



USEFUL ADDRESSES FOR WOMEN WITH OR WITHOUT CHILDREN

MAY / JUNE 2026

EN

WARNING! May 1st, 8th, 14th and 25th are public holidays. Many sites are closed.



DAY CENTERS

FREE - Get rest and access to different sorts of help depending on the center (food & drinks, charge your phone, wifi, advice, social help ..etc).

Showers : limited spots

Laundry : to wash your clothes

For women with children

Women only, men are not accepted

AU TAMBOUR!

For people self defined as women. No children accepted.

Daytime shelter and hospitality. Listening, social interaction, rest, showers. Wellness activities on registration.

🕒 Monday, Tuesday: 10am-3pm

☎ 06 77 08 09 15

📍 Au Tambour www.autambour.fr

🏠 95 rue Crillon Massena

Closed on May 25th.

LA TOILE

Day center for transgender people, non-binary people and women in precarious situations. Does not accept minors.

Monthly hygiene kits, PRM shower, listening and socialization area, snacks / breakfast, referrals, social support, domiciliation.

🕒 Monday 1:30-4:30pm

🕒 Wednesday: 10am-1pm

🕒 Thursday 1:30-4:30pm

🕒 Friday 10am-1pm

☎ 06 50 92 81 22.

🏠 31 rue de cuire Henon

ACCUEIL LE P.H.A.R.E. ●

For families (2 people and more).

Breakfast, Assistance, advice, activities... Shower, distribution of hygiene kits and laundry services (by appointment).

🕒 Monday, Tuesday, Wednesday, Friday 9:30am-6pm

🕒 Thursday 9:30am-1pm

🕒 Last Saturday of the month: 9:30am-4pm

☎ 04 74 07 92 11

🏠 Stade Georges Livet - 35, avenue Marcel Cerdan, Villeurbanne Laurent Bonnevey

POINT ACCUEIL (LAHSO)

Possibility of administrative domiciliation.

→ **Women and families:**

🕒 Wednesday, Friday 1:30pm-4:30pm

→ **Only women with or without children:**

🕒 Thursday 1:30- 5pm

🕒 Monday 1:30-4:30pm at 21 rue

d'Aubigny, 69003 Part Dieu

☎ 04 78 53 88 77

🏠 66, rue Etienne Richerand Part Dieu

ACCUEIL SAINT ANDRÉ

Access to hygiene products, informations, listening.

For isolated women and families with children.

🕒 Wednesday, Thursday, Friday: 1:30-5pm

🏠 2 Rue Féliissent 69007 Lyon

Guillotière, Saint André

✉ adj.saintandre@gmail.com

L'ESPACE -ORSPERE SANDARRA

Place for discussion, encounters and

exchange. Various activities are available every

month. Available in English, Arabic, Tigrinya,

Amharic, Spanish, Dioula / Bambarra, Mooré.

🕒 Monday to Thursday 2-5:15pm

→ For newcomers: 🕒 Monday 2-3pm

→ **For women only, children are also**

welcome : 🕒 Wednesday 10am-12

☎ 07 61 07 89 12

🏠 275 rue André Philip Place Guichard

ADMINISTRATIVE SUPPORT AND LEGAL HELP

You can get support from a social worker whatever your status is.

You do not need to be in a legal situation.

You can ask for support concerning: food, housing, healthcare, support for families and young children, providing an administrative address, etc.

If you live in Lyon :

MAISON DE LA MÉTROPOLE DE LYON

Contact the Maison de la Métropole de Lyon (MDML) closest to where you live or where your administrative residence is registered, or go directly on site.

You will be listened to, informed and then directed to a designated person to assist you in your procedures. Find the locations on this website:
<https://www.grandlyon.com/services/trouver-une-maison-de-la-metropole.html>

If you live around Lyon :

Contact your town's MDML or the Centre communal d'action sociale (CCAS) of your town.

PASSERELLES BUISSONNIERES

Support for women in social isolation or affected by changes in their work and social environment due to exile and/or health problems

→ Individual and group support, access to rights, socio-professional integration, to help women become more independent.
→ Socio-legal and health assistance for abused women seeking asylum.

You must make an appointment by phone:

🕒 Monday, Tuesday, Thursday: 9am-12/2-5pm
🕒 Wednesday, Friday: 9am-12
☎ 04 26 17 47 18

✉ contact@passerellesbuissonnieres.org
🏠 26, rue des capucins 69001 Lyon

M A Hôtel de ville

Closed on May 1, 8 and 13-15.

INFORMATION CENTER ON FAMILIES AND WOMEN'S RIGHTS (CIDFF)

Information about women's rights, support for parenthood, support for returning to work, support for starting a business

🕒 Monday to Thursday: 9am-1pm / 1:45-5pm
🕒 Friday: 9am - 1pm
🏠 18, place Tolozan **M A** Hôtel de Ville
☎ 09 78 08 47 48

→ To see all the CIDFF centers in and around Lyon:

🌐 <https://rhonearcalpin-interdepartemental.cidff.info/liste-des-permanences/>

FIJI

Defending individual and family rights of French and foreign people.

Information on marriage, divorce, family ties, adoption in private international law.

→ To have access to the legal advice sessions:

✉ Send an email to info@fiji-ra.fr

☎ Or leave a message on the answering machine at 07 88 37 54 71



AIMEL +

Support and inclusion of LGBTQIA+ migrants and exiles.

Support for asylum procedures, listening and information. Information about health (sexual and mental health). In and around Lyon.

Make an appointment on: **f** Aimel +

or by email: ✉ aimel.association@gmail.com

Contact in French, English, Spanish, Russian, Portuguese.

→ Next welcoming times:

🕒 Monday, May 11th and June 8th, 4pm

🏠 Association AIDES, 110 rue Sully

M A Masséna

🕒 Saturday, May 30th and June 27th, 10am

🏠 Centre LGBTQI+, 19 rue des Capucins

M A Hôtel de Ville

CENTRE LGBTI+

Welcome, support, combating discrimination, prevention, cultural activities and sports.

→ To reach a volunteer call: ☎ 0 805 031 181

🕒 Monday to Friday: 9am to 9pm

🕒 Saturday: 1-6pm

→ **Welcoming time:** 🕒 Monday to Thursday: 5:30-7:30pm
🕒 Friday: 2-7pm

→ **Health help:** 🕒 Wednesday: 5:30-7:30pm

→ **Legal help:** 🕒 Tuesday: 7-9pm, by appointment. Make an appointment on site or send an email to: ✉ social@centrelgbtilyon.org

f Centre LGBTI Lyon / Insta @centrelgbtilyon

✉ contact@centrelgbtilyon.org

🌐 centrelgbtilyon.org

🏠 19 rue des Capucins **M A** Hôtel de ville

2MSG - LGBTI+ AFRICAN REFUGEE COLLECTIVE

Activist association of mutual help for lgbt+ persons from Africa.

Help for paperwork (asylum, appeals, CAF, work). Support for daily life and fight for rights. Leave a message at: ☎ 06 05 68 17 26

✉ contact@asso2msg.org **f** [asso2msg](https://www.facebook.com/asso2msg)



SOCIAL CENTRES

Social centres : places of activities open to anybody, free or at low prices. Each centre proposes different activities, such as :

- French classes
- Support to parenthood and welcome centres for parents and children
- Stays, cultural activities and hobbies for families, young persons and children
- Educational support
- Cooking, arts, sports, gardening and more workshops

Find out the closest social centre : <https://fed69.centres-sociaux.fr/les-centres-sociaux/carte-et-annuaire/>

Social centres are also places in which you can participate as a volunteer.

KABUBU

Free weekly sports activities. On registration.

→ **Running, women only:** ☉ Tuesday
4:15-5:30pm

🏠 Maison de l'Hospitalité, 236
Cours Lafayette, 69003

→ **Women's yoga:** ☉ Wednesday 6:15-
8:15pm

🏠 Gymnasium Ecole Château Gaillard,
18 rue Montgolfier, Villeurbanne

→ **Women's basketball:** ☉ Thursday, 8-9pm

🏠 Gymnase du Groupe scolaire Frida
Kahlo, 1 Pl. Elsa Cayat, 69007

→ **Soft gym, women only:** ☉ Thursday
2:30-3:30pm

🏠 Espace de vie social Nancy,
1 rue Desaix, 69003

Other sports are mixed (climbing,
danse, badminton...).

More information and activities on the website:

📄 <https://www.kabubu.fr/fr/lyon>

or ☎ 07 82 77 58 64

or Kabubu Lyon ✉ lyon@kabubu.fr



WOMAN OF SINGA - MONINGA

Cultural activities and events all year round! The programme is open to all women.

To join the WhatsApp group and be updated on all events and activities, send a message to
☎ 06 09 53 77 85 ✉ communautelyon@singa.fr

ESCALE SOLIDAIRE HABITAT ET HUMANISME

Movies and snacks, sewing, choir, yoga,
cooking, hairdresser, and other activities.

Activities are free. Breakfasts are free and meals cost 2 euros.

Schedules and activities on the website:

📄 <https://www.habitat-humanisme.org/ateliers/>

Registration on site, by email or by phone:

☎ 04 81 09 16 93

✉ escalesolidaire@habitat-humanisme.org

🏠 252 Rue Duguesclin, Place Guichard
→ **Lunch only for women: once a month**

🏠 25 Rue Delandine Perrache
→ **Wednesday diner only for 18-30 years old**

🏠 78 rue Tronchet Masséna

🏠 5 rue Hector Berlioz Charpenne

🏠 31 rue du professeur Rochemaix
 Grange Blanche

🏠 2 Place Dumas de Loire Valmy

WORK / STUDIES



SISTECH

Refugee women with an A2 level in French. Online training program for technology and digital professions.

Register on this form: 📄 <http://sis.tech/apply/>
or contact ✉ hello@sis.tech

LE CIDFF

(see p3) offers assistance in job research for women.

RÉFUGIÉS ENSEIGNEMENT SUPÉRIEUR

Program intended for exiled women wishing to enter university or to find a job: support, workshops, group discussions, coffee between women...

Registration by email: ✉ contact@res-asso.org

ESCALE SOLIDAIRE HABITAT ET HUMANISME 🌈

Help with creating CVs, job/training searches, guidance, advice, preparation for job interviews, etc.

🕒 Thursday: 2-5pm, without appointment

🏠 5 rue Hector Berlioz 69100 Villeurbanne

M A / **M B** Charpennes 📞 09 74 13 73 23



FAMILY / CHILD

The well-being of your child is important so that you can also take care of yourself. If you are looking for a place that offers activities for you and your child, it is right here:

LIEUX D'ACCUEIL ENFANTS-PARENTS (LAEP, PARENT-CHILD CENTRE)

Spaces adapted for small children and childcare (games...). Support and assistance groups for parents.

Open to all parents with their children.

Anonymous, no registration, usually free.

For children under 4 and up to 6 years old in some of the spaces.

Possible to meet with childcare professionals.

Arche de Noé: For all childrens under 4.

🕒 Monday to Thursday : 9:30-11:30am

📞 04 78 58 29 66

🏠 32 rue Montesquieu **T 1** Saint-André
2 rue Gilbert Dru **T 1** / **M D** Guillotière

→ **Over 10 sites in Lyon:**

🌐 <https://lacausedesparents.org/les-lieux-daccueil-enfants-parents-laep-a-lyon/>

MUNICIPAL LIBRARY WITH CHILD AREA

Borrow books, comics, magazines. On-site reading. Access to computers and Internet. Space for children.

→ **Library of the 7th, Guillotière**

🕒 Tuesday, Thursday, Friday : 3-7pm

🕒 Wednesday : 10am-12 / 2-7pm

🕒 Saturday : 10am-1pm / 2-5pm

🏠 25 rue Béchevelin **T 1** Saint-André

📞 04 78 69 01 15

→ **Library of the 3rd, Part-Dieu**

🕒 Tuesday to Friday 10am-7pm

🕒 Saturday 10am-6pm

🏠 30 boulevard Vivier Merle

M B T 1 Part-Dieu

📞 04 78 62 18 00

In France, access to school is a right for children under the age of 16, whatever their parents' status and type of housing. School is free and your children cannot be refused access.

THE ORGANISATION C.L.A.S.S.E.S

Assists families with their administrative procedures for school

📞 06 80 71 32 96

✉ contact@classes-asso.org

Children's health

PMI - INFANT AND CHILD PROTECTION

Pregnancy monitoring, preparing for birth and parenting, and child healthcare up to 6 years old (growth, vaccinations...etc).

PMI are located in the «Maison de la Métropole», addresses and opening hours are available at :

🌐 <https://www.grandlyon.com/services/trouver-une-maison-de-la-metropole.html>

PASS - HOPITAL FEMME MERE ENFANT

Pediatric medical care (-16 years old)

Make an appointment by phone or email (3 weeks waiting time):

🕒 Reception: Monday to Friday 8am-12

📞 04 72 11 81 65

✉ hfme.passpediatrique@chu-lyon.fr

🏠 59, boulevard Pinel 69500 Bron

T 6 Hôpitaux Est Pinel

C 8 / **C 9** Hôpital mère enfant

Closed on December 25th, 26th, 29th and January 1st

If your child has a medical emergency, suffers from a serious pathology and requires urgent care, you can call 15 or go to the emergency

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May / June

**HEALTHCARE****The PASS****Free medical appointments for people without health coverage.****Important: If you do not have health coverage (CSS or AME), do not leave the hospital without seeing a social worker.****PASS - HOPITAL EDOUARD HERRIOT****For people over 16 years old.** No appointment needed for the first time, **get there very early in the morning** (before 7:30am).**Receive only 2 to 4 new patients per day, only on Monday, Wednesday and Friday.****If you have an appointment:**

⌚ Monday, Tuesday, Wednesday, Friday:

8:45am -12:30 / 2- 4:30pm

⌚ Thursday: 8.45am-12:30

🏠 5, place d'Arsonval, Lyon (PAVILLON K)

M D / T 2 Grange blanche

☎ 04 72 11 03 94

Closed on May 1, 8, 14-15 and 25th.**PASS LE VINATIER****For people over 16 years old.****→ Medical consultations without appointment (come at 8:30 in the morning):**

⌚ Monday, Wednesday: 9am-12:30 / 1:30-5pm

⌚ Thursday: 9am-12:30

→ Social worker, without appointment:

⌚ Monday to Thursday: 9am-12 / 2-5pm

⌚ Friday: 9am-12 / 1:30-4pm

🏠 95, boulevard Pinel 69500 Bron

T 2 T 5 T 6 Vinatier ☎ 04 37 91 52 07

Closed on May 1, 8, 14-15 and 25th.**Morning only on June 4th.****PASS MÉDIPOLE HOPITAL MUTUALISTE****For people over 18 years old.**

To see the doctor, make an appointment by phone or on site.

→ Reception: ⌚ Monday to

Thursday: 8:30am-4pm

→ Nurse (without appointment):

⌚ Monday to Thursday: 8:30am-12 / 1:30-5pm

⌚ Friday: 8:30am-12

☎ 04 87 65 01 87.

🏠 158 rue Léon Blum, 69100 Villeurbanne

M A Laurent Bonnevey / T 3 Bel Air

Closed on May 1, 8, 14-15, 25, and June 16.**PASS HÔPITAL SAINT-JOSEPH SAINT-LUC**⌚ Without appointment: Monday, Tuesday 8:30am (**only 6 first patients, come at 7am**)

To make an appointment, on site or by phone:

⌚ Monday, Tuesday, Thursday all day

☎ 04 78 61 88 70 (leave a message to get a call back)

🏠 38, rue Raulin T 1 Quai Claude Bernard

T 2 Centre Berthelot

PASS GH - PORTES DU SUD**By appointment only.**⌚ **Secretariat:** Monday, Tuesday and Thursday 9am-4pm ☎ 04 72 89 86 03⌚ **Social Service:** Monday to Thursday 9am-4pm ☎ 04 27 85 21 56

🏠 2, Avenue du 11 novembre 1918

T 4 Hôpital Feyzin Vénissieux

Closed from May 14 to 17, and 25th.**Medical organisations****MÉDECINS DU MONDE: LE CASO****For people without health insurance only. Doctors, social workers, screening.**

⌚ Monday: 8:30am

⌚ Wednesday: 1:30pm

(come a little before the opening time)

☎ 04 72 92 49 01

🏠 305 rue Paul Bert M B Part-Dieu

Please call before coming, the information on the answering machine is up to date.**MÉDECINS DU MONDE: LE BUS****Open to all. Health prevention, healthcare, someone to talk to.**

⌚ Every other Tuesday: 7-10pm

⌚ Every Thursday 7- 10pm

🏠 Place Carnot 69002 M A Perrache

⌚ Every other Tuesday at the Camions du Coeur, 7:30-9:30pm

🏠 172b Rue Anatole France Villeurbanne

M A Flachet

ESSIP - NURSING CARE**Mobile nursing team. Support with health care, access to health care rights.**

On medical prescription for nursing care. People with or without rights.

🏠 Travels to where people live (housing, squats, hostels).

🏠 Provide care at the Medical Care Center, 305 rue Paul Bert.

To make an appointment:

☎ 04 78 14 14 15 or ✉ contact@essip.frWATIZAT, TOUS DROITS RÉSERVÉS / WWW.WATIZAT.ORG

PASS VINATIER

Only for people without health rights.

Psychological or psychiatric assistance. Appointments are necessary (preferably after recommendation by another professional). Possible medical prescriptions

🕒 Monday to Thursday: 9am-12 / 2-5pm

🕒 Friday: 9am-12 / 1:30-4pm

☎ 04 37 91 52 07

🏠 95, boulevard Pinel **T2 T5 T6** Vinatier

Closed on May 1, 8, 14-15 and 25th.

Morning only on June 4th.

LISTENING PLACES (ASSOCIATIONS)

SECOURS ISLAMIQUE

Women's discussion group, without registration. Free breakfast.

🕒 Tuesday 10:30am-12

🏠 371 rue Garibaldi, 69007

T2 Garibaldi - Berthelot / **M B** Jean Macé

L'ESPACE - ORSPERE SAMDARRA

Place for discussion, encounters and exchange. Various activities are available every month. Available in English, Arabic, Tigrinya, Amharic, Spanish, Dioula / Bambarra, Mooré.

🕒 Monday to Thursday: 2-5:15pm

→ For newcomers: 🕒 Monday 2-3pm

→ **♀ For women only, children are also welcome** : 🕒 Wednesday 10am-12

☎ 07 61 07 89 12

🏠 275 rue André Philip 69003 Lyon

M B Place Guichard

CENTRE ESSOR - FORUM RÉFUGIÉS

For asylum seekers and adults refugees, minors over 6 years old, and unaccompanied minors followed by the MEOMIE.

Medical and psychological consultations.

Physiotherapy and art therapy sessions.

Therapeutic groups. Interpreting possible.

Appointments by phone: ☎ 04 78 03 07 59

or email: ✉ centredesante@forumrefugies.org

🏠 158 ter, rue du 4 août 1789

69100 Villeurbanne **M A** Flachat

ECOUTE LYON BELLECOUR

A place to talk and to be heard, located in the Bellecour metro station. Without appointment. Individual counselings.

🕒 Monday to Friday 1-7pm

🕒 Saturday 1-4pm

🏠 In the Metro station **M A** Bellecour, line A, in the direction of Perrache (in front of la Mie Câline)

Closed on May 1-2, 8-9, 14 and 25th.

Sexual Health

Your body can suffer from many diseases. Some are visible (pimples, fever, redness...) and others are not (you may not even know that you are sick).

That's why your body needs to be checked by health professionals. It is important to be tested. Screening is looking to see if you have a disease or not.

There are several screening methods, depending on the disease you're looking for:

- A blood test

- A smear for cervical cancer, for example, or another sexually transmitted disease

- A drop of blood on the finger to detect HIV AIDS, Hepatitis B or C

- HIV AIDS self-testing at home

- A mammogram (breast examination)

Many diseases can be treated very well, especially if detected early! A screening test will give you peace of mind if it's negative.

CEGIDD: SCREENING AND CARE CENTERS

Medical testing for: HIV, Hepatitis A/B/C, chlamydia, syphilis / Sexually Transmitted Infection care (such as PrEP).

To make an appointment:

→ **By phone** (they receive a lot of calls, do not hesitate to call several times)

→ **For non-urgent screening, book an appointment online on:**

📄 <https://www.chu-lyon.fr/cegidd-centre-gratuit-information-depistage-diagnostic-ist>

(connect on Friday morning from 9am to have a slot for the following week)

→ **If your risk is less than 48 hours old, come urgently, without an appointment.**

↑ CEGIDD HÔPITAL EDOUARD HERRIOT

Reception: ☉ Monday, Tuesday,

Thursday: 8:30am-7pm

☉ Wednesday, Friday: 8:30am-4pm

☎ 04 72 11 62 06

🏠 (Pavillon K) 5 place Arsonval 69003 Lyon

📄 Grange Blanche

Closed on May 1, 8, 14-15, and 25th.

↑ CEGIDD HÔPITAL CROIX ROUSSE

→ Phone reception: ☉ Monday to Thursday

10am-12:30 / 2-4:30pm

☉ Friday 11am-12:30 / 2-4:30pm

→ Welcome on site: ☉ Monday 8:30am-6pm

☉ Tuesday 9am-6pm ☉ Wednesday 9am-5pm

☉ Thursday 8:30am-6:30pm

☉ Friday 10:30am-4:30pm

☎ 04 26 10 94 73

🏠 103, grande rue croix rousse 📄 Hénon

Closed on May 1, 8, 14-15, 25, and June 13-14

Associations also offering screening services :

ASSOCIATION DE LUTTE CONTRE LE SIDA

Information and screening for HIV /

Hepatitis B and C by TROD.

☉ Friday 1:30-5pm, without appointment

🏠 Arche de Noé, 3 rue Félissent, 69007

📄 Saint André ☎ 07 56 47 00 54

AIDES

Community association for the fight against AIDS and viral hepatitis.

Support and guidance, access to sterile
prevention equipment. Self-help groups.

→ Help for access to rights and healthcare:

☉ Tuesday, by appointment

→ HIV/HBV/HCV/syphilis testing

(anonymous and free): ☉ Tuesday 2-7pm

→ For any questions, guidance or to make an
appointment: ☉ Monday to Friday, 11am-6pm

☎ 06 34 45 51 27 / 04 78 68 05 05

🏠 110 rue Sully, Lyon 📄 Masséna

DA TI SENI

Information and screening for HIV /
Hepatitis B and C screening by
TROD. No appointment needed.

☉ Monday, Tuesday, Thursday 9am-4pm

☉ Wednesday 9am-12pm.

🏠 in front of the Forum Réfugiés SPADA

336 rue Garibaldi, Lyon 📄 Garibaldi

☎ datiseni@gmail.com ☎ 06 95 29 29 97

MÉDECINS DU MONDE : LE CASO

For people without health insurance only.

Prevention consultations, HIV,

Hepatitis screening.

☉ Monday: 8:30am

☉ Wednesday: 1:30pm

(come a little before the opening time)

☎ 04 72 92 49 01.

🏠 305 rue Paul Bert 📄 Part-Dieu

**Please call before coming, the information
on the answering machine is up to date.**

**Sida Info Service (confidential, anonymous
and free call) ☎ 0 800 840 800**

PLANNING FAMILIAL - CSES (HEALTH AND SEXUAL EDUCATION CENTER)

You can go to the family planner or CSES
and meet a doctor, gynecologist, midwife,
social worker, to :

- Talk about pregnancy
- Talk about sexuality and relationships
- Talk about your desire not to have children,
stop a pregnancy
- To get a contraception : condom, pill, IUD,...
- Talk about violence
- Screening for diseases: breast cancer,
cervical cancer, HIV, Hepatitis...

It is free. There is also access to
interpreters who speak your language!

PLANNING FAMILIAL 69

☉ Monday, Wednesday, Thursday: 9am-12 /

1-6pm ☉ Tuesday 1-6pm

☉ Friday 9am-12 / 1-4pm

☎ 04 78 89 50 61.

🏠 2, rue Lakanal 📄 1 / 📄 4 le Tonkin

Closed on May 1, 8, 14-15, 25 and June 30.

↑ CSES - HOPITAL EDOUARD HERRIOT

🏠 Hôpital HEH - Pavillon K

5 place d'Arsonval, 69003 Lyon

☎ 04 72 11 03 95

📄 2 / 📄 Grange Blanche

↑ CSES LYON 7 - HÔPITAL SAINT-JOSEPH SAINT-LUC

🏠 20 quai Claude Bernard, 69007 Lyon

☎ 04 78 61 81 38

📄 1 Quai Claude Bernard

↑ CSES - HOPITAL CROIX ROUSSE

🏠 103 Grande rue de la Croix-Rousse, 69004

Lyon 📄 Croix Paquet ☎ 04 72 07 16 47.

🏠 CSES - DÉCINES

Doctor, psychologist, marriage counsellor, gynaecological care. Open to all.

Make an appointment on site or by phone:

☎ 04 37 43 26 22 ✉ cses.decines@gmail.com

🏠 28 rue de la République, 69150 Décines

🚗 3 Décines Centre

→ **Other centres do the same thing (CSES) and offer support on relationships and sexual health, see the list on the website:**

📄 <https://www.grandlyon.com/centres-sante-et-education-sexuelles-cses>

Abortion in France : a pregnant woman, even under 18, who doesn't want to continue a pregnancy, has the right to ask its interruption. Abortion is possible until the end of week n°14 of pregnancy (16 weeks after the first day of the last period).

Abortion is free and can be done at the Planning Familial or in sexual health and education centres (CSES).

Helpline number

«**Sexualités-Contraception-IVG**»

☎ **0800 08 11 11** (free)

Pregnancy



If you are pregnant, you need to be followed up by a health professional and register at the maternity ward to give birth!

MÉDIPOLE HOPITAL MUTUALISTE

For people over 18 years old.

To see the doctor, make an appointment by phone or on site.

→ **Reception:**

🕒 Monday to Thursday: 8:30am-4pm

→ **Nurse (without appointment):**

🕒 Monday to Thursday: 8:30am-12 / 1:30-5pm

🕒 Friday: 8:30am-12

☎ 04 87 65 01 87.

🏠 158 rue Léon Blum, 69100 Villeurbanne

🚗 M A Laurent Bonnevey / T 3 Bel Air

Closed on May 1, 8, 14-15, and June 16.

HÔPITAL SAINT-JOSEPH SAINT-LUC

Pregnancy and gynecological follow-up

🕒 By appointment on Tuesday and Friday

Make an appointment on site or by phone.

🏠 38, rue Raulin T 1 Quai Claude Bernard

☎ 04 78 61 88 70 (leave a message to get a call back)

HOPITAL EDOUARD HERRIOT - PASS PERINATALITÉ

Support during pregnancy. By appointment.

🕒 Reception: Monday to Friday, 9am-4pm (closed on Thursday afternoon)

☎ 04 72 11 25 91, a medical-social professional must make the 1st appointment.

🏠 5, place d'Arsonval, Lyon (PAVILLON K, entrance 1)

🚗 M D / T 2 Grange Blanche

✉ heh.passperinat@chu-lyon.fr

PMI - INFANT AND CHILD PROTECTION

Pregnancy monitoring, preparing for birth and parenting, and child healthcare up to 6 years old (growth, vaccinations...etc).

The establishments (Maison de la Métropole) and open hours are available at:

📄 <https://www.grandlyon.com/services/protection-maternelle-et-infantile>

PLANNING FAMILIAL 69

Pregnant from 0 to 6 month

🕒 Monday, Wednesday, Thursday: 9am-12 / 1-6pm

🕒 Tuesday 1-6pm

🕒 Friday 9am-12 / 1-4pm.

☎ 04 78 89 50 61

🏠 2, rue Lakanal T 1 / T 4 le Tonkin

Closed on May 1, 8, 14-15, 25 and June 30.

PREGNANCY, PERINATAL AND ADDICTION CONSULTATION – CSAPA

Addiction counselling and psychotherapy for pregnant women, women who have recently given birth or women wanting to get pregnant, suffering from addictions.

Make an appointment by phone or email:

☎ 04 26 73 25 90

✉ nathalie.duvernay@chu-lyon.fr

🏠 CSAPA Croix-Rousse Hospital, Building C, 1st floor. 103, Grande Rue de la Croix-Rousse

🚗 M C Hénon

WOMEN ABUSE

Many situations can be described as violent situations :

- You are dominated, controlled by your partner, by the person who hosts you, or by a member of your family.
- Forced to have sex.
- You get access to an accommodation in exchange of some services.
- One is psychologically violent with you : humiliation, threats, blackmail...
- There is physical violence in your romantic relationship.
- You have suffered violence during your migratory journey : sexual abuse, rape, humiliation, insults...

If you recognize yourself in those situations, do not hesitate to talk to a family member close to you, a friend or a specialized association.

In the first place, associations are here to hear you, inform and support you. You are not obligated to take legal action if you don't want to.

3919 - Women violence info


→ Listens, informs and guides women victims of violence, and witnesses of violence against women.


VIFFIL - SOS FEMMES

For women victim of violence.

Welcoming space, listening, and informations on your rights.

→ **For advice and information, call:**

 04 78 85 76 47

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

 Tuesday, Thursday: 9:30am-12:30

All the VIFFIL's permanences on the website:


 <https://www.viffil.com/contact-viffil/>

LES ORCHIDÉES ROUGES

Free multidisciplinary support for women and girls who have survived female circumcision and/or forced marriage.

Make an appointment by phone:

 Monday to Friday, 9am-1pm / 2-5pm

 06 67 36 50 71

 contactlyon@lesorchideesrouges.org

 13 rue Henri IV 69002 Lyon

 Ampère / Perrache

Check the information about **Women's and Families Rights (CIDFF)** in the administrative support and legal help section **page 3**.

The violence meter allows you to ask yourself some questions about your couple and helps you to identify violent behaviours →

SEX WORK/ PROSTITUTION

11
May / June

Your relationship is healthy when he...

ENJOY

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

There is violence when he...

WARNING, SAY STOP!

6 Ignores you on the days when he is angry

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

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

You are in danger when he...

PROTECT YOURSELF, GET HELP

CABIRIA

Support for sex workers.

- Prevention, screening
- Legal support (arrests, violence, exploitation, discrimination, family rights)
- Administrative assistance (AME, CSS, asylum) and domiciliation
- Financial aid
- French classes

Without appointment : ☎ Monday 2-6pm

By appointment: call ☎ 04 78 30 02 65

🏠 5 quai André Lassagne 69001 Lyon
M A Hôtel de ville **M C** Croix-Paquet

Emergency number (24/7): ☎ 06 07 62 26 59

AMICALE DU NID

Hospitality and assistance for prostitutes.

Day center, access to rights, integration, domiciliation, mediation, health and mental health, finding a path out of prostitution.

→ Phone permanence / reception / appointment booking:

- ☎ Monday to Friday, 9:30am-12 / 1:15-5pm
- ☎ Wednesday : 1:30-5:30pm

☎ 04 78 27 28 20

🏠 29 rue St Jean de Dieu, Batiment B,
Technopark 2, 69007 **M B** Debourg

BUS 64 Carteret **T 6** Arrêt Challemeil-Lacour

Closed on June 18th and 19th.

MOUVEMENT DU NID - RHÔNE

Hospitality and assistance for persons in a situation of prostitution:

listening, administrative assistance, access to rights, care, collective activities, social link, support to exit prostitution..

→ By appointment: ☎ Monday to Friday

→ French lessons: ☎ Tuesday 10:30am-12 (beginners) / 2-3:30pm (intermediate)

For more information: ☎ 07 62 78 29 24

🏠 70 rue Rachais 69007 **M D** Garibaldi

☎ 06 33 40 94 98 (follow this number on

Whatsapp for more informations)

accompagnement-69@mouvementdunid.org

EMERGENCY NUMBERS – FREE –

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15 • SAMU

Service d'Aide Médicale Urgente -
To get a medical team to intervene
in case of vital distress.

18 • FIREFIGHTERS

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

17 • POLICE

To get help in case of assault or
to report an offence that requires
immediate police intervention.

114 • EMERGENCY SMS 📞

Allows deaf, hearing-impaired people
and anyone who cannot call (women
victims of violence for example), to
alert emergency services (SAMU,
Firemen, Gendarmerie and Police)
24/7 by SMS, chat, videoconference.
Also available at www.urgence114.fr
and with the "114" application.

115 • EMERGENCY SHELTER

Emergency number for people
without accommodation or victims
of domestic violence requiring
emergency shelter (accommodation).

119 • CHILDREN IN DANGER

Emergency number for any child or
teenager who is a victim of violence
(psychological, physical or sexual),
or anyone concerned about the
situation of a child in danger or
at risk of being in danger, within
their family or in an institution.

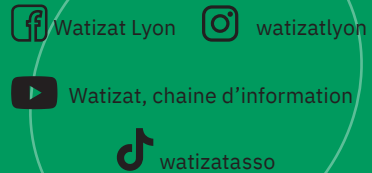
3919 • WOMEN VIOLENCE INFO

Listens, informs and guides women
victims of violence, as well as
witnesses of violence against women.
Does not deal with emergency
situations (it is not part of the
police or the gendarmerie).

For more informations
and adresses,
download the full guide :
www.watizat.org



You have a question ?
Contact us on
lyon@watizat.org



Si vous êtes une organisation, association
ou collectif, contactez nous pour commande
des guides en version papier

Ce guide est gratuit et interdit
à la vente aux particuliers.
Ne pas jeter sur la voie publique.