N41

🕒 Monday to Friday 9am-4pm

Make an appointment ☎ 01 43 09 33 85

Closed on bank holidays

Healthcare organizations**MÉDECINS DU MONDE (CASO)** ●

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

🚇 B La Plaine - Stade de France

🚇 12 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
and 2-5pm, closed Monday afternoons

- **Collective information about AME:**

🕒 Monday (in Hindi, Urdu, Punjabi), Tuesday
and Thursday (in French) at 9:15am

- **HIV and Hepatitis Prevention and tests:**

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

Interpreters in Bambara, on Monday mornings
and Ourdou on Tuesday mornings

Closed on bank holidays



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. **Closed: bank holidays**

• Medical and psychological questions:

☎ 01 45 21 38 93

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

• Social and legal questions: ☎ 01 45 21 63 12

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

SOLIPAM

Pregnant women or women with children under 3 months. **Closed on bank holidays**

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://bit.ly/4sZp9f4>



in Seine-Saint-Denis:

<https://bit.ly/4sZp9f4>

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://bit.ly/3PIDPH4>

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

other information needs

• in Paris: 01 48 01 90 28 or

contact@rsspp.fr

🕒 Monday to Friday 9am-5pm

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

or contact@perinat-nef.org

Closed on bank holidays



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/bank holidays: 10am-1pm; 6-9pm



Paris

HÔTEL-DIEU

Maternity welfare centre (Cité) For pregnant women without housing.

Closed on bank holidays

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 (M) 4 (RER) B Saint Michel / Cité

By appointment: ☎ 01 71 28 13 30

🕒 Monday-Friday 9am-5pm

🕒 Thursday 9am-1pm

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

(M) 7^{Pré} Pré Saint-Gervais

Without appointment: 🕒 Monday-Friday: 9am-4:30pm ☎ 01 40 03 24 94

Closed on bank holidays

HÔPITAL NECKER ENFANTS MALADES

PASS for unaccompanied minors

🏠 149 rue de Sèvres, 75015 Paris (M) 13 Duroc

(M) 6 Sèvres-Lecourbe (M) 12 Falguières

🕒 Monday to Friday 9am-4pm. **Make an**

appointment by phone: ☎ 01 44 38 17 93

Closed all Bank Holidays

PMI CURIAL

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

📍 11 bis rue Curial, 75019 Paris (M) 7 Riquet

🕒 Monday-Friday 8:30am-12:30pm, 1:30-5:30pm

Closed all Bank Holidays and 15th of May

PMI CLAVEL

Children up to 6 years of age

Postnatal care, childcare, psychologist, psychomotor therapy, parent-child workshops.

📍 6 bis rue Clavel, 75019 Paris

(M) 11 Pyrennees

🕒 Monday 10am-12:30pm and 1:30-6:30pm

🕒 Tuesday-Friday 8:30am-12:30pm and 1:30-5:30pm

Closed all Bank Holidays and 15th of May

AGE-MOISE (SOS GROSSESSE)

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

Open to future fathers

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

Hall 5 (M) 6 / BUS 80 Cambronnes

(M) 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, 1st underground level. 149 rue de Sèvres, 75015 Paris

(M) 6 Sèvres Lecourbe, 10 13 Duroc,

12 Falguière / BUS 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

BUS 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-Beaudottes

BUS 11, 15, 45, 607, 617, 619

🕒 Monday-Friday 9am-4:15pm

Notify if you encounter any specific problem.

Closed all Bank Holidays



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://www.paris.fr/pages/sexualite-et-contraception-2374>

- in Seine-Saint-Denis

<https://seinesaintdenis.fr/santesexuelle>

Voluntary Interruption of Pregnancy in

France: a pregnant woman, including underage girls, 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

PLANNING FAMILIAL

No appointment needed. Info on birth control, abortion, STDs, sexuality, relationships and violences. 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 2-5pm

🏠 Centre Hittorf, 2 rue Hittorf, Paris 75010 (M) 4 Château d'Eau, (S) 5 Jacques Bonsergent (BUS) 38 Mairie du 10^e
 • Appointments without registration:
 🕒 Monday 10am-12:30pm, Tuesday 10am-12pm and Wednesday 4pm-7pm.
 • Medical consultations (gynecological follow-up, birth control) after a discussion group and info session on sexual health, accessible to minors, without health cover
 🕒 Monday 5pm

🏠 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
 • Post Abortion Sharing Circle
 🕒 Every Saturday once a month
 For more information, contact 📞 01 42 60 93 20 or refer to: <https://bit.ly/4t5XvwW>

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
 (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

Open to all without condition.
 🏠 218 rue de Belleville, 75020 Paris
 (M) 11 Télégraphe / (BUS) 20, N12, N23 Pixérécourt
 🕒 Monday to Thursday 8:45am-6pm
 🕒 Friday 10am-6pm
 🕒 Closed everyday from 12:30 to 1:30pm
 • **Midwife:** Monday 9am-12:30pm/1:30-4:30pm
 • **Vaccination:** Friday 2-4:30pm
 • **Testing:** Monday-Friday 9:15am-4:30pm, Thursday 1:45-5:45pm, Saturday 9:15-11:45am
 • **Generalist doctor:** (without healthcare cover) : Tuesday-Friday 9:15am-12pm
 • **Pneumologist:** Tuesday and Thursday morning
 • **Psychologist Consultations for youth, under 18** (upon orientation by generalist doctor)
 🕒 Monday 2-5pm

Interpreters available.
Make an appointment: 📞 01 40 33 52 00 or  Doctolib (generalist doctor and pneumologist appointments only by phone) <https://bit.ly/4lOfWnv>
Closed all Bank Holidays

INFO SEXUALITÉ-CONTRACEPTION-IVG

📞 08 00 08 11 11 or online chat: <https://bit.ly/4d2cNOG>
 🕒 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 (RER) T3a Porte de Choisy
 🏠 16-18 rue Cavé, 75018 Paris
 (M) 4 Château Rouge
 (BUS) 302 Saint-Bruno

Make an appointment 📞 01 45 82 50 14
 🕒 Monday-Friday 9am-12pm and 1:30-5pm
Closed all Bank Holidays

COMITÉ DES FAMILLES**Open to people who carry HIV.**

🏠 48 rue Saint-Blaise, 75020 Paris

T3: Marie de Miribel  76 : Pyrénées -Bagnolet  9 : Porte de Montreuil

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

🕒 Monday-Friday 10am-5pm

Check the schedule:

urlr.me/fhuyB4












If possible, notify us before coming

by phone ☎ 01 40 40 90 25 or

by email ✉ 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  13  13a 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

🏠 29 Rue Pajol, 75018




 2 La Chapelle /  12 Marx Dormoy  38,35

More info on page 14.

ACTIONS TRAITEMENTS**Women living with HIV.****Closed all Bank Holidays**

Association of patients.

🏠 23 rue Duris 75020 Paris

 3 Père Lachaise,  2 Ménilmontant 71 Ménilmontant - Nanettes

- Therapeutic, psychological and social support

By appointment : ☎ 06 51 62 16 20

🕒 Monday to Friday 10am-6pm

✉ accompagnement@actions-traitements.org

- Helpline: ☎ 06 66 45 47 03

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


🕒 Monday-Friday 3-6pm

- Group Workshops for people living with HIV

For more information ☎ 06 51 62 16 20

<https://bit.ly/4suArlh>**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

8:45am-12:30pm and 2-5pm

Closed all Bank Holidays**PMI & CMS HENRI BARBUSSE**

Translators available (ISM)

🏠 14 rue Henri Barbusse, 93200 Saint Denis

 11 /  11, 153, 253, 255, 353

🕒 Monday to Friday 8:30am-12:30pm and

1:30-7pm and Saturday 8:30am-12pm

For minors, consultation without appointment, Wednesday 3-5pm**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, via Doctolib or by phone: ☎ 01 49 45 68 90

MAISON DES FEMMES

Free healthcare accessible to undocumented persons.

🏠 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.

🕒 Monday to Friday 8am-6pm



Mental health

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

🕒 Monday-Friday: 9am-4pm

Closed all Bank Holidays

● PARCOURS D'EXIL

For anyone in exile who is suffering from psychological trauma.

For minors, check the website.

🏠 4 avenue Richerand (2^e étage), 75010 Paris

Colonel Fabien Goncourt

🕒 Friday 3rd of April ☎ 01 45 33 31 74

✉ accueil@parcours-exil.org

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

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



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 and 2-5pm

🕒 By appointment: Tuesday, Thursday

☎ 07 45 69 01 37 (*Call on Monday 9:30am to 5pm, Thursday 9:30am-12*)

or ✉ social@feaasso.org

Closed all Bank Holidays and 15th of May

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

• **Social Assistant:**

🕒 Wednesday 9:15am-12:30pm

Generalist Doctor: Thursday 9:15am-12:30pm

Closed all Bank Holidays



CLOTHES

Paris

VESTIAIRE ÉGLISE SAINT-BERNARD

🏠 5 rue Pierre l'Ermitte, 75018 Paris

🚇 **M** 4 Château-Rouge **M** 2 La Chapelle

🚇 **M** 2 **4** Barbès-Rochechouart

🕒 2 Thursdays per month 9am-12pm

While (limited) stocks last. Come early.

Closed 23rd and 30th April

PAROISSE SAINT-DOMINIQUE

Clothing and shoe distribution. One access every 3 months per person.

🏠 11 villa Saint-Jacques, 75014 Paris

🚇 **M** 6 Saint-Jacques

🕒 Jeudi 9:30-11am

Closed on the 23rd, 30th and 14th of May

BOUTIQUE EMMAUS RIQUET €

Affordable baby clothes and small equipment.

🏠 40 rue Riquet, 75019 Paris

🚇 **M** 7 Riquet / **BUS** 35, 45 Jean Moulin

🕒 Wednesday 10am-5:45pm and Saturday 10am-5:45pm

Closed all Bank Holidays

Seine-Saint-Denis

BOUTIQUE EMMAUS COUP DE MAIN €

Clothing, small furniture, household and kitchen appliances

🏠 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

Closed bank holidays, 15th and 16th of May

SECOURS CATHOLIQUE

VESTIAIRE SOLIDAIRE ÉPINAY €

Affordable clothes for women, babies, children.

🏠 1 Rue Olympie de Gouges, Épinay-sur-Seine

🚇 **RER** **C** Épinay-sur-Seine Gare

🚇 **T8** Gilbert Bonnemaïson / **BL5** 254

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

Without appointment.

Closed on all bank holidays

VESTI-BOUTIQUE MOBILE 93 €

Affordable women, children, baby clothes.

Check their opening hours and locations on

their Facebook: <https://bit.ly/47mD4DK>



or call ☎ 06 70 37 03 68

Parking de la Maison du Temps Libre

🚇 **RER** **B** Vert Galant / **BUS** La Poste 642, 643

🕒 Thursday 2-4:30pm 23rd of April, 21st of May

SECOURS CATHOLIQUE LE BLANC-MESNIL €

Affordable baby clothes. *Closed on 14th of May*

🏠 Paroisse Notre-Dame,

35 av. de la République, 93150 Le Blanc-Mesnil

🚇 **RER** **B** Le Blanc Mesnil

🚇 **BUS** 346, 607 Église Notre Dame

☎ 06 73 50 15 95

🕒 Thursday 9:30am-12pm



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 Watizat guide, page 36.

Paris

PARIS ADRESSE

🏠 10 Rue Eugénie Eboué, 75012 Paris

🚇 **M** 1 **8** Reuilly - Diderot

Initial enquiries by appointment only

📄 To make your first request or to renew your domiciliation:



<https://bit.ly/4rRtQXu>

New places open up everyday.

🕒 Monday-Friday 9am-5pm

🕒 Wednesday 9am-12:30pm

Postal collection:

🏠 90 rue Saint-Denis, 75001 Paris

🚇 **M** 11 Rambuteau

🕒 Monday-Friday 8am-6pm

🕒 Thursday 8am-7pm

✉️ dsol-paris-adresse@paris.fr

Attention: domiciled people must keep the address 25 rue des Renaudes – 75017 Paris for all their administrative processes and postal address.

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 and Fridays

Make an appointment: ☎️ 01 44 06 96 88

on Wednesday 1:30-1:45pm

Closed on all bank holidays



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. url.me/tMZYXD

☎️ 07 77 46 62 40

✉️ rif.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 🚇 **M** **2** La Chapelle

🕒 Monday 2-5pm

Closed 6th of April and 25th of May

🏠 In front of the subway 🚇 **M** **2** Couronnes

🕒 Wednesday 9:30am-12pm

🏠 «La Rochefoucauld» 15, av du Général Leclerc, 75014 Paris 🚇 **M** **6** **4** **REB** **B** Denfert Rochereau 🕒 Wednesday 9:30am-12:30pm
1st, 15th, 29th of April, 13th and 27th of May

🏠 Halte Humanitaire Rivoli
2 rue Perrault 75001 🚇 **M** **1** Louvre-Rivoli

🕒 Wednesday 2-5:30pm

🕒 8th, 22nd of April, 6th, 20th of May

🏠 Accueil de jour Diderot

🚇 **M** **10** Avenue Emile Zola

🕒 Wednesday 2-5.30pm (**minors in the street**)

Distribution Resto du Coeur

🏠 7 Av. de la Porte de la Villette, 75019 Paris

🚇 **M** **7** Porte de la Villette

🕒 Thursday 9:30am-12pm

Closed on 14th of May

PARENT SUPPORT

Paris

FASTI

🏠 58 rue des Amandiers, 75020 Paris

🚇 2 Père Lachaise

🚌 69, 61 Auguste Métivier

Group discussions on pregnancy.

🕒 Monday 1:30pm

Closed on 6th of April, and 25th of May

CENTRE SOCIAL ET CULTUREL

SOLIDARITÉ ROQUETTE

For Paris residents.

🏠 48 rue de la Roquette, 75011 Paris

🚇 1 5 8 Bastille, 9 Voltaire / 🚌 69, 46

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

🕒 Monday-Friday 8:30am-6pm

Registration by phone ☎ 01 49 23 81 54 or by

email ✉ lespitchouns@solidariteroquette.fr

Parents-children workshop once a week.

✉ accueil@solidariteroquette.fr

Closed on all bank holidays and 15th of May

CENTRE SOCIAL LA 20^{EME} CHAISE

🏠 38 rue des Amandiers, 75020 Paris

🚇 2 3 Père Lachaise / 🚌 61, 69

€ Membership: Individual 8€, 5€ (18-25 years old), family 12€

During school holidays:

🕒 Monday to Friday 10am-12:30pm and 1:30-5:30pm

Outside of school holidays :

🕒 Tuesday, Thursday, Friday 10am-12:30pm

and 2-7pm 🕒 Wednesday 2-7pm

🕒 Saturday 10am-12:30pm and 1:30-5:30pm

• Swap Meet: 🕒 Wednesdays 2-4pm and

Saturdays 10.30am-12.30pm

• Parent-Child Space (La chaise trotteuse):

Parent-child space offering parenting support

🕒 Thursday mornings 10am-12pm

Closed on all bank 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

🚇 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 *(during school term)*

• Dance workshops for pregnant women

🕒 Thursday 9th of April, 21st of May 10-11:30am

Free Mouvement Dance Workshop

🕒 Thursday 9th of April, 21st of May 12:30-2pm

By appointment: ✉ paris@lespatesaubeurre.fr

🏠 La Villette (Little Studio)

211 avenue Jean Jaurès, 75019 Paris

🚇 T3b Ella Fitzgerald

🕒 Every other Wednesday 3-5pm (13th and 27th of May)

• Le Fil des Pâtes au Beurre

☎ 02 40 16 90 50, national telephone line

🕒 Monday 9-11am, Friday 12-2pm

Closed all school and bank holidays

DESSINE MOI UN MOUTON

Pregnant women or with children carrying an infectious or genetic pathology (HIV, sickle-cell anemia, hepatitis B) and isolated youth (under 30 years)

🕒 Monday to Saturday 9:30am-5:30pm

🏠 29 Rue Pajol, 75018

🚇 2 La Chapelle / 12 Marx Dormoy 🚌 38,35

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

Closed on all bank holidays and 15th of May

CRAIF À LA MAISON DE L'AUTISME

Assistance and orientation for parents of autistic children. *Closed on bank holidays and May 15th*

🏠 10 rue Waldeck Rochet, bâtiment 521, 93300 Aubervilliers

🚇 12 Front Populaire / BUS 45, 139, 239, 302

🕒 Monday to Friday 10am-1pm and 2-5pm

🕒 Closed Tuesday morning

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

RELAIS DES PARENTS

For parents of children of all ages

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

By appointment on site or by phone

☎ 01 49 15 72 20

✉ relaisdesparents@ville-pantin.fr

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

🏠 37-39 rue Victor Hugo, 93500 Pantin

🚇 5 Église de Pantin

BUS 249 Lycée professionnel Simon Weil

Closed on all bank holidays



FRENCH CLASSES

Registration required

FEMMES RELAIS MÉDIATRICES INTERCULTURELLES

🏠 3-5 place des Nations Unies, 93022 Bobigny

🚇 11 Pont de Bondy

BUS 234 Robespierre - Édouard Vaillant

Socio-linguistic workshops for all levels (one class per day, 4 times a week). Registration on site. **Yearly subscription 50€**

🕒 Monday-Friday 9am-1pm and 2pm-4pm

🕒 Closed Wednesday afternoon

Closed on bank holidays and 15th of May

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
Potential closures during school holidays

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://bit.ly/3PulMgF>



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

<https://bit.ly/4IS4tn4>



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

<https://bit.ly/4v93W4v>



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

<https://bit.ly/4INcqcZ>



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



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/ or ✉ 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**

Closed all Bank Holidays and 15th of May

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

🚇 13 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.

Closed all Bank Holidays and the 15th of May

● **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/B1 and B1/B2) / computers available to borrow and introductory course in IT skills.
- 2 sessions per year :

The next cohort starts in April, admissions till the 30th of April

- Planned activities for young people, women and more experienced people
- Possible childcare
- 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 an oral A2 level French and be available one day a week (Monday-Friday).

To enroll fill in the form:

<https://bit.ly/4bR86Fj>



● ● **SINGA**

Free support for refugees and asylum seekers who are planning to start a business

🏠 Wikivillage, 8 rue de Srebrenica 75020 Paris

🚇 9 Porte de Montreuil

🚇 2 Alexandre Dumas

🚇 T3b Porte de Bagnolet

To sign up and make an appointment :

✉ gonca@singa.fr ou ☎ 07 67 16 43 18

Closed all Bank Holidays

UNIR ● ●

Women seeking asylum or recognised refugees with a B1 level in French, a defined plan and a high school qualification.

A six-month mentoring programme with a woman who has successfully settled in France, to help them work on their plans to return to education or enter the workforce through cultural exchange and the sharing of skills.

🕒 2 days a month, from May till end of October

Registration through this form :

or call ☎ 0749591936

Contact ✉ mentorat@uni-r.org

Admissions till 20th of April

<https://bit.ly/EllesMentoree>



SOCIAL AND CULTURAL ACTIVITIES, AND SPORTS

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

Each center offers different activities, such as:

- French classes
- Parent support and parents-children areas
- Leasure 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://bit.ly/4sxq6M1>
- **in Seine-Saint-Denis:** <https://bit.ly/4c4Bwkn>

You can also volunteer in social centers.

TERRAIN D'AVENIR

Several sports (climbing, basketball, rugby, football, swimming, yoga, step, modern dance, running) with registration.



To register : <https://bit.ly/4IMUkb3>

NOUR

Beginners, mixed, women-only yoga sessions.

By registration:

reservation.nour-yoga.com



🏠 For other courses in Paris,

☎ 06 12 64 83 64

✉ contact@nour-yoga.com

<https://reservation.nour-yoga.com/>

SINGA

Get-togethers with games and fun activities to build relationships, share stories and practise languages.

🏠 **Maison des réfugiés:** 10 bis Henri Ribière, 75019 Paris

🕒 (M) 7^h 11^h Place des fêtes

🕒 Monday-Friday 10am-6pm, Sunday 1-6pm

Singa blabla: @singa_paris

For dates, hours and registration:

Closed all Bank Holidays



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 (M) 14 Cour Saint-Émilion

Conversations in French:

🕒 Friday 3rd, 10th, 17th April, 15th, 22nd May at 1pm (complete beginners), 2pm, 4pm, 6pm

Find all of Paris' libraries:

<https://bit.ly/4bC7QcQ>

Find all of Paris' public sports centers:

<https://bit.ly/4d9L6DM>

Find all the addresses and opening hours of Paris' public swimming pools:

<https://bit.ly/33MAvgE>.

LEGAL PROCEDURES



ASYLUM

You want to apply for asylum in France

SEEKING ASYLUM means you are asking for a country's protection because you are in danger as you have been persecuted and threatened in your country of origin due to your religion, nationality, political opinion, race or social group (gender, disability, sexual orientation).

- Some persecutions concern **only women** :
- If your **gender** is a cause of persecution: forced marriage, domestic violence, physical abuse, honour crimes
- If the persecution is based on your **biological sex**: risk of sexual mutilation, forced abortions.

To obtain protection in France, you must still be in danger if you return to your country. Seek advice from a specialist organisation, see page 8.

To start your asylum application, you must call the specific number for asylum applications:
☎ 01.42.500.900 which will give you an initial appointment at: CAFDA (if you have children) in Paris and/or 93,
or at a SPADA in Paris and/or 93 (if you are a single woman)

- 🏠 CAFDA
184 rue du Faubourg-Saint-Denis 75010 Paris
🚇 4 5 RER B Gare du Nord
- 🏠 SPADA
39 rue des cheminots, 75018 Paris
🚇 12 Porte de la Chapelle
- 92 boulevard Ney, 75018 Paris
🚇 4 Porte de Clignancourt

Applying for asylum for your child

If you apply for asylum, your application also applies to any children accompanying you. If you do not obtain refugee status, but your child finds themselves in danger or has personal fears of serious harm recognised by OFPRA or CNDA, **he/she may be granted subsidiary protection.**

If you are granted refugee status or subsidiary protection, your children will be able to obtain a resident card, during the year of their 18th birthday.

If your child joins you in France, or is born in France after you have been refused asylum, he/she can **register an individual asylum application.**

If your child was born in France and is at risk of genital mutilation if they return to their country of origin, they may be granted refugee status. You must demonstrate that the child would be at personal risk of genital mutilation and that their country of origin cannot protect them. **You will need to prove that your child has not already undergone genital mutilation by presenting a medical certificate from the forensic medical unit, Unité médico-judiciaire (UMJ).**

- To obtain a medical certificate, you can go to:
 - **Paris: Forensic medical unit of l'Hôpital Hotel-Dieu (UMJ)**
🏠 1 place du Parvis Notre-Dame, 75004 Paris
Call ☎ 01 42 34 82 34
Contact ✉ ofpraumj75.htd@aphp.fr with the invitation to your interview at the OFPRA and the asylum application certificate.
 - **Seine Saint Denis :**
🏠 Unité médico-judiciaire de Jean Verdier
Avenue du 14 Juillet, 93140 Bondy
☎ 0148026506

CHI André Grégoire

Bâtiment C 56 rue de la Boissière 93100

Montreuil Sous Bois

🕒 Tuesday and Thursday. For an appointment:

☎ 0673666401

✉ reparonslexcision@gmail.com

It is possible that the appointment given by the UMJ may be after your OFPRA appointment. In this case, you must inform the OFPRA agent during your interview and show them the paper with the scheduled appointment date. You can then send the certificate.

Female Genital Mutilations

You can be recognised as a refugee on the grounds of female genital mutilation:

- **if you have not already undergone the procedure:** you will need to present a medical certificate confirming that you have not been circumcised
- if you have been **threatened** to undertake the procedure
- if your country **does not protect you**

You can request a medical certificate from any doctor if you are an adult. For your child, you will need to go to the UMJ (Unité Médico-Judiciaire).

Forced Marriage

You must prove that **you have been threatened or subjected to violence for refusing to marry**. It is very difficult to prove forced marriage and obtain protection on these grounds.

Honour Crimes

Honour crimes refer to violence or murder committed against women by a family member in the name of individual or family honour.

You must prove that your refusal to follow tradition or custom led to you or other members of your family suffering various forms of violence, and that you had to flee your country for this reason.

Forced Prostitution

If you have been forced into prostitution in **your country of origin**, you may be eligible for refugee status based on your social group. For assistance, please visit **the Bus des Femmes**, see **page 9**.

Sexual Violence

Sexual violence does not qualify you for refugee status, but it may support another reason for persecution. **For assistance, see pages 9 and 10.**

Assessment of vulnerability

L'OFII assesses your vulnerability in order to **identify your needs**. You will be required to complete a one-page **questionnaire** about your accommodation and special needs. If you are considered vulnerable, you will be given priority for a place in an accommodation centre. Accommodation and the ADA (money paid as part of the asylum application) go hand in hand; if you refuse accommodation, you will not receive the ADA.

You may be considered vulnerable if: you are a minor / ill / disabled / elderly / pregnant / alone and accompanied by minor children / a victim of human trafficking / if you have suffered sexual mutilation and violence.



RESIDENCE PERMITS

My child is recognised as a refugee

Once your child has been recognised as a refugee, you can apply for recognition of your status as a **parent of a refugee child**.

If your child has been granted refugee status, you are entitled to a **residence card**. If your child has been granted subsidiary protection for the same reasons, you are entitled to a **multi-year, renewable residence permit** valid for a maximum of four years.

Applications for residence permits are made on ANEF, the Prefecture's online site. If you have never applied for asylum or a residence permit, i.e. you do not already have a foreigner-national number (9 or 10-digit number on your asylum application certificate or receipt), you must submit your application on the simplified procedure website.

Once you have obtained it, you can apply for financial assistance (see page 40).

Documents to bring:

- Parent's passport or identity card
- Parent's birth certificate
- Child's birth certificate
- OFPRA decision recognising the child as a refugee
- E-photos

I am a victim of domestic violence

If you are:

- **married to a French national and a victim of violence**
- **a victim of violence by your partner or former spouse and you are a family reunification beneficiary.**

If your residence permit depends on your union with this person and you wish to leave the household and/or divorce, **you can apply for another private and family life residence permit so that you are not in an irregular situation.**

To obtain it, **you must prove that you have been abused**, obtain a **protection order from the family court judge** and apply for a residence permit at the prefecture.

1 / To obtain evidence:

- **File a complaint.** You can file a complaint at a police station or gendarmerie. Social workers at police stations can help you. If you are an undocumented immigrant, it is best to have someone accompany you to the police station. You will receive a receipt for your complaint immediately.
- **Medical Certificate**
- **Divorce proceedings on the grounds of fault**

2 / After obtaining protection from the family court judge, you must apply for a residence permit titled 'private and family life' in the prefecture.

To obtain it, you will need to provide the following documents:

- proof of nationality
- proof of address dated within the last 6 months
- 3 passport photos
- the protection order issued by the family court judge

If you are the spouse of a French national, you will be issued with a two-year multi-year card. If you are a family reunification beneficiary, you will be issued with a general multi-year card valid for a maximum of four years.

It is also possible to apply for **exceptional admission to stay on humanitarian grounds** on the Simplified Procedures website of the Prefecture in your area of residence. Though, this procedure is rarely used.

If you are an Algerian national, you are not protected by these provisions.

I am victim of forced prostitution in France

If you are a victim of **forced prostitution** and you file a complaint or testify against the perpetrators, you can obtain a **'private and family life' residence permit that authorises you to work**.

You will need to provide the following documents:

- proof of civil status
- proof of nationality
- proof of address dated within the last six months
- 3 recent passport photos
- a receipt for the complaint or legal proceedings

It is also possible to apply to the Prefecture for **exceptional admission to stay on humanitarian grounds**. Though, this procedure is rarely used.

If you are an Algerian national, you are not protected by these provisions.

I have been living in France for 5 years and my children are in school

If you have been in France **for more than 7 years and your children have been attending school in France for at least 3 years**, you can obtain a **'private and family life' residence permit**.

You will need to provide the following documents:

- proof of civil status
- proof of nationality
- proof of address dated within the last six months
- 4 passport photos
- proof of residence in France for 5 years (tax documents, dated documents, etc.)
- school certificates

You can contact the Réseau Education Sans Frontière (RESF) for assistance with this process, see page 9.

I would like to apply for a residence permit for my child who entered the country as a minor

If your child **has lived in France since and before the age of 13 with one of their legitimate parents**, they can apply for **French nationality at the age of 18 and/or a one-year 'private and family life' residence permit**.

If your child is an **Algerian national and has lived in France since before the age of 10**, he/ she can apply for a **10-year residence certificate at the age of 18**.

If your child is a **Tunisian national and has lived in France since and before the age of 10**, he/ she can apply for a **temporary residence permit at the age of 18**.



FAMILY REUNIFICATION

Family reunification: if you are recognised as a refugee or benefit from subsidiary protection and wish your family to join you in France

You can bring your family members to France, if they are:

- Your spouse (husband or wife), your cohabiting partner or partner with whom you lived in another country before arriving in France.
- Your children from a previous relationship under the age of 18 for whom you have custody.
- Your spouse's children under the age of 18 for whom he/she has custody.

For more information: <https://bit.ly/3zkCDeZ>

Please note: if the union or marriage took place after the date on which you submitted your asylum application, this will be a different, more difficult family reunification procedure.

How can you bring your family over?

1/ Your family must apply for a **long-stay visa at the French Consulate** closest to their place of residence.

You will need the following documents:

- a completed form
- your family members' passports
- 4 passport photos per member
- proof of your OFPRA protection
- a copy of your birth and/or marriage certificate.
- proof of parentage (birth certificate, among other things) and proof of contact with the person (money transfers, call records, etc.)

The review of the file costs €99.

2/ Once the application has been registered at the consulate, the person must make an **appointment at the French embassy in the country.**

The Refugee Families Office will ask you for:

- a copy (front and back) of your residence card or receipt
- a form about your family situation
- proof of address

3/ The procedure can take a long time.

- If the long-stay visa is granted, **your family has 3 months to travel to France.**
- If the visa application is refused or if you do not receive a response from the consulate, **you have 2 months to lodge an appeal.**

How can I get help?

You can contact the associations La Cimade and Safe Passage for assistance with your application (see page 9).

- The SPADA or the accommodation centre where you were staying while your asylum application was being processed: They can assist you in claiming your rights, finding a new address and accommodation.
- The municipal social services centre (CCAS) in the town where you live or are staying: Request an appointment with a social worker to get help with the process and to submit an application for social housing.

Family Reunification: if you have a residence permit and wish your family to join you

If you have a residence permit, **you can bring your spouse and underaged children to France under certain conditions.**

You must be able to prove that you:

- **Have the right to reside in France:** a residence permit valid for at least one year (employee/private and family life/student/visitor, etc.) or a resident card or a receipt for the application to renew one of these permits
- **Have been residing legally in France for 18 months:** residence permit valid for more than 1 year, residence card, long-stay visa, residence permit valid for less than 1 year, temporary residence permit, asylum application certificate

- That you and your partner have stable financial resources (salaried employment, assets, retirement pension):

- For 2 or 3 people: €1,766.92 per month over the last 12 months.
- For 4 or 5 people: €1,943.61 per month over the last 12 months.
- For 6 or more people: €2,210.30 over the last 12 months.

Please note: family benefits and the revenu de solidarité active (RSA) are not taken into account.

- **Have accommodation that is suitable for the size of your family:**

- The criteria depend on your local authority, but you can use this simulator: <https://www.service-public.fr/simulateur/calcul/zonage-abc>.
- Minimum: 22 m² for a couple without children, plus 10 m² per additional person (for more than 8 people, add 5 m²).

Your family must:

- **reside abroad**
- the spouse you wish to bring over must be of **legal age and legally married to you**
- the **children** you wish to bring over must be **minors, born to you, from your other relationship(s) or from another relationship of your spouse if the other parent does not have parental authority**

To prepare your application:

- List of documents to provide: <https://bit.ly/service-public-regroupement>
- CERFA form to be completed: <https://bit.ly/service-public-vosdroits>

GENERAL ADVICE

Keep your documents

Keep all your documents:

- government documents, hospital documents, AME, dated letters
- school attendance certificates, school reports
- bills in your name

Applying for citizenship for my child

If your child was born overseas and was **recognised by a French parent before reaching the age of 18, he/she automatically has French nationality**. If your child is **adopted by a French person, he or she will automatically obtain French nationality**.

If your child was **born in France to foreign parents, he/she can apply for naturalisation at the age of 13**.

To automatically obtain French nationality, the following will be required:

- **proof of birth in France:** birth certificate
- **proof of residence in France for at least 5 years:** school certificates, internship certificates, etc.

If your child arrived in France before the age of 13, he/she may apply for naturalisation at the age of 18.

I want to divorce my violent partner

Domestic violence is considered misconduct and may be recognised as grounds for divorce. You may be entitled to damages.

I want to protect my child from being abducted by their other parent

If you think that the other parent may take your child abroad without your permission, **you can refer the matter to the family court judge, who will initiate emergency proceedings**. **Your child's main residence will be established at your home, and you can request that your spouse's passport be marked to indicate that the child may not leave French territory without the permission of both parents.**

In an emergency, you can also **go to the police station to request that the child be prohibited from leaving French territory**. You will need to bring:

- your identity document
- your child's birth certificate
- proof of address, accomodation certificate



GUIDE WATIZAT INFO-EXIL

With the support of



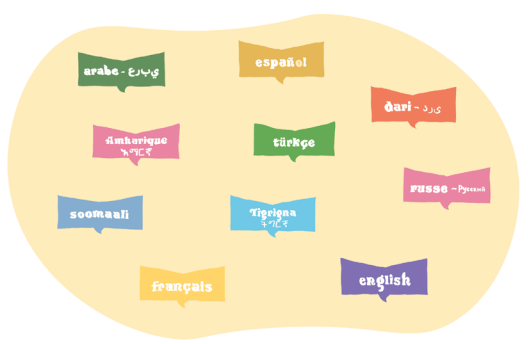
AVAILABLE ONLINE FOR FREE

Q WHAT IS THAT?

A new **socio-legal information guide** for exiled people in France, **valid throughout mainland France**. Updated in line with legal and political developments, and **translated in:** English, Italian, Spanish, Arabic, Urdu, Tamil, Albanian, Somali, Turkish, Russian, Pashto, Dari, Amharic, Tigrinya, Bengali.

WHO IS IT FOR?

- Exiled people in France
- Non accompanied minors
- Any foreign person living in France
- Volunteers and social workers
- Institutions and local authorities



Find the Watzat Info-Exil guide for free on: <https://watzat-info-exil.notion.site/>

SOCIAL RIGHTS



TAKING CARE OF YOUR CHILD(REN)

Finding a place in a maternity ward

Registering for a maternity ward allows you to monitor your pregnancy and prepare for childbirth.

You can fill out an online form at: https://aima.sante-idf.fr/app_direct/aimaidf/. You can also call this number: ☎ 01 46 34 00 60

If you do not receive a reply, your file will be forwarded to AIMA, who will help you find a place. You can contact AIMA for any difficulties related to maternity ward registration and pregnancy monitoring.

Childcare

1/ **Children aged between 2 years and a half and 3, can attend municipal childcare during the day.** You do not need a residence permit to enroll your child in childcare.

You must register your child at the district or city council office:

- fill in an online form on your council's website after you are more than 6 months pregnant
- confirm your registration by bringing the following to the council office: your identity document, your child's identity document, your family record book, your child's birth certificate, your tax notice or proof of income.

You may be asked for a certificate of accommodation/proof of residence and a reason for having your child looked after (work, training).

- You can also go directly to the town hall where you live or are staying.
- Some nurseries offer emergency childcare, which allows for faster admission and gives families the option of arranging full-time or part-time childcare.

The cost of childcare will depend on your income. In Paris, you will pay a minimum of 4€ per day.

Once you know which childcare your child will be attending, **make an appointment within 10 days to bring in the registration documents.**

2/ If you are a **single parent and are looking for work**, you can apply to enrol your child **aged 0 to 3 in an AVIP childcare** if you are in one of the following situations:

- you are registered as a job seeker
- you receive RSA income support
- you are a job seeker and a single parent
- you are a job seeker and you live in a neighbourhood classified as 'politique de la ville'
- you are a job seeker, you are under 25 and you do not have a diploma

If your child is offered a place in an AVIP childcare, you will also receive social and professional support. You can visit a France Travail agency for more information.

Enrolling your child at school

School is **compulsory from the age of 3 for everyone**, even if you do not have a residence permit and/or accommodation.

1/ **For nursery and primary school**, you must go to the town hall of your district/town:

- your identity document
- your child's birth certificate
- a vaccination record

2/ For secondary school, you must go to the education authority in your department:

- Paris : Académie de Paris : 12 boulevard d'Indochine, 75019
- Seine-Saint-Denis : Académie de Créteil, 4 Rue Georges Enesco, 94000 Créteil

If this is your child's first time attending secondary school in France, they will need to take a language test at CASNAV in Paris or at the CIO in other cities in the Île-de-France region. To assess their level and determine whether they need extra French lessons (UPE2A class), you will need to make an appointment.

To register your child, you will need to bring:

- proof of identity
- your child's birth certificate
- school reports if your child was previously enrolled in another city in France and a certificate of deregistration from their former school (unless they are changing levels, e.g. nursery school to primary school, primary school to college, or college to lycée)
- proof of residence or accommodation

If the academy does not accept your proof of residence, you must:

- bring the school certificate of another of your children who is enrolled in school
- ask your social worker to write a social report attesting to your situation and your ties to Paris or Seine-Saint-Denis. If possible, ask them to come with you.

Registering your child for the school canteen

1/ Primary and secondary school in Paris:

To enable your child to eat in the canteen at their primary or collège in Paris:

- Register directly with the school or at the local council office.
- The price of meals varies according to parental income. To pay an amount appropriate to your situation, you must go to the school cashier's office at the town hall of the district where your child attends school with:
 - your identity document
 - your child's birth certificate
 - your latest tax notice (if you do not yet

have one, you can ask your social worker to provide you with a certificate of your financial situation)

- The price of meals varies from 0.13€ to 7€ in Paris.

This pricing will be applied to all your children's extracurricular activities (afternoon snack, extracurricular activities, study sessions, etc.). So don't forget to send it to Paris Famille (the organisation that manages extracurricular activities) so that the correct rate is applied to your bills.

You can submit this pricing information directly on your Paris Famille account (<https://familles-portail.paris.fr/>) or visit the office at: 210 quai de Jemmapes 75010 Paris.

2/ Schools and collèges in Seine-Saint-Denis:

To enable your child to **eat for free in their school canteen** if you live in Saint-Denis:

- book online: you must create a personal account on the saintdenienligne.fr website
- book by filling in a paper form at the town hall.

To enable your child to **eat in the canteen** in Seine-Saint-Denis:

- Collège : You must complete this online form to register: <https://restocollege.seinesaintdenis.fr/magic-link/>
- Maternelle and primary school: ask your child's school how to do this or go to the town hall/CCAS (social services centre) in the town where your child goes to school.

The price of a meal ranges from 0.33€ to 6.40€ depending on your income.

To get a cheaper meal price, you will need to show proof of your situation: a CAF certificate less than 3 months old, your tax notices or a letter from your social worker when registering for the canteen.

3/ Secondary schools (lycées) in Paris and Seine-Saint-Denis:

For your child to eat at their secondary school canteen in Paris and Seine-Saint-Denis:

The price of a meal ranges from 0.50€ to 4.58€ depending on your income.

To get a cheaper meal price, you will need to show proof of your situation: a CAF certificate less than 3 months old, tax notices or a letter from your social worker when registering for the canteen.



ADMINISTRATIVE PROCEDURES

Obtaining your income tax notice

Having a tax notice is useful for your administrative procedures. You must do this every year. The first application is made using a paper form that you can find online or at the tax service centres for individuals (SIP). If this is not the first time you have filed your taxes, you can do so online (<https://www.impots.gouv.fr/accueil>) with your tax reference number and a code that was sent to you on your tax notice.

To file your taxes, you will need:

- Proof of identity (passport, identity card, residence permit, etc.)
- Proof of address and proof of residence as of 1 January
- Your bank details (RIB)
- Your marriage certificate if you are married. If you are not married, you must file your taxes separately. If you have children together, they can only be declared on one of your tax returns.
- A birth certificate for each of your children

Obtaining an accommodation certificate (115 Paris)

Having proof of accommodation is **useful for your administrative procedures**.

If you are staying at the 115 emergency shelters in Paris, **you can obtain your certificate on the website <https://115.paris/>**: "I request proof of accommodation".

You can also ask a social worker for help.

If you are staying at the 115 emergency shelter in the 93 department, you can request a **certificate of accommodation by calling 115**. You can also ask a social worker for help.

Asking for financial support

You can apply for **financial assistance from the local council because you have children**.

You can undergo the administrative procedures with the help of a social worker:

- In Paris: at an Espace Solidarité Insertion (ESI) or a Permanence Sociale d'Accueil (PSA), with a social worker (see pages 14,15).
- In Seine-Saint-Denis: at the CCAS, maison des solidarités
- If you have a residence permit, you can go to the Centre Communal d'Action Social (CCAS) in your town.

Please note: there is no guarantee that your application will be successful. It depends on your situation.

Single parent allowance

If you are **raising your child(ren) alone, have a low income and hold a residence permit**, you can apply for the single parent allowance:

- Apply 6 months after separating from your spouse.
- Prove that you have the right to be in France.

You can complete the application on the CAF website or visit their offices.

The allowance will be **paid until your youngest child reaches the age of 3**.

Domiciliation

A registered address is an administrative address where you will receive your mail. It is necessary in order to begin any administrative procedures. You will generally need guidance from your social worker. There are also associations, such as Paris Adresse, that can help you with these procedures (see page 25).



ACCOMODATION

Call 115 for emergency accommodation

You can **call 115 if you need accommodation: it is free and you do not need to have a residence permit.**

Many people call 115, so you may have to wait several hours before someone answers. **You will need to call several times until you hear the welcome message, then stay on the line until someone answers.**

When you get through to someone, explain your situation.

You will have a better chance of getting emergency accommodation if you call at 8 o'clock in the morning and you are in one of the following situations:

- You are more than 7 months pregnant.
- You have children under 3 months old.
- You have a serious medical condition.
- You have been a victim of violence.

You can also try calling at 8pm to see if you can get a last-minute place.

Obtaining a long-term accomodation

To access stable accommodation, you must contact a social worker who will submit a request for stable integration on your behalf via the SIAO.

This request is a lengthy process, generally taking several months or even years. The request must be updated every three months by your social worker to ensure its continuity. Access to accommodation is unconditional.

If you are in a regular situation, you can also apply for social housing. You can do this either with your social worker or directly at the town hall.

You can ask for a «diagnostic MVS» to get a more stable housing at the «**Maison de la Veille Sociale**» (MVS), **with a social worker or by calling the 115.** It's the «SIAO» request.

The waiting period for accommodation is very long. Families and sick people are given priority. **You must confirm your file every six months with the MVS or 115 and report any changes in your situation (address, telephone number, family, etc.).**



Accessing healthcare for you and your child

1/ As an asylum seeker who has been in France for at least three months, you are eligible for health insurance coverage through the **Universal Basic Health Coverage (PUMA) and Supplementary Health Insurance (CSS)** programmes as soon as your asylum application is registered. **This covers your medical and hospital expenses for yourself, your spouse (if they are legally resident) and your children free of charge.**

Tip: Choose health centres or make sure that there are no additional fees, i.e. that your healthcare professional is categorised as sector 1.

You can get help with this process from:

- The organisation where you are staying
- The organisation responsible for supporting you while your asylum application is being processed (SPADA)
- Certain associations (see page 8)
- The social services department of the hospital where you are already receiving treatment.

If your child is applying for asylum alone, it is possible to apply for PUMA just for him/her.

You will need to have the child's asylum application receipt and CAFDA coverage.

2/ If you are in an irregular situation: **the AME entitles you to medical and hospital care**, within the limits of the Social Security rates.

You do not need to pay upfront.

Please note that some types of care are not covered. It is important to check that the care you need is covered before receiving it. This applies in particular to certain dental and ophthalmological treatments.

Advice: Choose health centres (CMS) and call them before you go to make sure they accept the AME. They are legally obliged to accept it,

but this is often not the case.

You can obtain the AME if:

- You do not have a residence permit, asylum application receipt, or document certifying that you are in the process of obtaining a residence permit.
- You have been residing in France and are in an irregular situation for more than three months without interruption.
- Your income does not exceed a certain amount:

<https://www.ameli.fr/assure/droits-demarches/situations-particulieres/situation-irreguliere-ame>

The conditions regarding length of stay and income do not apply to children: they only need to have parents in an irregular situation to be eligible for AME.

For them, the application can be made as soon as they arrive in France.

First AME application:

- Download: <https://www.ameli.fr/sites/default/files/formulaires/formulaire-ame-s3720h.pdf> or pick it up directly at a CPAM reception desk.

- You will need: your identity document and those of your children (if you have a passport, you will need photocopies of all pages, even blank ones), proof of address and proof that you have been in France for more than 3 months and less than a year, and proof of income if you have any.

NB: you must declare a certain income. If you enter 0, you will not be eligible for AME.

- Submit your AME application at a CPAM reception desk in your place of residence. If this is your first application, you must go to the CPAM counter with your passport. If it concerns a renewal, you can send it by post.

- If you are an unaccompanied minor, or if you are unable to travel to submit the application (reduced mobility), you can send the application by post with proof of your situation or a sworn statement.

To visit a CPAM reception centre, you must make an appointment:

- By telephone on 36 46
- At CPAM reception centres

- In exceptional circumstances, at a healthcare facility or PASS at the hospital where you are receiving treatment.

You can ask for help in putting together your application at one of the following organisations:

- Communal or inter-communal social action centre (CCAS) in your place of residence
- Day centre (page 13,14)
- Hospital social services (page 17)
- Associations (page 8)

The CPAM must inform you of its decision within two months. If the application is accepted, the person can collect their AME card, which is valid for one year from the date of application. Please note that renewal is not automatic; you must reapply two months before the card expires.

3/ If you are pregnant and/or have children under the age of 6, you can also go to a **Maternal and Child Protection Centre (PMI)**:

- Free of charge, regardless of administrative status
- Reception, advice, consultations, workshops, interviews

List of PMIs in Paris: <https://www.paris.fr/lieux/centres-de-pmi/tous-les-horaires>

List of PMI in Seine-Saint-Denis: <https://seinesaintdenis.fr/enfance-education-jeunesse/petite-enfance/les-centres-de-pmi-en-seine-saint-denis/>

Abortion

You have the right to have an **abortion up to the end of the 14th week of pregnancy, regardless of your administrative status**. If you decide to have an abortion, **you must contact a doctor to prepare for the procedure**. If the doctor refuses, you will need to see another one.

If you are a minor, you will need to see a social worker. It is advisable to go to a family planning centre:

- Paris : <https://www.planning-familial.org/fr/le-planning-familial-de-paris-75>

- Seine-Saint-Denis : <https://www.planning-familial.org/fr/le-planning-familial-de-la-seine-saint-denis-93>

Contraception

Contraception refers to all methods used to prevent pregnancy and protect against sexually transmitted infections and diseases (STI and STD).

In France, contraception is free in all pharmacies for those under 26 years of age.

A family planning centre will help you:

- Paris : <https://www.planning-familial.org/fr/le-planning-familial-de-paris-75>

- Seine-Saint-Denis : <https://www.planning-familial.org/fr/le-planning-familial-de-la-seine-saint-denis-93>

GENERAL ADVICE

Transport Discounts

You can pay less for transport:

- If you receive Revenu de Solidarité Active (RSA) income support: your travel pass is free
- If you have AME health insurance: your travel pass is 50% off
- If you have PUMA health insurance: your travel pass is 75% off
- If you are a student receiving a grant, you may be eligible for a discount, depending on the amount of your grant.

You can apply for this on Solidarité Transport: <https://www.solidaritetransport.fr/>

Prices for children:

- Under 4 years old: their travel pass is free.
- From 4 to 11 years old (not including 11): travel pass at £24.80 per year (Imagine R Junior).
- 12 to 18 years old: pass costs €384.30 per year (Imagine R Scolaire). You will need to speak to the school social worker to obtain discounts or refunds. It is possible to pay in installments.

APRIL 2026

lundi	mardi	mercredi	jeudi	vendredi	samedi	dimanche
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3

MAY 2026

lundi	mardi	mercredi	jeudi	vendredi	samedi	dimanche
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



Citymapper

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

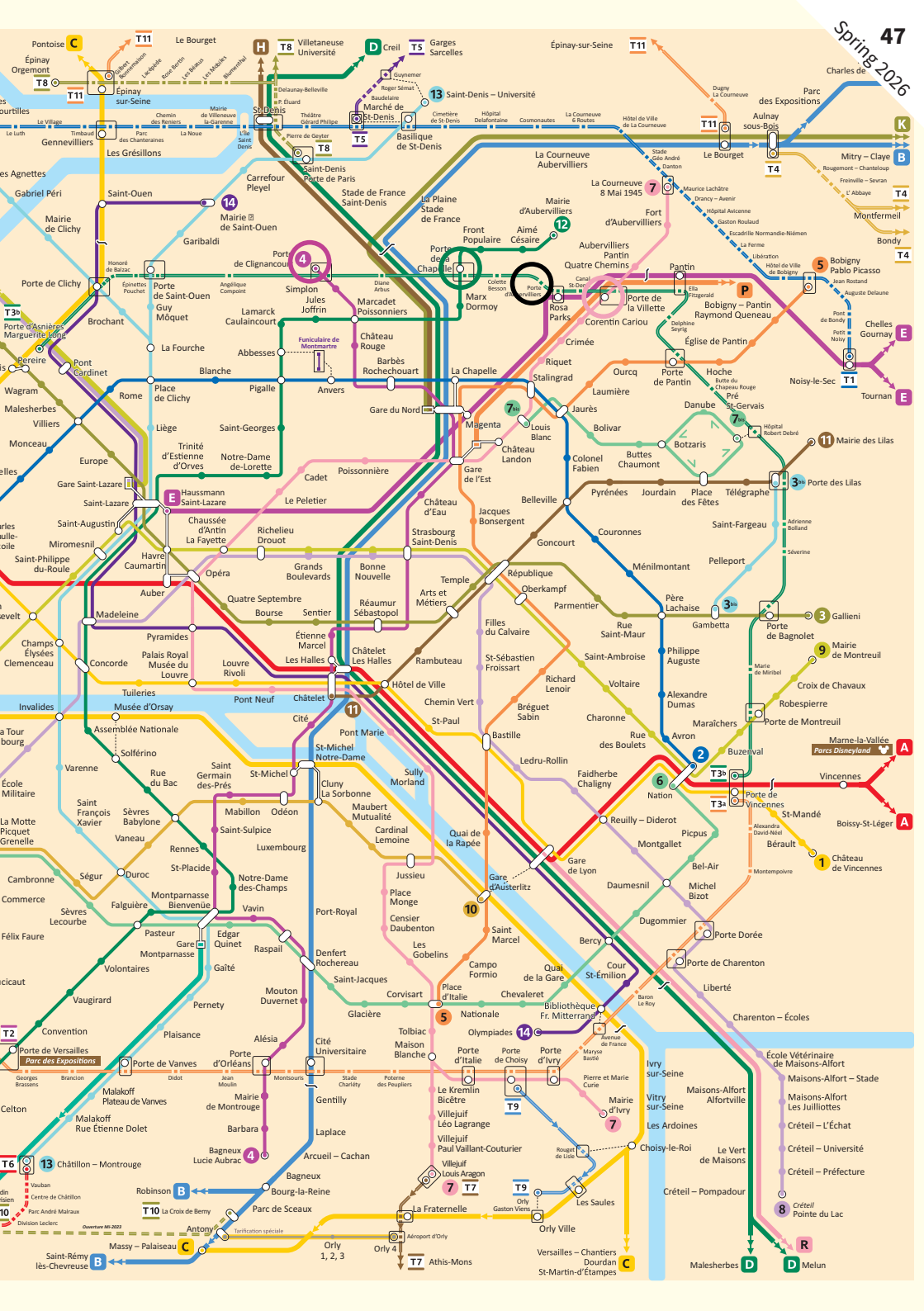
Porte de la Villette

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://soliquide.fr/en>





Ouverture 2025

Division Lactec

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SPRING 2026

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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