



USEFUL ADDRESSES FOR WOMEN WITH OR WITHOUT CHILDREN

FEBRUARY 2026

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 [M A](#) Massena
Closed on January 9th, 10th, 11th.

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 4-7pm (for 18-35 years old only)
 ☎ Wednesday: 10am-1pm
 ☎ Thursday 1:30-4:30pm (new people can come at 1pm)
 ☎ Friday 10am-1pm
 ☎ 06 50 92 81 22.
 🏠 31 rue de cuire, 69004 Lyon [M C](#) 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 [M A](#) Laurent Bonnevey
Closed on February 26th.

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 [M B](#) Part Dieu
 ☎ 04 78 53 88 77
 🏠 66, rue Etienne Richerand [M B](#) Part Dieu

ACCUEIL DE JOUR DES IRIS

For families. Rest, showers, snacks, French classes...
 ☎ Tuesday, Wednesday: 2-6pm
→ Doctor on Wednesday
 ☎ Friday : 10am-2pm ☎ Saturday : 12-5pm
 🏠 12 rue Jacqueline Auriol ☎ 06 11 62 27 93
[M D](#) Grange Blanche [T Z](#) Bachut

ACCUEIL SAINT ANDRÉ

Access to hygiene products, informations, listening.
For isolated women and families with children.
 ☎ Wednesday, Thursday, Friday: 1:30-5pm
 🏠 2 Rue Félicité 69007 Lyon
 ✉ adj.saintandre@gmail.com
[M D](#) Guillotière , [T 1](#) Saint André

L'ESPACE -ORSPERE SAMPARRA

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 2pm-5:15pm
 For newcomers: ☎ Monday 2-3pm
 👤 ☎ Wednesday 10am-12 (for women only, children are also welcome)
 ☎ 07 61 07 89 12
 🏠 275 rue André Philip [M B](#) 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

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/>

FIIJ

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

LGBTQIA+

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 and Arabic, Russian, Portuguese.

CENTRE LGBTI+

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

→ To reach a volunteer call: ☎ 0 805 031 181
 ☎ Monday to Saturday: 9am to 9pm
→ Welcoming time: ☎ Monday to Thursday: 5:30pm-7:30pm ☎ Friday: 2pm-7pm
→ Health help: ☎ Wednesday: 5:30pm-7:30pm
→ Legal help: ☎ Tuesday: 7-9pm, by appointment.

Appointment on site or send an email to:

✉ juridique@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://asso2msg.org)

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.

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

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

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


🏠 Château gaillard school gym, 18 rue montgolfier, Villeurbanne

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 ✉ communaute@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, on the website, or by phone: ☎ 04 81 09 16 93

🏠 252 Rue Duguesclin,  Place Guichard → **Lunch only for women**

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

🏠 78 rue Tronchet  Masséna

🏠 5 rue Hector Berlioz  /  Charpennes → **Tuesday diner only for students**

🏠 31 rue du professeur Rochemaix  Grange Blanche

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.

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  /  Charpennes ☎ 09 74 13 73 23

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

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  Saint-André **From February 7 to 23**: 🏠 **Maison des Projets**, 2 rue Gilbert Dru  /  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  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

  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

✉ hfm.passpediatrique@chu-lyon.fr

🏠 59, boulevard Pinel 69500 Bron

 Hôpitaux Est Pinel

 /  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



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

→ **4 and 10 February in the morning: reserved for unaccompanied minors**

🏠 **5, place d'Arsonval, Lyon (PAVILLON K)**
M D / T 2 Grange blanche
 ☎ **04 72 11 03 94**

PASS LE VINATIER

For people over 16 years old.

Medical consultations without appointment: (come at 8:30)

- ⌚ Monday, Wednesday: 9am-12:30 / 1:30-5pm
- ⌚ Thursday: 9am-12
- 🏠 **95, boulevard Pinel 69500 Bron**
T 2 T 5 T 6 Vinatier
 ☎ **04 37 91 52 07**

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

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
No social worker on February 18th, 19th and 20th.

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.fr



Mental health

Here, you will find places to talk individually or in groups, express some difficulties, deal with your emotions and find the support of a professional to feel good about yourself.

LISTENING PLACES (ASSOCIATIONS)

SECOURS ISLAMIQUE

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

- ⌚ Tuesday 10:30am-12
- 🏠 **371 rue Garibaldi, 69007**
T 2 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 2pm-5:15pm
- Welcoming newcomers: ⌚ Monday 2pm-3pm
- 👤 ⌚ Wednesday 10am-12 (**for women only, children are welcome**)

- ☎ **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 Flachet

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)

CARE FACILITIES (HOSPITAL)

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-12:30 / 1:30-5pm
- ⌚ Friday: 9am-12:30 / 1:30-4:30pm
- ☎ **04 37 91 52 07**
- 🏠 **95, boulevard Pinel T 2 T 5 T 6** Vinatier



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



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

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 Félicité, 69007

  Saint André ☎ 07 56 47 00 54

From February 7 to 23: 🏠 **Maison des Projets**,
2 rue Gilbert Dru   /   Guillotière

AIDES

Community association for the fight against AIDS and viral hepatitis.

Support and guidance, access to sterile
prevention equipment. Self-help groups.
Special centre for migrant women.

→ Help for access to rights and healthcare:

☎ Tuesday, by appointment

→ HIV/HSV/HCV/syphilis testing

(anonymous and free): ☎ Tuesday 2-7pm

🏠 110 rue Sully, Lyon   Masséna

☎ 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 appointment needed.

☎ Monday, Tuesday, Thursday 9am-4pm

☎ Wednesday 9am-12pm.

☎ 06 95 29 29 97.

🏠 in front of the Forum Réfugiés SPADA
336 rue Garibaldi, Lyon   Garibaldi

✉ datiseni@gmail.com

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 planners 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   /   le Tonkin

CESES - HOPITAL EDOUARD HERRIOT

🏠 Hôpital HEH - Pavillon K
5 place d'Arsonval, 69003 Lyon



☎ 04 72 11 03 95

  /   Grange Blanche



CESES LYON 7 - HÔPITAL SAINT-JOSEPH SAINT-LUC

🏠 20 quai Claude Bernard, 69007 Lyon

☎ 04 78 61 81 38

  Quai Claude Bernard

CESES - HOPITAL CROIX ROUSSE

🏠 103 Grande rue de la Croix-Rousse, 69004
Lyon   Croix Paquet ☎ 04 72 07 16 47

→ **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](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

  Laurent Bonnevey /   Bel Air

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   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.

✉ 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](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   /   le Tonkin



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
  Hénon

10 February 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 obligatd 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
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
📍 M A 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 February

CABIRIA

Support for sex workers.
→ Prevention, screening
→ Legal support (arrests, violence, exploitation, discrimination, family rights)
→ Administrative assistance (PUMA, 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 (closed on wednesday afternoons)
☎ 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

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
📍 M D Garibaldi
🕒 By appointment
☎ 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).

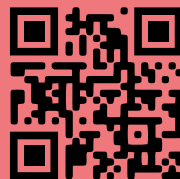
119 • CHILDREN IN DANGER

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



Watizat Lyon



watizatlyon



Watizat, chaine d'information



watizatasso

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.