# WATIZAT LYON

Watizat, tous droits réservés

# USEFUL ADDRESSES FOR WOMEN WITH OR WITHOUT CHILDREN

## OCTOBER - NOVEMBER 2026

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WARNING! November 1st and 11 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, Thursday: 10am-1:30pm
Tuesday: 1:30-4pm
06 77 08 09 15 Au Tambour

**Address and infos on the website :**
www.autambour.fr
**Opens mid-october.**

## LA TOILE

**Day center for transgender people, non-binary people and women in precarious situations. Does not accept minors.**
PRM shower, listening and socialization area, snacks / breakfast, referrals, social support, domiciliation. Hygiene kits every other month.
Monday, Thursday: 1:30-4:30pm
Wednesday, Friday: 10am-1pm
06 50 92 81 22
31 rue de cuire 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 Bonnevay

## POINT ACCUEIL (LAHSO)

Possibility of administrative domiciliation.
→ **Women and families:**
Wednesday, Friday 1:30-4:30pm
→ **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 SAINT ANDRÉ

Access to hygiene products, informations, listening.
**For isolated women and families with children.**
Wednesday, Thursday, Friday: 1:30-5pm
2 Rue Félissent 69007 Lyon
M D Guillotière , T 1 Saint André
adj.saintandre@gmail.com

## 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 women only, children are also welcome :** Wednesday 10am-12
07 61 07 89 12
275 rue André Philip M B Place Guichard
**Closed on October 8 and November 11.**

# ADMINSITRATIVE 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.

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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 09 78 08 47 48
→ Legal aid by phone : Monday to Friday 9am-1pm Thursday 2-5pm
18 place Tolozan M A Hôtel de Ville

→ **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 adivce sessions:**
Send an email to info@fiji-ra.fr
Or leave a message on the answering machine at : 07 88 37 54 71

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# 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:**
Insta : @aimel.plus / Aimel +
or by email: aimel.association@gmail.com
Contact in French, English, Spanish, Russian, Portuguese.

→ **Next welcoming times:**
Monday, October 12, 4pm
Association AIDES, 110 rue Sully
M A Masséna

Saturday, October 31st 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**: Tuesday, Wednesday: 5:30-7:30pm Friday: 2-7pm

→ **Legal help**: Tuesday: 7-9pm, by appointment.
Contact social@centrelgbtilyon.org

Centre LGBTI Lyon / Insta: @centrelgbtilyon
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 asso2msg

# ACTIVITIES

## 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://fede69.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

→ **Climbing, women only :**
Wednesday 10am-12
MRoc Part-Dieu, 86 Rue Du Pensionnat, 69003

→ **Women's yoga:** Wednesday 6:15-8:15pm
Gymnasium Ecole Château Gaillard, 18 rue Montgolfier, Villeurbanne

→ **Women's basketball:** Monday, 6:45-8pm
Gymnase du Groupe scolaire Frida Kahlo, 1 Pl. Elsa Cayat, 69007

→ **Soft gym, women only:**
Thursday 2:30-3:30pm
Espace de vie social Rancy, 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 on Whatsapp 07 82 77 58 64
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, M B Place Guichard
→ **Lunch only for women: once a month**

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

78 rue Tronchet M A Masséna

5 rue Hector Berlioz M A / M B Charpennes

31 rue du professeur Rochaix
M D Grange Blanche

2 Place Dumas de Loire M D 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

**(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

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## 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

Arche de Noé: 3-5 rue Félissent, 69007
T 1 Saint André

→ **Over 10 sites in Lyon:**
https://lacausedesparents.org/les-lieux-daccueil-enfants-parents-laep-a-lyon/

## MUNICPAL 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 : 2-7pm
Wednesday : 10am-12 / 2-7pm
Samedi : 10am-1pm / 2-5pm
25 rue Béchevelin T 1 Saint-André
04 78 69 01 15

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→ **Library of the 3rd, Part-Dieu**
Tuesday to Friday: 1-7pm
Saturday: 1-6pm
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»**, adresses and openning 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.**

# 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 (from 6am)**.
→ **Receive only 2 to 4 new patients per day: on Monday, Wednesday and Friday.**

→ **If you have an appointment:**
Monday to Friday: 8:45am-12:30 / 2-4:30pm (except on Thursday afternoon)
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 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

### PASS MÉDIPOLE HOPITAL MUTUALISTE

**For people over 18 years old.**
To see the doctor, make an appointment 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 Bonnevay / T 3 Bel Air
→ **From October 5 to 9: mornings only, 8:30am-12**

### PASS - HÔPITAL SAINT-JOSEPH SAINT-LUC

→ **Without appointement:** Monday, Tuesday 8:30am (only 6 first patients, come at 7am)
→ **By appointement:** on site, by phone or email
04 78 61 88 70 (leave a message to get a call)
Monday, Tuesday, Thursday all day
pass@saintjosephsaintluc.fr
38 rue Raulin T 1 Quai Claude Bernard
T 2 Centre Berthelot

### PASS GH - PORTES DU SUD

**By appointment only.**
→ **Reception :** 04 72 89 86 03
Monday, Tuesday, Thursday 9am-4pm
→ **Social Service:** 04 27 85 21 56
Monday to Thursday 9am-4pm
→ **Nurse:** Monday, Tuesday 9am-4pm
Wednesday 9am-12 04 72 89 88 95
2 Avenue du 11 novembre 1918
T 4 Hôpital Feyzin Vénissieux

## Medical organisations

### MÉDECINS DU MONDE: LE CASO

**For people without health insurance only. Doctors, social workers, prevention.**
Monday: 9am Wednesday: 1:30pm (come a little before the opening time)
103 cours Gambetta 69003
M D Garibaldi T 4 Manufacture-Montluc
**Please call before coming, the information on the answering machine is up to date:** 04 72 92 49 01

### 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 M A Flachet
172b Rue Anatole France Villeurbanne

### ESSIP - NURSING CARE

**Mobile nursing team. Support with health care, access to health care rights.**
With 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

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## 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)

### 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
275 rue André Philip 69003 Lyon
M B Place Guichard 07 61 07 89 12
**Closed on October 8 and November 11.**

### 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 2-7pm
In the Metro station M A Bellecour line A, in the direction of Perrache (in front of la Mie Câline)

### 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

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## CARE FACILITIES (HOSPITAL)

### PASS VINATIER

**Only for people without health rights.**
Psychological or psychiatric asssistance.
Appointments are necessary (preferably after recommondation by another profesional).
Possible medical prescriptions
Monday to Thursday: 9am-12 / 2-5pm
Friday: 9am-12 / 1:30-4pm
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, chlamydias, 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, Thursday: 8:30am-7pm Tuesday : 8:30am-5pm Wednesday, Friday: 8:30am-4pm
04 72 11 62 06
(Pavillon K) 5 place Arsonval 69003 Lyon
M D 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 M C 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 Félissent, 69007
T 1 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 M A Masséna

### 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
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: 9am Wednesday: 1:30pm (come a little before the opening time)
04 72 92 49 01 **Call before coming.**
103 cours Gambetta 69003
M D Garibaldi T 4 Manufacture-Montluc

**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 T 1 / T 4 le Tonkin
**Closed on October 14 and 30, November 11,18-19.**

### CSES - HOPITAL EDOUARD HERRIOT

Hôpital HEH, 5 place d'Arsonval 69003
Pavillon K T 2 / M D Grange Blanche
04 72 11 03 95

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

20 quai Claude Bernard, 69007 Lyon
T 1 Quai Claude Bernard 04 78 61 81 38

### CSES - HOPITAL CROIX ROUSSE

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

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### 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
T 3 Décines Centre

→ **There are other CSES in Lyon, 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:** 04 87 65 01 87
Monday to Thursday: 8:30am-4pm

→ **Nurse (without appointment):**
Monday to Thursday: 8:30am-12 / 1:30-5pm
Friday: 8:30am-12
158 rue Léon Blum, 69100 Villeurbanne
M A Laurent Bonnevay / T 3 Bel Air
→ **From October 5 to 9: mornings only, 8:30am-12**

### HÔPITAL SAINT-JOSEPH SAINT-LUC

Pregnancy and gynecological follow-up
By appointement 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)

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### 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 October 14 and 30, November 11,18-19.**

### 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

### ACT FOR REF

**Donations of baby equipment and clothing.**
For pregnant women who are exiles, asylum seekers and refugees.
Contact act-for-ref@outlook.fr

# 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-12:30

All the VIFFIL's permanences on the website:
https://www.viffil.com/contact-viffil/

### DA TI SENI

**Support and care service for women and families who have undergone female genital mutilation.**
Tuesday, 2:30-5pm
Centre Social Bonnefoi, 11 rue de Turenne, 69003 M B Saxe Gambetta/ M D Guillotière
For more information, call : 04 78 00 10 39

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 →**




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# SEX WORK/ PROSTITUTION

### CABIRIA

**Support for sex workers.**
→ Prevention, screening
→ Legal support (arrests, violence, exploitation, discrimination, family rights)
→ Administrative assistance (AME, CSS, asylum) and domiciliation
→ Financial aid

**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.

**→ Appointment booking:**
Monday to Friday, 9am-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 Challemel-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..

→ By appointment only: 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

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# EMERGENCY NUMBERS – FREE –

**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, dowload the full guide :**
**www.watizat.org**

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

Watizat Lyon
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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.

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