

## USEFUL ADDRESSES FOR EXILED WOMEN

# **APRIL 2024**



Take care of yourself... A listening ear, activities, it's all here!

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### **PASSERELLES BUISSONNIERES**

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

- Individual or group support, follow-up, social rights and health access, socio-professional integration, all to help women become more independent.

- Socio-legal and health assistance for abused women seeking asylum.

You must first make an appointment by phone : ③ Monday, Tuesday, Thursday : 9am - 12pm / 2pm - 5pm Wednesday, Friday : 9am - 12pm � 04 26 17 47 18

✓ contact@passerellesbuissonnieres.org
 ▲ 26, rue des capucins 69001 Lyon
 ▲ Hôtel de ville

### **CPCT - PSYCHOLOGY CONSULTATIONS**

For people over 18 years old. Free

appointments. Appointments in English available. No medical prescriptions given. () Monday to Friday 10am-12pm / 2pm-5pm Closed on May the 1st

€ 04 78 96 10 56
 84, rue de Marseille 69007 Lyon
M D Guillotière 1 2 Centre Berthelot

### L'ESPACE -ORSPERE SAMDARRA 🧶

 Place for discussion, encounters and exchange.

 Various activities are available every month.

 Available in English, Arabic, Tigrinya, Amharic,

 Italian, Dari and Pachto.

 ③ Monday to Friday 2pm-5.30pm

 \$\log 07 61 07 89 12

 ▲ La Rayonne - 24b rue Alfred de Musset

 Villeurbanne

 M A / 13

 Vaulx en Velin la soie

 Closed from April the 9th to the 12th

Schedule of activities available at the beginning of each month at <u>www.orspere-samdarra.com</u>

# T DAY CENTERS

### AU TAMBOUR !

Daytime shelter and hospitality. Listening, social interaction, rest, showers. Activities and care on registration.

### For people self-defined as women. Minors are not accepted.

Monday 2:30pm-5:30pm, Tuesday 1:30pm
- 4:30pm, Wednesday 10am-1pm
Monday 2pm-2:30pm, Tuesday 1pm -1:30pm

### for newcommers

♦ 06 77 08 09 15 Closed on May the 1st
 Au Tambour □ www.autambour.fr
 ♦ 95 rue Crillon M A Massena



Day center for transgender people, non-binary people and women in precarious situations. Monthly hygiene kits, PRM shower, respite and listening area, snacks, referrals. ③ Monday 4pm-7pm (for 18-35 years old only) ③ Wednesday : 10am-1pm ③ Thursday 1pm-4pm (1st half an hour for new people) � 06 50 92 81 22 Closed on May the 1st � 31 rue de cuire, 69004 Lyon. M ⓒ Henon

### 🖻 🖲 POINT ACCUEIL (LAHSO) 🧶

- Women and families :

Wednesday, Friday 1:30pm-4:30pm

🛇 Monday 1:30-4:30pm at 🎓 21 rue d'Aubigny

### M B Part Dieu

Only women with or without children :
 Thursday 1:30pm- 5pm
 Closed on May the 1st
 04 78 53 88 77

🎓 66, rue Etienne Richerand 📶 🖪 Part Dieu

### ACCUEIL SAINT ANDRÉ 🥏

### ACCUEIL LE P.H.A.R.E.

Assistance, advice, activities, breakfast... Distribution of hygiene kits and laundry services (appointments are needed).**For families (2 people** 

### and more)

③ Monday to Friday 10am-4pm. Closed on thursday afternoon. Closed on May the 1st \$ 04 74 07 92 11

▲ Stade Georges Livet - 35, avenue Marcel Cerdan, Villeurbanne M ▲ Laurent Bonnevay

## 

### <u>KABUBU</u>

Free weekly sports activities. On registration. Some activities are reserved for women (Yoga), other sports are mixed (muscle strengthening, running, basketball, badminton,...)

 ③ Fitness (women only) : Monday 9am to 10am
 ▲ Espace de Vie Sociale des Rancy, 1 Rue Desaix 69003 Lyon

Basketball (women only): Tuesday 8pm to
 9pm

Gymnase françoise héritier 2 rue du Pré Gaudry 69007 Lyon

③ Yoga (women only) : 6pm to 8pm
 ▲ The château Gaillard school gym, 18 rue

montgolfier, Villeurbanne ③ Soft Gym (women only) Thursday 2:30-3:30pm

♠ Espace de Vie Sociale des Rancy, 1 Rue Desaix 69003 Lyon

Registration : <u>https://www.kabubu.fr/fr/lyon.</u> + info on **\$** 07 82 77 58 64

#### ESCALE SOLIDAIRE HABITAT ET HUMANISME

Movie and snacks, sewing, choir, yoga, cooking, hairdresser, many different workshops. Activities are free and meals cost 2 euros Register at one of these addresses or on the website https://www.habitat-humanisme.org/ateliers/

O Lunch between women, April 12th and 26th at 12pm-2pm.
252 rue Duguesclin, 69003 LYON
B Place Guichard 1 Palais de Justice
04 81 09 16 93

O Cooking workshop and lunch for families, Saturday April 6th and 20th at 9:30am-3:30pm
25 rue delandine 69902 Lyon
A Perrache \$ 09 82 81 35 90

### 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 Fatimazahra: 606 09 53 77 85 18 Rue Gabriel Péri, 69350 Oullins M B Gare d'Oullins / 15 Gare d'Oullins



Dear moms ! 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, motor function stimulation, ...)
- Support and assistance groups for parents
- Open to all parents with their children
- Anonymous, no registration required, usually free
- For children under 4 and up to 6 years old in some of the spaces
- Possible to meet with childcare
   professionals

There are over 10 of these child/parents sites in Lyon. You can find the whole list on the wesbite : <u>https://lacausedesparents.org/les-lieux-</u> <u>daccueil-enfants-parents-laep-a-lyon/</u>

### LES POINTS ACCUEIL INFORMATION PETITE ENFANCE (PAIPE)

You can go to a PAIPE to get information on childcare options for your children. The PAIPEs provide information by phone or receive you by appointment. There is a PAIPE in each town hall of the arrondissement For more information on the PAIPEs in Lyon, consult this link: : <u>https://www.lyon.fr/demarche/petiteenfance/les-points-accueil-informationpetite-enfance-paipe</u>

# Rotil Pora



#### N°for Abused women. 3919 FREE - 24/7 •

#### **VIFFIL - SOS FEMMES**

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#### For women suffering domestic abuse.

Assistance throughout the administrative and legal steps they take, welcoming space, listening ear, signposting, advice and accomodation.

Help for victims of abuse, mother - child shelters, legal information, support with access to accommodation.

To see all the VIFFIL's permanences, check the website L https://www.viffil.com/contact-viffil/ Contact VIFFIL via phone **C** to know the conditions of reception in their various places

or to make an appointment :

**\$**04 78 85 76 47 ⊠ viffil.association@viffil.com

### **CENTRE D'INFORMATION SUR LES DROITS DES FEMMES ET DES FAMILLES (CIDFF)**

#### For women victims of violence.

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 69001 M A Hôtel de Ville **C** 09 78 08 47 48 To see all the CIDFF centers in Rhône : 🖵 : https://rhonearcalpin-interdepartemental. cidff.info/permanences-cidff/p-52 **Closed on May the 1st** 

### LES ORCHIDÉES ROUGES

### No new patients, except for emergencies

Multifaceted care unit specialized in the free assistance and follow-ups for women and girls who have survived female circumcision and/or forced marriage. You must make an appointment by phone.

() Monday to Friday 9am-1pm / 2pm-5pm **C** 06 67 36 50 71 13 rue Henri IV 69002 Lyon

M A Ampère / Perrache

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### AIMEL+

Support and inclusion of LGBTQIA+ migrants and exiles : support for the asylum application process, assistance, discussion and company, information and orientation on the structures that help asylum seekers, towards the LGBTI outreach spaces, medical information (sexual and mental health in particular). In Lyon and also in the region...

Contact in French, English, Spanish and Arabic. Second Monday of the month (April 8th) 4pm-7pm

110 Rue Sully, 69006 Lyon (Association AIDES) M A Masséna

Usast Saturday of the month (April 27th) : 10am-1pm

19 rue des Capucins, 69001 Lyon (Centre LGBTI) M A Hôtel de ville Make an appointment on : (?) Aimel + ⊠ aimel.association@gmail.com

# SEX WORK / PROSTITUTION

### CABIRIA

Global support for sex workers and prostitutes. Prevention and testing, administrative housing, legal aid (arrests, violence, abuse, discrimination, family rights), administrative support (PUMA & asylum procedures), financial help, french courses.

Without appointment : Monday 2pm-6pm, () With appointment:

Tuesday, Wednesday 10am-5pm, Thursday 10am-7pm, Friday 10am-1pm () You can make an a appointment by phone **C** 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 persons in a situation of prostitution, former prostitutes or persons in danger of prostitution:

Access to rights, integration, domiciliation, health and mental health mediation, fiding a path out of prostitution, workshop for transitioning towards working life.

### () Phone permanence :

Monday, tuesday, thursday, friday : 9am-12pm

### /1:30pm-5pm

Tuesday 9am-12pm / 1:30-6pm Wednesday 9am-11:30am **O Day center** : Monday 9am-11:30am (without children) Wednesday 9am-11:30am Thursday 2pm-5pm (without children) **C** 04 78 27 28 20

### Closed on May the 1st.

**C** 04 78 27 28 20 ▲ 29 rue St Jean de Dieu, Batiment B, Technopark 2, 69007 Lyon **BUS 64** Carteret 6 Arrêt Challemel-Lacour M B Debourg

### **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..

🎓 70 rue Rachais 69007 📶 D Garibaldi () You can come with appointment : Monday to friday

**\$** 06 33 40 94 98 (follow this number on Whatsapp for more informations) accompagnement-69@mouvementdunid.org

## The PASS

### Free medical consultations for people

without health coverage. If you do not have a health coverage (CSS or AME), do not leave the hospital without seeing a social worker.

### **HOPITAL EDOUARD HERRIOT**

#### For people over 16 years old.

General practitioners and social worker. No appointment needed for the first time, get there very early in the morning (from 6:30am or even earlier) () Monday, Tuesday, Wednesday, Friday: 8:45am -12:30pm / 1:30pm- 4:30pm () Thursday : 8.45am-12:30pm ♠ 5, place d'Arsonval, Lyon (PAVILLON K) M D / T 2 Grange blanche 📞 04 72 11 03 94 Receive only 2 new patients per day only on Monday Wednesday Friday No doctors on april 3, 8 and 19th. Closed on May 1st

### LE VINATIER

Poril Pora For people over 16 years old. General practitioners and social worker. Medical advice with no appointment needed : () Monday Wednesday, 9am-12pm/1:30pm-5pm () Thursday : 9am-12pm (come at 8am-8:30am) Closed on April 22, 24, 25th and May the 1st ♠ 95. boulevard Pinel 69500 Bron **1** 2 **1** 5 **1** 6 Vinatier **4** 04 37 91 52 07

### **GHM - PORTES DU SUD**

On appointment Closed from April 15th to 26th and May the 1st **Secretariat**: Monday, Tuesday and Thursday 9am-4pm \$ 04 72 89 86 03 O Social Service: Monday to Thursday 9am-4pm 💊 04 27 85 21 56 () Infirmary: Tuesday, Thursday and every other Wednesday (even weeks) 9.30am-5pm **V** 04 27 85 21 56 ♠ 2, Avenue du 11 novembre 1918, Vénissieux **1** 4 Hôpital Feyzin Vénissieux

### MÉDIPOLE HOPITAL MUTUALISTE

For people over 18 years old. No appointment needed to see the nurse. To see the doctor make an appointment by phone or on site. () Nurse : Monday, Tuesday, Thursday, Friday 8:30am-12pm. () Phone reception : Monday to Thursday 8:30am-4pm. **\$** 04 87 65 01 87. Closed on May the 1st 158 rue Léon Blum, 69100 Villeurbanne M A Laurent Bonnevay / T 3 Bel Air

### HÔPITAL SAINT-JOSEPH SAINT-LUC

On appointment. 2 months waiting time () Monday, Tuesday, Thursday 8:30am-12pm / 1:30pm - 3:30pm.

▲ 38 rue Raulin, Lyon 1 Quai Claude Bernard • 04 78 61 88 70 (leave a message to get a call back).

### **Medical organisations**

### **MÉDECINS DU MONDE : LE CASO**

For people without health insurance only. Free medical appointments. () Monday, Wednesday and Friday 9am () Monday and Friday at 9am, and Wednesday at 1:30pm Closed on May 1st Come a little before the opening time . 15. boulevard Vivier Merle 69003 Lvon **C** 04 72 92 49 01 **M** B Part-Dieu Vivier Merle

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### POLE SANTÉ SOLIDAIRE

#### For people with or without medical coverage.

Interpreting possible. Medical consultations, general health, showers available.

### Without health insurance :

**ODOCTOR** : Every Monday : 9am-12pm / 2pm-4:30pm : with or without appointment () **Dermatologist** : you will need to make an appointment by calling (waiting time: 15-30 days)

**OPMI** (child healthcare up to 6 years old and pregnancy monitoring):

Wednesday 9:30am-12:30pm no appointment needed

**O** Sexual health and screnning : on november 7, 2pm-5pm (AIDES) and november 28 1:30pm-4:30pm (ADHEC)

### Appointment available with a doctor and a midwife via doctolib for people with health insurance.

1 40 avenue de la Table de Pierre, Francheville C 24 / 🔤 73 Hôpital Antoine Charial **C** 04 28 38 14 91.

### Sexual health/Couple

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 taken care of, looked at and checked by health professionals.

It is important to be tested. Screening is looking to see if you have a disease or not.

It can be done with a blood test, a smear (to find cervical cancer for example), a drop of blood on the finger, mammogram (photo of the breasts to find a breast cancer) etc... Many diseases are easily treated especially if they are detected as early as possible!

### CEGIDD:

www.watizat.org

/és

Watizat, tous droits ré

- Medical testing for : HIV, Hepatitis A/B/C, chlamydias, syphilis
- Sexually Transmitted Infection care (such as PrEP) + vaccinations

### • Make an *appointment*

- by phone (they receive a lot of calls, do not hesitate to call several times) - for screening and vaccination, possibility to do it online on 🛄 www.chu-lyon.fr - in the

«dépistage SIDA et IST» section -(Connect on Friday morning to have a slot for the following week)

• For emergencies, no appointment needed

### A CEGIDD HÔPITAL EDOUARD HERRIOT

() Monday, Tuesday and Thursday 8:30am-7pm () Wednesday, and Friday 8:30am-4pm Closed on May the 1st A (Pavillon K) 5 place Arsonval 69003 Lyon M D Grange Blanche 📞 04 72 11 62 06

### **↑** CEGIDD HÔPITAL CROIX ROUSSE Phone reception :

O Monday to Thursday 10am-12:30pm / 2pm-4:30pm / Friday 11am-12:30pm / 2pm-4:30pm Welcome on site : Monday 8:30-6pm, Tuesday 9am-6pm, Wednesday 9am-5pm, Thursday 8:30-6:30pm, Friday 10:30am-4:30pm Closed on May the 1st **C** 04 26 10 94 73

♠ 103, grande rue croix rousse M C Hénon

### MÉDECINS DU MONDE : LE CASO

For people without health insurance only. Prevention consultations, HIV, Hepatitis screening.

() Monday and Friday at 9am, and Wednesday at 1:30pm Closed on May 1st Come a little before the opening time .

15, boulevard Vivier Merle 69003 Lyon 📞 04 72 92 49 01 📶 B Part-Dieu Vivier Merle

### AIDES

- Sexual Health assistance, rapid tests for HIV, hepatitis B or C, syphilis, general health support. Access to risk reduction material : condoms, injection material, snorting... () Tuesday 2pm-7pm (on appointment) - Chemsex support group- Advice on sexology, () Once a month, on appointment. 🕈 110 rue Sully, Lyon 📶 🗛 Masséna **C** 06 34 45 51 27 / 04 78 68 05 05

### DA TI SENI

Information and screening for HIV /Hepatitis B and C screening by TROD. No appointement needed. () Monday, Tuesday, Thursday 9am-4pm

Wednesday 9am-12pm ♠ in front of the Forum Réfugiés SPADA 336 rue Garibaldi, Lyon M D Garibaldi **\$** 06 95 29 29 97 ☑ <u>datiseni@gmail.com</u>

### **PLANNING FAMILIAL - CPEF**

You can go to the family planners or CPEF to : • Meet a doctor specialized in female

- anatomy, pregnancy, contraception
- Talk about sexuality and relationships
- Talk about your pains,
- Talk about your desire not to have children, stop a pregnancy
- 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!

### **A PLANNING FAMILIAL 69**

() Monday, Wednesday, Thursday 9am-12pm / 1pm-6pm, Tuesday 1pm-6pm, Friday 9am-12pm / 1pm-4pm **Closed on May the 1st** ▲ 2, rue Lakanal 69100 Villeurbanne **1** 04 78 89 50 61 **1** 1 / **1** 4 le Tonkin 

### **↑** CPEF - HOPITAL EDOUARD HERRIOT

A Hôpital HEH - Pavillon K 5 place d'Arsonval, 69003 Lyon **C** 04 72 11 03 95 **1** 2 / **M D** Grange Blanche

### **↑** CPEF LYON 7 - HÔPITAL SAINT-JOSEPH

SAINT-LUC ▲ 20 quai Claude Bernard, 69007 Lyon **C** 04 78 61 81 38 **1** Quai Claude Bernard

### ☆ CPEF - HOPITAL CROIX ROUSSE

103 Grande rue de la Croix-Rousse, 69004 Lyon M C Croix Paquet 📞 04 72 07 16 47 Other centres do the same thing (CPEF) and offer support on relationships and sexual health, see the list on the website :

□ : https://www.grandlyon.com/centres-deplanification-et-d-education-familiale.html

### Pregnancy

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

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### **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:  $\Box$  : https:// www.grandlvon.com/services/trouver-unemaison-de-la-metropole.html

### Pregnant from 0 to 3 month

### **PLANNING FAMILIAL 69**

() Monday, Wednesday, Thursday 9am-12pm / 1pm-6pm, Tuesday 1pm-6pm, Friday 9am-12pm / 1pm-4pm Closed on May the 1st. ♠ 2, rue Lakanal 69100 Villeurbanne **\$** 04 78 89 50 61 **1** 1 / **1** 4 le Tonkin ☑ contact@planningfamilial69.fr.

### **HOPITAL EDOUARD HERRIOT - PASS** PERINATALITÉ

Support during pregnancy. You will need an 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. Meh.passperinat@chu-lyon.fr **Closed on May the 1st** 

### MÉDIPOLE HOPITAL MUTUALISTE

### For people over 18 years old.

No appointment needed to see the nurse. To see the doctor make an appointment by phone or on site.

Nurse : Monday, Tuesday, Thursday, Friday 8:30am-12pm.

() Phone reception : Monday to Thursday 8:30am-4pm.

Closed on May the 1st

158 rue Léon Blum, 69100 Villeurbanne M A Laurent Bonnevay / T 3 Bel AiR

Pregnant from 3 to 6 month HOPITAL EDOUARD HERRIOT - PASS

PERINATALITÉ

Support during pregnancy.

You will need an appointment ③ Reception : Monday to Friday 9am-4pm. Closed on Thursday afternoon. ▲ 04 72 11 25 91, a medical-social professional must make the 1st appointment. ☑ heh.passperinat@chu-lyon.fr

### Pregnant : 3rd trimester

### Call 15 or 18 or go to the hospital's obstetrical emergency ward

### **HOPITAL FEMME MERE ENFANT**

Pediatric emergencies (-16 years old) **1** 59, boulevard Pinel 69500 Bron **1** 6 Hôpitaux Est Pinel

### HOPITAL EDOUARD HERRIOT

▲ 5, place d'Arsonval, Lyon (PAVILLON K)
 M D / T 2 Grange blanche

### **HOPITAL LYON SUD**

▲ 165 chemin du Grand Revoyet,
 69495 Pierre Bénite 
 88 Pavillon chirurgical
 C
 7 Hôpital Lyon Sud

### **HOPITAL DE LA CROIX ROUSSE**

▲ 103 Grande rue de la Croix Rousse, 69004 Lyon MC Cuire

### Vaccination

The first prevention we do in a lifetime is the vaccination of babies.

It is important to get a recalls of the vaccinations

### <u>CDHS</u>

Tuberculosis screening, vaccination (BCG and mandatory injections, quitting smoking.

**CDHS of Lyon** (there are 6 in the Rhône area) : ③ Monday, Tuesday, Wednesday 8:30am-

12:30pm / 1:30pm-5:30pm

() Thursday 8:30am-12:30pm / 2:30pm-7pm () Friday 8:30am-12:30pm / 1:30pm-5pm Make an appointment by phone

**♦** 04 72 73 12 76 or online for BCG vaccination

🕈 2, rue de Marseille 📶 🖸 / 🔳 🖬 Guillotière

### **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: www.grandlyon.com/services/trouver-unemaison-de-la-metropole.html

### For more information and addresses, download the complete guide :

www.watizat.org



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



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