



**USEFUL ADDRESSES FOR
EXILED WOMEN**

**DECEMBER 2023
JANUARY 2024**

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

LISTENING EAR



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 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 :

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 from December 25th to January 1st

CPCT

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 friday after-noon)

84, rue de Marseille 69007 Lyon

M D Guillotière T 2 Centre Berthelot

04 78 96 10 56

Closed from December 25th to January 3th

L'ESPACE -ORSPERE SAMDARRA

Place for discussion, encounters and exchange.

Various activities are available every month. Available in English, Arabic, Tigrinya, Amharic, Italian.

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

Activities in Villeurbanne cease on December 21, with a new location in January

Calendar of activities available each month on :

www.orspere-samdarra.com

MÉDECINS DU MONDE : LE BUS

Open to all. Closed from Dec 25th to Jan 1st

Health prevention, healthcare, someone to talk to.

Tuesday and Thursday 7pm- 10pm

Place Carnot 69002 M A Perrache

DAY CENTERS



AU TAMBOUR !

For women without children.

Daytime shelter and hospitality Listening, social interaction, respite, showers. Activities on registration. Participation of various other organisations. Closed from Dec 25th to Jan 7th

Monday 2pm-5:30pm

Tuesday 13:30pm - 4:30pm

Wednesday 10am-1pm

95 rue Crillon M A Massena

Au Tambour www.autambour.fr

POINT ACCUEIL (LAHSO)

Possibility to ask for administrative residence

- Women and families :

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

- Only women with or without children :

Thursday 1:30pm- 5pm

Closed on December 25th and January 1st

66, rue Etienne Richerand

M B Part Dieu 04 78 53 88 77

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

For families (2 people and more)

Also provides day care services (orientation, advice, activities...). Distribution of hygiene kits and laundry services (appointments are needed).

Monday to Friday 10am-4pm

Closed from December 25th to January 1st

Stade Georges Livet - 35, avenue Marcel

Cerdan, Villeurbanne M A Laurent Bonneveau

04 74 07 92 11

Closed on thursday afternoon.

ACCUEIL SAINT ANDRÉ

For isolated women and families with children.

Access to hygiene products, social support, social worker available on site.

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

Closed from December 25th to January 1st

2 Rue Félicité 69007 Lyon

adj.saintandre@gmail.com

M D Guillotière , T 1 saint André

LA TOILE

For transgenders and non-binary people, and women. Hospitality, signposting, access to hygiene products, snacks.

Wednesday 10am-1pm Thursday 2pm-4pm (starting at 1pm for newcomers)

231/33 rue Vendôme 69003 Lyon

Closed on Dec 6 and 7th and from Jan 1 to 7th

ACTIVITIES



KABUBU

Free weekly sports activities. On registration.

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

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 française héritier 2 rue du Pré

Gaudry 69007 Lyon

Yoga (women only) : 6pm to 8pm

The château Gaillard school gym, 18 rue

montgolfier, Villeurbanne

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

+ info on 07 82 77 58 64

or : Kabubu Lyon lyon@kabubu.fr

No activities from December 23th to January 7th

ESCALE SOLIDAIRE

HABITAT ET HUMANISME

Movie and snacks, sewing, choir, yoga, cooking, hairdresser, many different workshops.

Register at one of these addresses or on the website

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

252 rue Duguesclin, 69003 LYON

Lunch between women, December 15th, 12pm-2pm.

M B Place Guichard T 1 Palais de Justice

04 81 09 16 93

5 rue Hector Berlioz 69100 Villeurbanne

M A / M B Charpennes

09 74 13 73 23

25 rue delandine 69902 Lyon

Cooking workshop and lunch for families, every saturday 9:30am-3:30pm

M A Perrache 09 82 81 35 90

SINGA

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: 06 09 53 77 85

Group «Singa Lyon»

communautelyon@singa.fr

CHILDREN / FAMILY



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

CENTRE SOCIAL BONNEFOI

Parent-child listening point. A family therapist welcomes parents and children aged 0 to 12 (alone or as a family).

Help with parenting issues, migration, etc.

By appointment, on wednesday

06 45 08 64 53

Pôle accès au droits, 11 rue de Turenne

Closed from december 25th to January 1st

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

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 <https://www.viffil.com/contact-viffil/> Contact VIFFIL via phone ☎ 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 ☎ 09 78 08 47 48

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

Closed from December 22th to January 2nd

LES ORCHIDÉES ROUGES

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.

☎ Monday to Friday 9am-1pm / 2pm-5pm ☎ 06 67 36 50 71

✉ accueillyon@lesorchideesrouges.org

📍 13 rue Henri IV 69002 Lyon

M A Ampère / Perrache

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 (December 11th and January 8th) 4pm-7pm

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

☎ Last Saturday of the month (December 30th and January 27th) : 10am-1pm

📍 19 rue des Capucins, 69001 Lyon (Centre LGBTI) **M A** Hôtel de ville

Make an appointment on : **f** 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.

Closed from December 23th to January 7th

☎ Without appointment : Monday 3pm-7pm,

☎ With appointment:

Tuesday, Wednesday 10am-5pm,

Thursday 10am-7pm, Friday 10am-1pm

☎ You can make an appointment by phone ☎ 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, finding a path out of prostitution, workshop for transitioning towards working life.

☎ **Phone permanence :**

Monday to Thursday : 9am-12pm/1:30pm-5pm Friday 9am-12pm

☎ **Day center :**

Monday 9am-11:30am (without children)

Wednesday 2pm-5pm

Thursday 2pm-5pm (without children)

Closed on January the 1st

☎ 04 78 27 28 20

📍 29 rue St Jean de Dieu, Batiment B, Technopark 2, 69007 Lyon **BUS** 64 Carteret **T 6** Arrêt Challemeil-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 **M D** Garibaldi

☎ You can come with no appointment :

Monday 2pm-5pm, Wednesday 10am-13 pm

☎ 06 33 40 94 98 (follow this number on

Whatsapp for more informations)

accompagnement-69@mouvementdunid.org

HEALTHCARE



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.

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

Closed on December 25th and January 1st

LE VINATIER

For people over 16 years old.

General practitioners and social worker.

Medical advice with no appointment needed :

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

☎ Thursday : 9am-12pm (come at 8am-8:30am)

Closed from December 25th to January 2nd

📍 95, boulevard Pinel 69500 Bron

T 2 T 5 T 6 Vinatier ☎ 04 37 91 52 07

GHM - PORTES DU SUD

A social worker and nurse are available on site, but only with an appointment..

☎ **Secretariat:** Monday, Tuesday and Thursday 9am-4pm ☎ 04 72 89 86 03

Closed December 26th and 28th

☎ **Social Service:** Monday to Thursday 9am-4pm ☎ 04 27 85 21 56

☎ **Infirmary:** Tuesday, Thursday and every other Wednesday (even weeks) 9.30am-5pm

Closed December 26th and 27th

☎ 04 27 85 21 56

📍 2, Avenue du 11 novembre 1918, Vénissieux

T 4 Hôpital Feyzin Vénissieux

Completely closed on Dec 25th and Jan 1st

MÉDIPOLE HOPITAL MUTUALISTE

For people over 18 years old.

General practitioners and treatment.

An appointment is needed with the doctor but not with the nurse.

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

☎ Phone reception : Monday to Thursday 8:30am-4pm ☎ 04 87 65 01 87

Closed from December 25th to January 1st

📍 158 rue Léon Blum, 69100 Villeurbanne

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

Medical organisations

MÉDECINS DU MONDE : LE CASO

For people without health insurance only.

Free medical appointments.

August ☎ Monday, Wednesday and Friday 9am **September** ☎ Monday and Friday at 9am, and Wednesday at 1:30pm

Come a little before the opening time .

📍 15, boulevard Vivier Merle 69003 Lyon

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

Closed from December 25th to January 1st.

Call before coming

POLE SANTÉ SOLIDAIRE**For people with or without medical coverage.****Interpreting possible.** Medical consultations, general health, showers available.**Closed from December 25th to January 1st**

⌚ **Doctor** : Every Monday : 9am-12pm / 2pm-4:30pm : with or without appointment for people with or without health insurance

- Tuesday 9:30am-12:30pm on appointment, only for people with health insurance :

⌚ **Midwife**: Thursday 5 and 19 october. With an appointment via Doctolib

⌚ **Dermatologist** : for people with or without health insurance, you will need to make an appointment by calling (waiting time: 15-30 days)

⌚ **PMI (child healthcare up to 6 years old and pregnancy monitoring)** : Wednesday 9:30am-12:30pm *no appointment needed*

🏠 40 avenue de la Table de Pierre
69 340 Francheville

🚌 **C 24** / **BUS 73** Hôpital Antoine Charial
☎ 04 28 38 14 91.

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 (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

Both CEGIDD are closed on December 25th and January 1st

- CEGIDD HÔPITAL EDOUARD HERRIOT

⌚ Monday, Tuesday 8:30am-6:30pm

⌚ Wednesday, Thursday and Friday 8:30am-4pm

🏠 (Pavillon K) 5 place Arsonval 69003 Lyon
🚶 **M D** Grange Blanche ☎ 04 72 11 62 06

- CEGIDD HÔPITAL CROIX ROUSSE**Phone reception :**

⌚ 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
☎ 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 December 25th and January 1st

Come a little before the opening time .

🏠 15, boulevard Vivier Merle 69003 Lyon
☎ 04 72 92 49 01 **M 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 **M A** 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

🏠 in front of the Forum Réfugiés SPADA
336 rue Garibaldi, Lyon **M D** Garibaldi
⌚ 1st Friday of the month, 9am-12pm

🏠 PIMMS, 1 place du 8 mai 1945 69008 Lyon

⌚ last Thursday of the month 2pm-4pm

🏠 PIMMS, 34 Rue de Narvik 69008 Lyon

☎ 06 95 29 29 97 ✉ datiseni@gmail.com

Closed from December 25th to January 7th

Sexual and reproductive health

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!

PLANNING FAMILIAL 69

⌚ Monday, Wednesday, Thursday 9am-12pm / 1pm-6pm, Tuesday 1pm-6pm, Friday 9am-12pm / 1pm-4pm

Closed on December 25th and January 1st. Call before coming from December 26th to January 1st.

🏠 2, rue Lakanal 69100 Villeurbanne
☎ 04 78 89 50 61 **T 1** / **T 4** le Tonkin
✉ contact@planningfamilial69.fr.

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

Closed on December 25th and January 1st. Call before coming from December 26th to January 1st.

🏠 2, rue Lakanal 69100 Villeurbanne
☎ 04 78 89 50 61 **T 1** / **T 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.

✉ heh.passperinat@chu-lyon.fr

Closed from December 25th to January 1st

MÉDIPOLE HOPITAL MUTUALISTE**For people over 18 years old.**

General practitioners and treatment.

An appointment is needed with the doctor but not with the nurse.

Closed from December 25th to January 1st

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

⌚ Phone reception : Monday to Thursday 8:30am-4pm ☎ 04 87 65 01 87

🏠 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

🕒 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)

🏠 59, boulevard Pinel 69500 Bron

🚊 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

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

CDHS of Lyon (there are 6 in the Rhône area) :

🕒 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

Closed on December 25th and January 1st.

☎ 04 72 73 12 76 or online for BCG vaccination

🌐 : www.cdhs.fr

🏠 2, rue de Marseille **M D / T 1** 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: 🌐 : [https://](https://www.grandlyon.com/services/trouver-une-maison-de-la-metropole.html)

www.grandlyon.com/services/trouver-une-maison-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



Watizat Paris



watizatparis



Watizat, chaine d'information



watizatasso

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