



**USEFUL ADDRESSES FOR
EXILED WOMEN**

MAY 2023

Prenez soin de vous... Une oreille, une écoute, des activités c'est par ici !

LISTENING EAR

PASSERELLES BUISSONNIERES

Support for isolated or exiled women and/ or overcoming a health situation.

- Individual or group support, social rights and health access, socio-professional integration, for more independent women.

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

Make an appointment via phone only :

🕒 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

M A Hôtel de ville

Closed on May 1, 8, 18 and 29.

CPCT

Free consultations for people over 18 years old.

Consultations in English available.

No medical prescriptions given.

🕒 Monday to Friday 10am-12pm / 2pm-5pm

🏠 84, rue de Marseille 69007 Lyon

M D Guillotière **T 2** Centre Berthelot

☎ 04 78 96 10 56

Closed on May 1, 8, 18, 19 and 29

L'ESPACE - ORSPERE SAMDARRA

Place for conviviality, encounters and exchange.

Several activities are available every month.

Reception in English, Arabic, Tigrinya, Amharic.

🕒 Monday to Friday 2pm-5.30pm

🕒 Thursday 10am-1pm (women only)

🏠 La Rayonne - 24b rue Alfred de Musset

69100 Villeurbanne ☎ 07 61 07 89 12

M A / **T 3** Vaulx en Velin la soie

Calendar of activities available each month on :

🌐 www.orspere-samdarra.com

Closed on May 1, 8, 18 and 29

MÉDECINS DU MONDE : LE BUS

Health prevention, healthcare, someone to talk to. Open to all.

🕒 Tuesday and Thursday 7pm-10pm

🏠 Place Carnot 69002 **M A** Perrache

Closed on May 18.

DAY CENTERS



AU TAMBOUR !

Day care for women not accompanied by children.

Listening, social interaction, respite, showers. Activities on registration. Permanences of associations.

🕒 Monday 2pm-5pm, Tuesday 12:30pm - 4pm,
Wednesday 9:30am-1pm

🏠 95 rue Crillon **M A** Massena

📍 Au Tambour www.autambour.fr

Closed from May 1 to 7.

POINT ACCUEIL (LAHSO)

Day center, administrative support.

- Women in families :

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

- Only women with or without children :

🕒 Thursday 1:30pm- 5pm

🏠 66, rue Etienne Richerand **M B** Part Dieu

☎ 04 78 53 88 77

Closed on May 1, 8, 18, 19 and 29

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

Only for families (2 people and more).

Day care services (orientation, advice, activities...). Distribution of hygiene kits and laundry services (on appointment).

🕒 Monday to Friday 10am-4pm

🏠 Stade Georges Livet - 35, avenue Marcel

Cerdan Villeurbanne **M A** Laurent Bonnevey

☎ 04 74 07 92 11

Closed on thursday afternoon.

Closed on May 1, 8, 18 and 29

ACCUEIL SAINT ANDRÉ

For single women and families with children.

Access to hygiene, social support, presence of a social worker.

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

🏠 2 Rue Félicité 69007 Lyon

✉ adj.saintandre@gmail.com

M D Guillotière , **T 1** saint André

Closed on May 18

LA TOILE

For transgenders, non-binary people, and women : Welcome, orientation, access to hygiene products, snacks.

🕒 Every first Thursday of the month: 2pm-5pm

🏠 231/233 rue Vendôme 69003 Lyon

M B Place Guichard



KABUBU

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

Registration : <https://www.kabubu.fr/fr/lyon>.

+ info on ☎ 07 82 77 58 64

or : Kabubu Lyon lyon@kabubu.fr

ESCALE SOLIDAIRE HABITAT ET HUMANISME

Movies, snacks, sewing, choir, yoga, cooking, hairdressing and many other activities. Register at one of these addresses or on the website:

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

- 🏠 252 rue Duguesclin, 69003 LYON
- Place Guichard Palais de Justice
- ☎ 04 81 09 16 93
- 🏠 78 rue Tronchet, 69006 LYON
- Masséna Vitton - Belges
- ☎ 09 74 19 03 47
- 🏠 25 rue delandine 69902 Lyon
- Perrache ☎ 09 82 81 35 90
- 🏠 2 place dumas de loire 69009 Lyon
- Valmy ☎ 06 65 75 81 32

ILE EGALITE (COLLECTIF SOLIDARITE CUSSET)

- 🕒 Thai Boxing: Wednesday 7pm, Sunday 5pm
- 🕒 Dance : Monday 6:30pm-8pm
- 🕒 Self-defense workshop in chosen mixity: May 1, 15 and 29 : 5pm-6.30pm (every other Monday)
- 🕒 Bicycle repair workshop : Wednesday, May 10 and 24 (every other Wednesday)
- 🕒 Yoga : Friday, May 12 and 26 : 6pm-8pm (every other Friday)

And other activities to be found on

<https://www.solidarites-cusset.org>

🏠 Île Égalité, 6 rue de l'Égalité, 69100 Villeurbanne Cusset

cours-francais-ile@riseup.net

Collectif Solidarités Cusset

BOXE ONLY FOR WOMEN AND LGBTQIA+ PEOPLE - ECG

Free boxing course for women and LGBTQIA+ people 🕒 Monday 6:30pm

🏠 45 rue Béchevelin 69 007 Lyon

Guillotière Saint André

Dear moms ! We also think about your children. 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 PARENTS-ENFANTS (LAEP)

- Spaces adapted for the young children (games, motor skills area, etc.).
- A place for parents to exchange and share ideas
- Open to all parents with their children
- Anonymous, without registration, generally free
- Children under 4 years old and up to 6 years old in some centers

There are more than 10 parent/child care centers in Lyon

You can consult them on the website : <https://lacausedesparents.org/les-lieux-daccueil-enfants-parents-laep-a-lyon/>

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: : <https://www.lyon.fr/demarche/petite-enfance/les-points-accueil-information-petite-enfance-paipe>

VIOLENCE



3919 FREE

24/7

VIFFIL - SOS FEMMES

Assists women suffering domestic abuse all through their procedures, offer a welcoming space, attentive listening, orientation and accommodation.

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

To see all the VIFFIL's permanences, check the website <https://www.viffil.com/>

Contact VIFFIL via phone ☎ to get all the access information or to book an appointment :

☎ 04 78 85 76 47

✉ viffil.association@viffil.com

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

Information about women's rights, support for women victims of violence, 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

☎ 09 78 08 47 48

To see all the CIDFF centers in Rhône : <https://rhonearcalpin-interdepartemental.cidff.info/permanences-cidff/p-52>

[cidff.info/permanences-cidff/p-52](https://rhonearcalpin-interdepartemental.cidff.info/permanences-cidff/p-52)

Closed on May 1, 8, 18, 19 and 29

PASSERELLES BUISSONNIERES

Support for isolated or exiled women and/ or overcoming a health situation.

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🏠 26, rue des capucins 69001 Lyon

M A Hôtel de ville

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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 3pm-7pm,

🕒 With appointment: Tuesday, Wednesday 10am-5pm, Thursday 10am-7pm, Friday 10am-1pm

🕒 You can make an a appointment by phone

☎ 04 78 30 02 65

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

🏠 5, quai André Lassagne 69001 Lyon

M A Hôtel de ville / **M C** Croix-Paquet

Closed on May 1, 8, 18 and 29

AMICALE DU NID

- Reception and assistance to persons in a situation of prostitution, former prostitutes or persons in danger of being prostitutes: access to rights, integration, domiciliation, health and mental health mediation, pathway out of prostitution, workshop for transition to active life.

Phone permanence :

🕒 Monday to Friday 9am-12pm/2pm-5pm

Wednesday 9am-1pm ☎ 04 78 27 28 20

- Day center without appointment : place of

respite, administrative procedures, social

orientation, health prevention :

🕒 Monday 9am-11:30 am, Wednesday,

Thursday 2pm-5 pm ☎ 07 64 74 59 23

🏠 29 rue St Jean de Dieu, Batiment B,

Technopark 2, 69007 Lyon **BUS 64** Carteret

T 6 Arrêt Challemeil-Lacour **M B** Debourg

Closed on May 1, 8, 18 and 29

MOUVEMENT DU NID - RHÔNE

Reception and accompaniment of people 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

🕒 Reception without appointment :

Monday 2pm-5pm, Wednesday 10am-1pm

☎ 06 33 40 94 98 (follow this number on

Whatsapp for more informations)

Accompagnement-69@mouvementdunid.org

Closed on May 1, 8, 18 and 19



Most of the medical organisations can provide an interpreter if you don't speak French well, so don't hesitate to ask them.

There is also a translation website in 39 languages for medical appointments which is accessible via the application or directly on the website: www.traducmed.fr

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.

No appointment needed for the first time, get there very early in the morning (from 6:30am)

🕒 Monday, Tuesday, Wednesday, Friday :

8:45am -12:30pm / 1:30pm- 4:30pm

🕒 Thursday : 8.45am-12:30pm / 1:30pm-2 pm

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

M D / **T 2** Grange blanche

☎ 04 72 11 03 94

Closed on May 1, 8, 18, 19 and 29.

LE VINATIER

General practice and social worker.

Consultation without appointment :

🕒 monday morning, wednesday all day long, thursday morning

🏠 95, boulevard Pinel 69500 Bron

T 2 T 5 T 6 Vinatier

☎ 04 37 91 52 07

Closed on May 1, 8, 18, 19 and 29

GHM - PORTES DU SUD

Presence of a social worker and nurse

Only on appointment.

🕒 Monday to Thursday 9am-5pm

☎ 04 27 85 21 56

🏠 2, Avenue du 11 novembre 1918

69200 Vénissieux

T 4 Hôpital Feyzin Vénissieux

Closed on May 1, 8, 18 and 29

MÉDIPOLE HOPITAL MUTUALISTE

General practice and nurse care for people over 18 years old. On appointment with the doctor and without appointment with the nurse.

- Reception on site : 🕒 Monday, Tuesday, Thursday, Friday 8:30am-12pm.

- Secretariat : 🕒 Monday - Friday 8:30am-4pm
☎ 04 87 65 01 87

🏠 158 rue Léon Blum, 69100 Villeurbanne

M A Laurent Bonnevey / **T 3** Bel Air

Closed on May 1, 8, 18, 19 and 29.

Medical organisations

MÉDECINS DU MONDE : LE CASO

Free medical consultations, for people without health insurance only.

🕒 Monday, Friday 9am, Wednesday 1:30pm, Tuesday May 2 : 9am. Come before the opening

🏠 15, boulevard Vivier Merle 69003 Lyon

☎ 04 72 92 49 01 **M B** Part-Dieu Vivier Merle

Closed on May 1 and 8. Call before you go, slots can be deleted or added.

POLE SANTÉ SOLIDAIRE

Medical consultations and nursing care, general health, shower. For people with or without medical coverage. Interpretation possible.

🕒 Nurse: Monday to Friday 8:30am-4:30pm

🕒 Doctor :

- For people without health insurance :

Friday May 5 and 12, Monday May 15 and 22
9am-12pm / 2pm-5pm without appointment

- For people with health insurance : Tuesday
9am-12pm / 2pm-5pm on appointment

🕒 Midwife: Thursday, May 4 : 9:30am.-1pm /
2pm-4 pm. On appointment

🕒 Dermatologist : free and unconditional

consultations, make an appointment by phone
(waiting time: 7-15 days) : May 3, 17 and 31

🕒 PMI : Wednesday 9:30am-12:30pm without
appointment

🕒 Hepatitis/HIV testing (ADHEC): Tuesday, May
2 and 30, 2 pm-5 pm

🕒 Sexuality information and hepatitis/syphilis
screening (AIDES): Tuesday, May 16, 2 pm-5 pm

🕒 Shower : Monday to Friday 9am-4pm

🏠 40 avenue de la Table de Pierre

69 340 Francheville

C 24 / **BUS 73** Hôpital Antoine Charial

☎ 04 28 38 14 91

Closed on May 1, 8, 18 and 29

STI/HIV screening

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 :


- Medical testing for : HIV, Hepatitis A/B/C, chlamydia, syphilis
- Sexually Transmitted Infection care (as PrEP) + vaccinations
- Make an **appointment**
- **by phone** (they receive a lot of calls, do not hesitate to call many time)
- for screening and vaccination, possibility to do it online on www.chu-lyon.fr - in the «dépistage SIDA et IST» category-(Connect on Friday morning to have a slot for the following week)
- For emergencies, no appointment needed.

CEGIDD are closed on May 1, 8, 18, 19 and 29

- CEGIDD HÔPITAL EDOUARD HERRIOT


- 🕒 Monday, Tuesday 8:30am-7pm
- 🕒 Wednesday, Thursday, Friday 8:30am-4pm
- ☎ 04 72 11 62 06
- 🏠 (Pavillon K) 5 place Arsonval 69003 Lyon
-  Grange Blanche

- CEGIDD HÔPITAL CROIX ROUSSE

- 🕒 Monday, Tuesday, Wednesday 10am-5pm
- 🕒 Thursday 10am-5pm
- 🕒 Friday 11am-4:30pm,
- ☎ 04 26 10 94 73
- 🏠 103, grande rue croix rousse 69004 Lyon
-  Hénon


MÉDECINS DU MONDE : LE CASO

Free medical consultations, for people without health insurance only.


- 🕒 Monday, Friday 9am, Wednesday 1:30pm, Tuesday May 2 : 9am. Come before the opening
- 🏠 15, boulevard Vivier Merle 69003 Lyon
- ☎ 04 72 92 49 01  Part-Dieu Vivier Merle
- Closed on May 1 and 8. Call before you go, slots can be deleted or added.**

AIDES

- *Sexual Health assistance, full screening for Sexually Transmissible Infections, general health support. Access to risk reduction material : condoms, injection material, snorting...*
- 🕒 Tuesday 2pm-7pm (on appointment)

- *Consultations in sexology,*
- 🕒 Once a month. By appointment only.
- 🏠 110 rue Sully, Lyon
-  Masséna
- ☎ 06 34 45 51 27 / 04 78 68 05 05
- Closed on May 1, 8, 18, 19 and 29**

DA T I SENI

- Information and screening on HIV / Hepatitis B and C screening by TROD without appointment.*
- 🕒 Monday, Thursday 9am-4pm
- 🕒 Tuesday and Friday 9am-12pm
- 🏠 in front of SPADA Forum Réfugiés 336 rue Garibaldi, Lyon  Garibaldi
- ☎ 06 95 29 29 97 ou 04 78 00 10 39
- ✉ datiseni@gmail.com
- Closed on May 1, 8, 18 and 29**

Sexual and reproductive health

You can go to the family planners 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!

PLANNING FAMILIAL 69

🕒 Monday, Wednesday, Thursday 9am-12pm / 1pm-6pm, Tuesday 1pm-6pm
Friday 9am-12pm / 1pm-4pm
🏠 2, rue Lakanal 69100 Villeurbanne
☎ 04 78 89 50 61 **T 1** / **T 4** le Tonkin
✉ contact@planningfamilial69.fr
Closed on May 1, 8, 18, 19 and 29.

CPEF - HOPITAL EDOUARD HERRIOT

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

CPEF LYON 7 - HÔPITAL SAINT-JOSEPH SAINT-LUC

🏠 20 quai Claude Bernard, 69007 Lyon
☎ 04 78 61 81 38
T 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

If it is too far from your home, you can find the list of the 17 CPEF of the city here :

📄 : <https://www.grandlyon.com/centres-de-planification-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!

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/trouver-une-maison-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
🏠 2, rue Lakanal 69100 Villeurbanne
☎ 04 78 89 50 61 **T 1** / **T 4** le Tonkin
✉ contact@planningfamilial69.fr
Closed on May 1, 8, 18, 19 and 29.

HOPITAL EDOUARD HERRIOT - PASS PERINATALITÉ

Support during pregnancy. On 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
Closed on May 1, 8, 18, 19, 22 and 29

MÉDIPOLE HOPITAL MUTUALISTE

General practice and nurse care for people over 18 years old (from 16 years old if pregnant). On appointment with the doctor and without appointment with the nurse.
- Reception on site : 🕒 Monday, Tuesday, Thursday, Friday 8:30am-12pm.
- Secretariat : 🕒 Monday to Friday 8:30am-4pm
☎ 04 87 65 01 87
🏠 158 rue Léon Blum, 69100 Villeurbanne
M A Laurent Bonnevey / **T 3** Bel Air
Closed on May 1, 8, 18, 19 and 29.

Pregnant from 3 to 6 month

LE VINATIER

General practice and social worker. Starting from 15 years and 3 month
- Consultation without appointment :
🕒 monday morning, wednesday all day long, thursday morning
🏠 95, boulevard Pinel 69500 Bron
T 2 T 5 T 6 Vinatier
☎ 04 37 91 52 07
Closed on May 1, 8, 18, 19 and 29.

HOPITAL EDOUARD HERRIOT - PASS PERINATALITÉ

Support during pregnancy. On 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
Closed on May 1, 8, 18, 19, 22 and 29

Pregnant : 3rd semester**Call 15 or 18 or go to the hospital's
obstetrical emergency ward****HOPITAL FEMME MERE ENFANT***Pediatric emergencies (-16 years old)*

🏠 59, boulevard Pinel 69500 Bron

T 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 BUS 88 Pavillon chirurgical

C 7 Hôpital Lyon Sud

HOPITAL DE LA CROIX ROUSSE🏠 103 Grande rue de la Croix Rousse,
69004 Lyon M C 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

CDHS (THERE ARE 6 IN THE RHÔNE AREA)*Tuberculosis screening, vaccination (BCG and mandatory vaccins. CDHS of Lyon :*

🕒 Monday, Tuesday, Wednesday 8:30am-12:30pm / 1:30pm-5:30pm

🕒 Thursday 8:30am-12:30pm / 2:30pm-5:30pm

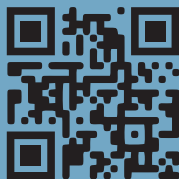
🕒 Friday 8:30am-12:30pm / 1:30pm-5pm

Appointment by phone 📞 04 72 73 12 76

or online for BCG vaccination 🌐 : www.cdhs.fr

🏠 2, rue de Marseille 69007 Lyon

M D / T 1 Guillotière

Closed on May 1, 8, 18, 19 and 29**PROTECTION MATERNELLE ET
INFANTILE (PMI)***Vaccination for your child of less than 6 years,
it is done at the PMI. To find the addresses**(Maisons de la Métropole) go on this website :*🌐 : <https://www.grandlyon.com/services/trouver-une-maison-de-la-metropole.html>**For more information and addresses,
download the complet guide :****www.watizat.org****You have a question ? Contact us :****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.