

WATIZAT

Lyon

**USEFUL ADDRESSES FOR
EXILED WOMEN**

JUNE 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

Follow-up of new women until June 15, then resuming in September.

✉ contact@passerellesbuissonnieres.org

🏠 26, rue des capucins 69001 Lyon

M A Hôtel de ville

ECOUTE LYON BELLECOUR

A place to talk and to be heard, located in the Bellecour metro station. Without appointment. Individual counselings.

🕒 Monday to Friday 12-7pm

☎ 04 78 92 97 80 (phone counselings are possible)

🏠 In the station Metro Bellecour, line A, in the direction of Vaux-en-Velin la Soie, entrance on the Victor Hugo street **M A** Bellecour

L'ESPACE -ORSPERE SAMDARRA 🌈

Place for discussion, encounters and exchange. Various activities are available every month. Available in English, Arabic, Tigrinya, Amharic, Italian, Dari and Pashto.

🕒 Monday to Friday 2pm-5.15pm

🕒 **For women only** : Wednesday 10am-12.

☎ 07 61 07 89 12

🏠 275 rue André Philip, **M B** Place Guichard
Schedule of activities available at the beginning of each month at www.orspere-samdarra.com



DAY CENTERS



AU TAMBOUR ! 🌈

Daytime shelter and hospitality Listening, social interaction, rest, showers.

Care and activities on registration.

For people self defined as women.

No children accepted.

🕒 Monday 2:30pm-5:30pm, (from 2pm for new women)

🕒 Tuesday 1:30pm - 4:30pm (From 1pm for new women)

🕒 Wednesday 10am-1pm.

Closed on Wednesday June 19.

☎ 06 77 08 09 15

🌐 Au Tambour 🌐 www.autambour.fr

🏠 95 rue Crillon **M A** Massena



LA TOILE

Day center for transgender people, non-binary people and women in precarious situations.

Monthly hygiene kits, PRM shower, respite and listening area, snacks, referrals.

🕒 Monday 4pm-7pm (for 18-35 years old only)

🕒 Wednesday : 10am-1pm

🕒 Thursday 1pm-4pm (1st half an hour for new people)

☎ 06 50 92 81 22

🏠 31 rue de cuire, 69004 Lyon. **M C** Henon



POINT ACCUEIL (LAHSO) 🌈

- Women and families :

🕒 Wednesday, Friday 1:30pm-4:30pm

- Only women with or without children :

🕒 Thursday 1:30pm- 5pm

☎ 04 78 53 88 77

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



ACCUEIL SAINT ANDRÉ 🌈

Access to hygiene products, social support

For isolated women and families with children.

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

🏠 2 Rue Félicité 69007 Lyon

✉ adj.saintandre@gmail.com

M D Guillotière, **T 1** saint André



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

Assistance, advice, activities, breakfast...
Distribution of hygiene kits and laundry services
(appointments are needed).

For families (2 people and more)

🕒 Monday to Friday 10am-4pm. Closed on
thursday afternoon.

☎ 04 74 07 92 11

🏠 Stade Georges Livet - 35, avenue Marcel
Cerdan, Villeurbanne **M A** Laurent Bonnevey



ACTIVITIES

KABUBU

Free weekly sports activities. On registration.
Some activities are reserved for women,
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

🕒 Soft Gym (women only) Thursday 2:30-3:30pm

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

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

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

Activities are free and meals cost 2 euros

Register at one of these addresses or on the website

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

- 🏠 252 rue Duguesclin, 69003 LYON
M B Place Guichard **T 1** Palais de Justice
☎ 04 81 09 16 93

- 🕒 Cooking workshop and lunch for families,
Saturday from 9:30am-3:30pm

🏠 25 rue delandine 69902 Lyon
M A Perrache ☎ 09 82 81 35 90



WOMAN OF SINGA - MONINGA

Cultural activities and events all year round!
The programme is open to all women.

To join the WhatsApp group and be updated on
all events and activities, send a message to

☎ 06 09 53 77 85



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/>

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:

📄 : [Site Web](#)

VIOLENCE



N°for Abused women.

3919 FREE - 24/7

VIFFIL - SOS FEMMES

For women suffering domestic abuse.

Provides a welcoming space, a listening ear, and informations on your rights.

For advice or information, call ☎ **04 78 85 76 47**

🕒 Monday to Friday 9:30am-12:30pm and 1:30pm-5pm (except Thursday afternoon)

🕒 No appointment needed on Friday 9.30am-12pm

📍 Lyon 7th City Hall, 16 place Jean Macé

M B Jean Macé

🕒 No appointment on thursday 9:30am-12.

📍 156 cours Tolstoï, Villeurbanne **C 3 C 26**

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

✉ 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 :

🖨 : [Site Web](#)

LES ORCHIDÉES ROUGES

No new patients, except for emergencies

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

🕒 Monday to Friday 9am-1pm / 2pm-5pm

☎ 06 67 36 50 71

📍 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, information and orientation on the structures that help asylum seekers, medical information (sexual and mental health). In Lyon and also in the region.. Contact in French, English, Spanish and Arabic. (Possibilities in russian and portugues also)

🕒 Second Monday of the month (June 10) 4pm-7pm

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

🕒 Last Saturday of the month (June 29) : 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, CSS, AME, asylum procedures), financial help, french courses.

🕒 Without appointment : Monday 2pm-6pm,

🕒 With appointment:

Tuesday, Wednesday 10am-5pm,

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

🕒 You can make an a appointment by phone

☎ 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

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 appointment :

Monday to friday

☎ 06 33 40 94 98 (follow this number on Whatsapp for more informations)

accompagnement-69@mouvementdunid.org

AMICALE DU NID

Hospitality and assistance for persons in a situation of prostitution, former prostitutes or persons in danger of prostitution:
Access to rights, domiciliation, health prevention, finding a path out of prostitution, activities, hygienic products.




📞 Phone permanence :

Monday, tuesday, thursday, friday : 9am-12pm / 1:30pm-5pm
Tuesday 9am-12pm / 1:30-6pm
Wednesday 9am-11:30am

📍 Day center :

Monday 9am-11:30am (without children)
Wednesday 9am-11:30am
Thursday 2pm-5pm (without children)

☎ 04 78 27 28 20

🏠 29 rue St Jean de Dieu, Batiment B,
Technopark 2, 69007 Lyon  64 Carteret
 6 Arrêt Challemeil-Lacour  B Debourg



HEALTHCARE



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 (before 7:30am)


Receive only 2 to 4 new patients per day, on Monday Wednesday Friday

Opening hours with appointment

🕒 Monday, Tuesday, Wednesday, Friday :
8:45am -12:30pm / 1:30pm- 4:30pm

🕒 Thursday : 8.45am-12:30pm

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

 D /  2 Grange blanche ☎ 04 72 11 03 94

LE VINATIER

For people over 16 years old.

General practitioners and social worker.
Medical advice with no appointment needed :
come at 8am-8:30am

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

🕒 Thursday : 9am-12pm

🏠 95, boulevard Pinel 69500 Bron

 2  5  6 Vinatier ☎ 04 37 91 52 07

GH - PORTES DU SUD

On appointment

🕒 **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, Vénissieux

 4 Hôpital Feyzin Vénissieux

MÉDIPOLE HOPITAL MUTUALISTE

For people over 18 years old.

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

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

🕒 **Phone reception :** Monday to Thursday
8:30am-4pm.

☎ 04 87 65 01 87.

🏠 158 rue Léon Blum, 69100 Villeurbanne

 A Laurent Bonnevey /  3 Bel Air

HÔPITAL SAINT-JOSEPH SAINT-LUC

🕒 Without appointment Monday and Tuesday
8:30am (only 6 first patients)

🏠 38, rue Raulin  1 Quai Claude Bernard

☎ 04 78 61 88 70 (leave a message to get a call back)

Medical organisations

MÉDECINS DU MONDE : LE CASO

For people without health insurance only.

Doctors, social workers, screening.

🕒 Monday and Friday at 9am

🕒 Wednesday at 1:30pm-

Come a little before the opening time .

☎ 04 72 92 49 01.

🏠 15, boulevard Vivier Merle 69003 Lyon

 B Part-Dieu Vivier Merle

**POLE SANTÉ SOLIDAIRE**

For people with or without medical coverage. Interpreting possible. Medical consultations, general health, showers available. Receive 1st AME request.

Without health insurance :

- ⌚ **Doctor** : Every Monday : 9am-12pm / 2pm-4:30pm : with appointment
- ⌚ **Dermatologist** : 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-1pm no appointment needed
- ⌚ Health mediation every Friday afternoon on appointment.

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

🏠 40 avenue de la Table de Pierre, Francheville
 🚌 **C 24 / BUS 73** Hôpital Antoine Charial
 ☎ 04 28 38 14 91.

**Sexual health/Couple**

Your body can suffer from many diseases. Some are visible (pimples, fever, redness...) and others are not (you may not even know that you are sick). That's why your body needs to be taken care of, looked at and checked by health professionals.

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

It can be done with a blood test, a smear (to find cervical cancer for example), a drop of blood on the finger, mammogram (photo of the breasts to find a breast cancer) etc...

Many diseases are easily treated especially if they are detected as early as possible!

CEGIDD:

- 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**

↑ CEGIDD HÔPITAL EDOUARD HERRIOT

- ⌚ Monday, Tuesday and Thursday 8:30am-7pm
- ⌚ Wednesday, 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,
- ⌚ 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

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 (without appointment)

- Chemsex support group**- Advice on sexology,**

- ⌚ Call to make an 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
- ☎ 06 95 29 29 97 ✉ datiseni@gmail.com

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

📍 2, rue Lakanal 69100 Villeurbanne

☎ 04 78 89 50 61 **T1** / **T4** le Tonkin

✉ contact@planningfamilial69.fr.

🏠 **CPEF - HOPITAL EDOUARD HERRIOT**

📍 Hôpital HEH - Pavillon K

5 place d'Arsonval, 69003 Lyon

☎ 04 72 11 03 95

T2 / **M** **D** Grange Blanche

🏠 **CPEF LYON 7 - HÔPITAL SAINT-JOSEPH SAINT-LUC**

📍 20 quai Claude Bernard, 69007 Lyon

☎ 04 78 61 81 38

T1 Quai Claude Bernard

🏠 **CPEF - HOPITAL CROIX ROUSSE**

📍 103 Grande rue de la Croix-Rousse, 69004 Lyon

M **C** Croix Paquet ☎ 04 72 07 16 47

Other centres do the same thing (CPEF) and offer support on relationships and sexual health, see the list on the website :

📄 : <https://www.grandlyon.com/centres-de-planification-et-d-education-familiale.html>

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!

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 **T1** / **T4** 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.

✉ beh.passperinat@chu-lyon.fr

MÉDIPOLE HOPITAL MUTUALISTE For people over 18 years old.

No appointment needed to see the nurse.

To see the doctor make an appointment by phone or on site.

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

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

📍 158 rue Léon Blum, 69100 Villeurbanne

M **A** Laurent Bonnevey / **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

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

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

☎ 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://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 Lyon



watizatlyon



Watizat, chaine d'information



watizasso

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.

