

WATIZAT






*Paris and
Seine-Saint-Denis*









INFORMATION GUIDE FOR WOMEN IN EXILE WINTER 2026

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ADRESSES UTILES

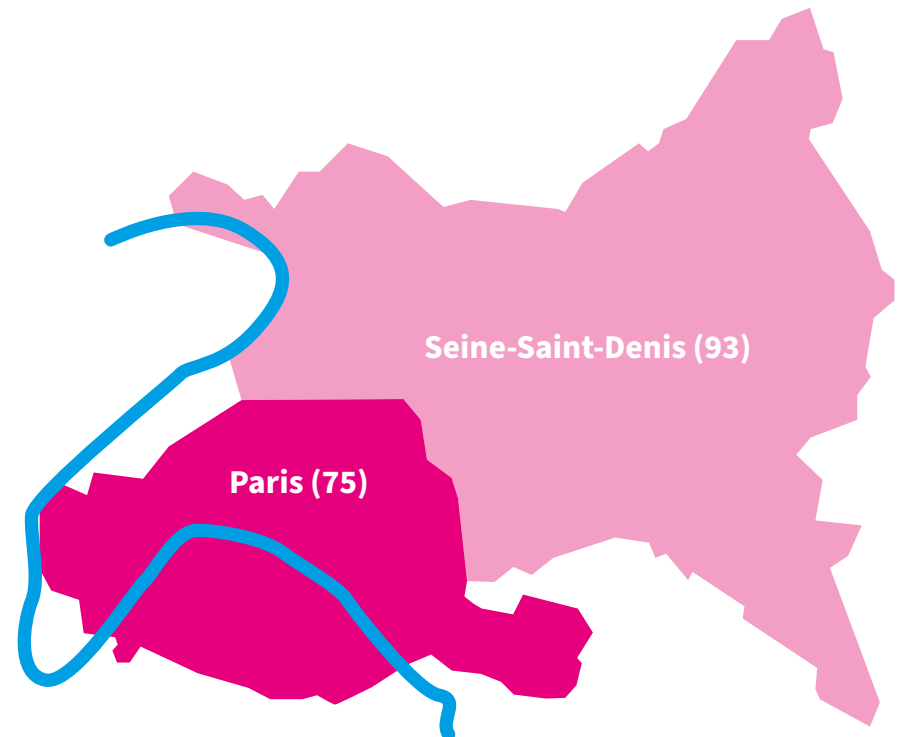
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KEY DATES

Holidays - some places might be closed: 6th of April

School holidays - some places might be closed: from Saturday 21st of February to the 9th of March 2026



YOUR ADMINISTRATIVE SITUATION

You are a foreign national and wish to stay in France: in order to stay on French territory without risking expulsion, you need a residency permit. There are various options depending on your personal situation (**asylum claim, residency permit request**). In the box below you will find information on how to start an asylum claim. This is not the only option. These procedures are long and complicated.



For legal help, you can seek free legal aid (see page 8)

ASYLUM CLAIM



Call the OFII to book an appointment: 01 42 500 900

Monday to Friday 9am-4:30pm

Wait for the language option to choose yours. Lots of people are calling at once: waiting times can be long and cut off automatically after 45 minutes. It is advised to call between 2 and 4:30pm to avoid long waiting times. You may have to try several times.

⚠ Careful, this phone number is not free. It will cost you the price of a local call. If you do not have phone credit, go to a day center (see page 13) and the people working there will let you use a phone.

⚠ If you are unable to book an appointment, take screenshots of the calls made to the OFII on your phone. This will help you prove you have tried to call and were not able to reach them.



HOUSING

Emergency accomodation for all



If you are don't have any accomodation, you can call this free emergency number: 115

You do not need a French residency permit to qualify for emergency accomodation.

⚠ Careful, there aren't many spots open so accomodation is not guaranteed and is often only available for a short stay.

We advise you to talk to a social worker in a day center (see page 13).

Accomodation for asylum seekers

During your first appointment at the Prefecture, the OFII should offer you accomodation. Since the waiting time can be long, other housing solutions exist for you before you even start your asylum claim.



Careful, the French Office for Immigration and Integration (OFII) can offer you a referral for accomodation in another region than the one you filed your asylum claim in. If you refuse to go where they refer you, you will loose your housing and financial benefits (ADA). Your asylum claim may also be canceled.

Access to accomodation will vary depending on your family structure and on your administrative situation. If you haven't submitted an asylum claim yet, you are less likely to be provided with accomodation. Call the OFII number to request housing during your asylum procedure.

The Baron Le Roy Day Center specializes in helping families, couples and single women who have just arrived in Paris.

ACCUEIL DE JOUR BARON LE ROY

Families or pregnant women without housing. here you can get help with your asylum claim.

🏠 28, rue Baron le Roy

🚇 14 Cour Saint-Émilien

🕒 Monday, Thursday: 9am-12.30pm, 2-5.30pm

🕒 Friday, Saturday, Sunday: 9am-12:30pm, 2-5:30pm

Get there early! (see page 13)

UTOPIA 56

🏠 Place de l'Hôtel de Ville, 75004 Paris

🚇 11 Hôtel de Ville

For families, couples, single women, and unaccompanied girls under 18.

Distribution of blankets, tents (dependent on availability) and solidarity housing (people host you in their house) for one night.

🕒 Monday-Sunday from 6pm-8pm



YOUR DOCUMENTS

⚠ It is very important to keep copies (photos) of all your documents and letters in your name you may be given during your stay in France.

Keep these copies in different places (at a friend's house, with an organization) and online (in your emails...).

Keep track of all your documents as soon as you arrive in France and organize them by theme (health, work, school...)

- They will be useful **during your asylum procedure or in case of arrest** to prove your lawful presence on French territory, and will help organizations better understand your situation.
- **Proofs of your presence in France will be requested if you request a residence permit.** Examples : income declarations (taxes), medical prescriptions, social security notifications, phone and electricity bills, Navigo Pass, domiciliation certificate, paystubs, French class registration and diploma, other letters...

Useful apps

You can download these apps onto your phone:



ADOBE SCAN

To help you make copies of your documents (in PDF or JPEG format).



TARJIMLY

Allows you to contact a volunteer translator directly via the Messenger app (written, audio and voice messages) [f Tarjimly](https://www.tarjimly.com)



SPIKY COMMUNITY

Free application to access useful information for getting settled in France, tips and advice for discovering the city.



Tickets

The single tickets and 10-ticket packs are no-longer available for single sale at the counter, but rather on the Bonjour RAPT App.

- To replace the single tickets, you can now buy a Navigo Easy pass directly at the station for 2€. This card allows you to buy and load tickets for the Metro, RER or Bus Tram.

- The Ticket Metro-Train-RER costs €2,55 and allows you to travel up to 2 hours on all 3 modes of transport if you remain in the station.

- The Ticket Bus-tram costs €2,05 and allows you to travel on the bus and tram for 1h30, taking several lines, if you remain in the station.

Pass Navigo

This is a travel pass that you can top-up to take the metro, the bus and the RER in an unlimited manner. It costs 90.80€ per month but discounts are available:

- CSS (ex CMU-C) beneficiaries get 75% off
- AME beneficiaries get 50% off
- RSA beneficiaries get it for free

To get a Navigo Pass

Ask for a Navigo Pass at an RATP counter in most metro stations. The pass itself is free. If the RATP agent refuses to issue it, try another counter.

To benefit from the « Solidarité transport » discount

www.solidaritetransport.fr/first-request/online/home

Asylum seekers can get help from the organization where they get their mail (SPADA). If you are not entitled to these discounts you can buy a « Pass Navigo Easy » (2€ for the pass itself) and charge it for 10 trips (17.35€), an unlimited day (20.60€), a week (30.75€), or a month.

Get more information at an RATP counter.



FREE EMERGENCY NUMBERS

15

SAMU

In case of emergency,, to get help from a medical team.

18

Firemen

To report a dangerous situation: accident, fire, sick person...

17

Police

To get help in case of assault or to report a crime/offense that requires police intervention.

114

Emergency SMS

Allows deaf and hearing-impaired persons, as well as anyone who can't make a voice call to alert emergency services 24/7.

115

Samu Social

Emergency accomodation for a short-term stay (one or few nights). You can also request humanitarian assistance (a hot meal, hygiene kit, blankets, clothes and shoes).

119

Children in danger

For any child or teenager who is a victim of violence (psychological, physical and/or sexual) or anyone who is concerned about a situation where a child is at risk.

Violence against women

If you are a victim of violence, you can turn to several structures that will listen to you and guide you.



Women Violence Hotline

This hotline listens, informs and guides women who are victims of violence, as well as witnesses to gender-based violence.



Emergency accomodation

For people without housing who need emergency accomodation for the night.

HELP FEMMES

If you need to talk to someone about your situation and need information, without appointment:

📞 Monday-Thursday, 7-9.30pm

For legal aid, domiciliation, and discussion groups, make an appointment.

🏠 17 rue Mendelssohn, 75020 Paris

🚶 T3b / BUS 351 Porte de Montreuil

☎ 06 76 38 53 19

MAISON DES FEMMES

Free healthcare accessible to undocumented women, living in the 93:

- Multidisciplinary care (healthcare but also psychological, social and legal support) for women victims of violence and genital mutilations.

📞 Monday to Friday 9am-5pm

- Emergency medico-legal care and support for victims of rape or sexual assault.

📞 Monday to Friday 8am-6pm

🏠 1 chemin du Moulin Basset, 93200 Saint-Denis

🚶 T1 / BUS 153, 353 Hôpital Delafontaine

☎ 01 42 35 64 39

Find more specialized addresses for gender-based violence victims.

ENJOY Your relationship is healthy when he...	Respects your decisions and feelings	1
	Accepts your friends and family	2
	Treats you	3
	Is happy when you feel fulfilled	4
	Gets your approval when making plans together	5
WARNING: SAY STOP! There is violence when he...	Ignores you on the days when he is angry	6
	Blackmails you if you refuse to do something	7
	Belittles your opinions and projects	8
	Makes fun of you in public	9
	Manipulates you	10
	Is constantly jealous	11
	Controls your savings, clothes, makeup	12
	Gets through your texts, emails, apps	13
	Insults that you read him intimate photos	14
	Isolates you from your family and friends	15
PROTECT YOURSELF: GET HELP You are at danger when he...	Calls you crazy when you reproach him	16
	"Blames a fault" when he is unhappy about something	17
	Pushes, pulls, slaps, shakes or hits you	18
	Threatens suicide because of you	19
	Torments you intimately without your consent	20
	Threatens to circulate intimate photos of you	21
	Forces you to watch porn	22
	Forces you have sex with him	23

USEFUL ADDRESSES

FREE ADMINISTRATIVE SUPPORT

The **Center for Information on Women and Family Rights** (CDIFF) is an organization that helps families and women with their **administrative procedures concerning family rights** (divorce, child custody, child support...) and **violence against women**. The CDIFF **does not provide help with asylum claims and residency permits**.

You can call:

- Paris ☎ 01 83 64 72 01 Monday-Thursday 9am-12pm / 1:30-5pm, closed Friday afternoons
- Seine-Saint-Denis ☎ 01 48 36 99 02
- ☎ Monday to Friday 9am-12pm and 1:30-5pm, closed Monday afternoons
- Closed on all bank holidays*

Paris

FEMMES DE LA TERRE

☎ 2 rue de la Solidarité, 75019 Paris
 (M) 7 Danube
 Asylum claim and residency permit support.
 ☎ Monday 1-5pm
 Public Scribe and legal advice
 ☎ Tuesday 1-5pm
 By appointment, call ☎ 01 48 06 03 34

FASTI

For information on residency permits.
 ☎ 58 rue des Amandiers, 75020 Paris
 (M) 2 3 Père Lachaise
 BUS 69, 61 Auguste Métivier
 ☎ Tuesday 6-8.30pm / Thursday 2-4:30pm, no appointment needed.

RAJFIRE

☎ 163 rue de Charenton, 75012 Paris
 (M) 1 8 Reuilly-Diderot
 Support for asylum claims, family reunification, and residency permits.

☎ Tuesday and Thursday 2-5pm
 Try contacting before coming:
 ✉ rajfire.asso@gmail.com
 ☎ 06 70 23 64 10

SOLIDARITÉ NOTRE-DAME DE TANGER

Mothers and children asking for asylum
 ☎ 44 rue Charles Hermite, 75018 Paris
 (M) 1 8 Reuilly-Diderot
 Asylum claim and residency permit support.
 ☎ Monday, Wednesday and Thursday 2-6pm
 Children welcome.
 Food and hygiene products distribution.

CENTRE SOCIAL ET CULTUREL

SOLIDARITÉ ROQUETTE
 ☎ 47 rue de la Roquette, 75011 Paris
 (M) 1 5 8 Bastille, 9 Voltaire
 Administrative help:
 ☎ Monday-Friday 9am-12:45pm and 2-5pm, closed Wednesday afternoons
 Appointment directly there, or by phone ☎ 01 49 23 81 50 or by email ✉ accueil@solidariteroquette.fr

PSA GAUTHEY

Single women and families.
 ☎ 39 rue Gauthey, 75017 Paris
 (M) 13 Guy Moquet / BUS Traverse Batignolles Bichat - Collège Mallarmé
 ☎ Monday to Friday 8am-5pm
 ☎ Thursday 8am-12h30pm.
 • Support with access to rights, welfare, DALO, Solibail, retirement pensions
 • Psychologist and game room for children
Closed on bank holidays

ACCEPTESS-T

For trans people. Social, administrative, legal, and health support.
 ☎ 88 rue Philippe de Girard 75018 Paris
 (M) 12 Max Dormoy (M) 4 La Chapelle
 ☎ For first-timers, Monday-Friday 11am-6pm
 no appointment needed
 Call if needed ☎ 01 42 29 23 67



For more information on **asylum claims and residency permits** see Watizat guide page 11.

CIMADE ÎLE-DE-FRANCE

For women victims of violence living in Ile-de-France.
 Support for asylum claims, Dublin procedures, and residency permits.
 ☎ 06 77 82 79 09
 ☎ Wednesday 10am-1pm and 2-5:30pm

TRIBUNAL DE PARIS

For women victims of domestic violence.
 ☎ Parvis du tribunal de Paris, 75017 Paris
 (M) 13 14 Porte de Clichy
 ☎ Tuesday and Thursday 2-5pm
 In person or by phone ☎ 01 44 32 49 95

BUS DE LA SOLIDARITÉ

- Support for asylum claims, Dublin procedures, and residency permits.
- Support for women victims of violence (at home, in public spaces, at work)

☎ 7 rue des Maraîchers, 75020 Paris
 (M) 1 Porte de Vincennes
 ☎ Wednesday 23rd July, 20th August and 24th September 12-3pm
 With or without appointment:
 ✉ barreausolidarite@avocatparis.org

- Criminal law and immigration law for women

☎ In front of the 11th city hall, 12 place Léon Blum, 75011 Paris
 (M) 11 Voltaire
 ☎ Every 4th Wednesday of the month: 25th of February and 25th of March, 22nd April 12-3pm (Come early!)

LIBRE TERRE DES FEMMES

Social and legal support. Psychologists, support groups, and osteopaths.
 ☎ 8 rue de la banque, 75002 Paris
 (M) 3 Bourse / BUS 29
 ☎ Tuesday 2-5pm
 ☎ 111 boulevard Macdonald, 75019 Paris
 (M) 7 / T3b Porte de la Villette
 ☎ Monday 2-6pm, Wednesday 9-1pm, Thursday 2-8pm
 ☎ Point femmes Mairie du 19^e arr., 5-7 place Armand Carrel, 75019 Paris
 (M) 5 Laumière / BUS 48, 60, 75
 ☎ Monday 9:30am-12pm

Women involved in sex work

BUS DES FEMMES

☎ 58 rue des Amandiers, 75020 Paris (point fixe)
 (M) 2 3 Père Lachaise
 ☎ Monday to Friday 9:30am-5:30pm
 ☎ Closed on Tuesday afternoons.
 Domiciliation services only for persons involved in prostitution.
 • weekly CPAM services
 • general follow-up
 • Rapid testing (TROD) available for HIV, Hepatitis B and C
 • Legal aid and healthcare services

Seine-Saint-Denis

RESF 93

Legal aid for regularization and against the deportation of undocumented families with children at school.

Contact the collective that is the nearest to your domiciliation or children's school.

LA CIMADE

- Support for residency claims.

☎ 1 boulevard de Gourgues, 93600 Aulnay-sous-Bois
 (RER) B / T4 / BUS 15, 605, 613, 615, 618
 ☎ Tuesday 8am-12pm
 • Support for asylum claims and residency
 ☎ 59 rue de la Solidarité, 93100 Montreuil
 (M) 9 / BUS 124, 127
 - Asylum: ☎ Tuesday 8:30am-1pm
 - Residency: ☎ Friday 8:30am-1pm
Closed on all bank holidays

ASKOLA

Helps with school enrollment for children of families living in precarious housing situations.
 ☎ 6-10 Quai de Seine, 93200 Saint-Denis (6th floor, offices 9 and 19)
 (RER) T1 T8 / (RER) D H
 BUS 237, 253, 255, 274, N44, N51
 ☎ Monday to Friday 9:30am-5:30pm
 Call to make an appointment:
 ☎ 07 49 66 87 39
 ✉ contact.askola@gmail.com

JURIS SECOURS 93

Legal aid: family rights, workers' rights, immigrants' rights.

Listening space for women: psychological and administrative support for women victims of violence and discrimination.

By appointment: ☎ 01 48 30 81 39

🏠 4 avenue Paul Éluard, 93000 Bobigny

• Legal aid: ☎ Every other week, Tuesdays and Thursdays 10-11am et 2-6pm

• Listening space for women:

☎ Every other week, Mondays and Wednesday 10am-12:30pm and 2-6pm

🏠 9 rue du Maréchal Maison,

93800 Épinay-sur-Seine

🚶 T8 Rose Bertin, 🚌 BUS 361 Place René Clair

☎ 01 49 51 27 88

• Legal aid (immigrants' rights):

☎ Wednesday 10am-12pm and 2-6pm

• Listening space for women:

☎ Tuesday and Thursday 10am-12pm and 2-6pm Every second week

🏠 CCAS: 9 rue Emile Auxerre, 93110 Rosny-sous-Bois

🚶 RER E / 🚌 BUS 102 Bois-Perrier Sud

• Listening space for women:

☎ Monday 9:30am-5pm

☎ 01 41 58 59 70

🏠 Maison des Services publics, Place de l'Amitié, 93700 Drancy

🚌 BUS 248 Cité de la résistance

☎ 01 48 96 39 29

Legal Aid

☎ 10h-12h, every 2nd and 4th Friday of the month / 1st, 3rd and 5th Saturday of the month

• Listening space for women

☎ Monday 9:30am-12pm

Closed on public holidays and hours can vary during school holidays



< For additional information and timetable changes, please refer to this link on the left

MAISON DES SERVICES PUBLICS - DRANCY

🏠 2 avenue Jean Jaurès, 93700 Drancy

🚌 BUS 148 Charles Gide

• Legal and administrative aid for women :

☎ Once a week 9am-12pm

• Listening space for women

By appointment, call ☎ 01 48 96 50 14

PERMANENCE CDIFF GAGNY

Legal aid for women victims of violence.

🏠 66 rue du Chemin de Fer, 93220 Gagny

🚶 RER E Le Chénay Gagny / 🚌 BUS 21, 643 La Mare

☎ Thursday 9am-12pm

By appointment, call ☎ 01 48 36 99 02

☎ By appointment : Friday 10am-1pm

PERMANENCE CDIFF MONTFERMEIL

Legal aid for women victims of violence.

🏠 4 rue Modigliani, 93370 Montfermeil

🚶 T4 Clichy - Montfermeil

🚌 BUS 613, 643 Les bosquets

By appointment, call ☎ 01 41 70 74 70

☎ One Thursday of the month 2-5pm

PERMANENCE CDIFF CLICHY-SOUS-BOIS

Legal aid for families and women victims of violence.

🏠 12 bis allée Romain Rolland, Batiment

Maison du Territoire, 93390 Clichy-sous-Bois

🚶 T4 Notre Dame des Anges

By appointment, call ☎ 01 41 70 38 20

☎ Thursday 2-5pm

PERMANENCE CDIFF LIVRY-GARGAN

Legal aid for families and women victims of violence.

🏠 36 rue Saint-Claude, 93190 Livry-Gargan

🚌 BUS 623 Église Notre-Dame-de-Livry

By appointment, call ☎ 01 48 36 99 02

☎ Thursday 2-5pm

PERMANENCE CDIFF NEUILLY-SUR-MARNE

Legal aid for families and women victims of violence.

🏠 205 avenue du 8 mai 1945,

93330 Neuilly-sur-Marne 🚌 BUS 127 Roussillon

By appointment, call ☎ 01 43 08 45 30

☎ Wednesday, Friday 9am-12pm and

Wednesday 2-5pm

PERMANENCE CDIFF NEUILLY-PLAISANCE

Legal aid for families and women victims of violence.

🏠 Centre Communal d'Action Sociale,

33 rue du Général Leclerc, 93360 Neuilly-Plaisance

🚌 BUS 127 Square Jean Mermoz

By appointment, call ☎ 01 48 36 99 02

☎ Two Mondays per month 9am-12pm

PERMANENCE CDIFF NOISY-LE-GRAND

Legal aid for families and women victims of violence.

🏠 111 piazza Mont d'Est, 93160 Noisy-le-Grand

🚶 RER A Noisy-Le-Grand-Mont d'Est

🚌 BUS 206, 207, 306, 310 Cimetièrre

By appointment, call ☎ 01 41 70 39 18

☎ Thursday 9am-12pm and 2-5pm

FEMMES SOLIDAIRES 93 PERMANENCES

Support for women victims of violence.

Help with residency permit requests.

🏠 25 rue du Chemin Vert, 93022 Bobigny

🚶 M 5 Bobigny - Pablo Picasso

🚌 BUS 146, 147, 148, 234, 251, 301, 303, 322

Legal aid by appointment :

☎ 09 71 47 83 04 / 07 49 73 95 94

✉ femmes.solidaires93@wanadoo.fr

Closed all bank holidays



Find the addresses of food distributions in Paris in the Watizet guide, page 14.

€ Financial participation required.

🏠 You need a domiciliation to access this service.

à Paris

Le secours populaire Paris € 🏠

Distribution of affordable dry food and vegetables, and cheap clothing (prices depend on your income). *Closed all bank holidays.*

Make an appointment at one of the Paris branches according to your domiciliation:

ANTENNE MARCEL PAUL

For residents of the 5th, 6th, 7th, 14th, 15th and 16th arrondissements.

🏠 9 place Marcel-Paul, 75014 Paris

🚶 M 13 Pernetty / 🚌 BUS 59, N63

Make an appointment on site:

☎ Monday and Thursday 9:30am-12pm

☎ Friday 6-8pm

• Welcome centre, listening and social support by appointment

• After evaluation of your situation, a card is issued to access self-service affordable food and clothing.

ANTENNE BAYET

For residents of the 13th arrondissement.

🏠 6 rue Albert-Bayet, 75013 Paris

🚶 M 5 6 7 Place-d'Italie / 🚌 BUS 83

Make an appointment on site:

☎ Monday 2-4:30pm, Tuesday 9am-12pm, Wednesday and Thursday 9am-12pm 2-5pm •

Social support

• After evaluation of your situation, a card is issued to access affordable food and clothing.

• Employment support, by appointment

☎ 01 53 60 09 45

☎ Monday to Friday 2-6pm

• French classes (20 euros / year)

• Computer and smartphone classes, without appointment ☎ Wednesday 10am-12pm

ANTENNE RAMEY

For residents of the 8th, 9th, 10th, 17th and 18th arrondissements.

🏠 6 passage Ramey, 75018 Paris

🚶 M 4 12 Jules-Joffrin / Marcadet-Poissonniers

🚌 BUS 40, 80

Make an appointment

☎ Monday from 9:30am

☎ Monday-Friday 9:30am-12:30pm and 2:30-5:30pm / Saturday 9:30am-12:30pm

• Social support

• After evaluation of your situation, a card is issued to access affordable food and clothing.

• Housing support

• Legal aid ☎ Tuesday and Saturday 9:30am-12:30pm

• Literacy classes

ANTENNE FOUGÈRES

For residents of the 19th and 20th arrondissements.

🏠 3 rue de Noisy-le-Sec, 75020 Paris

🚶 M 3bis Saint-Fargeau / 🚶 T3bis Adrienne-Bolland

Make an appointment on site:

☎ Monday and Thursday 9.30am-12.30pm and 2pm-5.30pm

• Social support

• Literacy classes and tutoring

• After evaluation of your situation, a card is issued to access affordable food and clothing.

• Public writers

Shared kitchens: these kitchens are available to you during several hours for meal preparation. Ingredients are sometimes

supplied. A safe space for children is sometimes available.

CUISINE PARTAGÉE AUREO

Only for people staying in social hotels.
Food supplies on site. Children welcome.
Closed all bank holidays

🏠 (CHU) Garcia, 7 rue Cristino Garcia, 75020 Paris
🕒 9 / 🚶 T3b / 🚌 351, 215 Porte de Montreuil
🕒 Monday to Friday 10am-1pm and 2-5pm
Call 📞 06 26 13 60 08 to book a 3-hour slot, once per week.

🏠 (CHU) Garcia, 3 Rue Jean et Marie Moinon, 75010 Paris 🕒 2 Colonel Fabien
🕒 Monday 10am-1pm and 2-6pm
🕒 Tuesday-Thursday 3-8pm
By appointment, call 📞 06 12 97 26 04 to reserve a slot from 3pm, once a week.

LES CUISINES DE BASILE

(Cuisine partagée Basiliade)

🏠 86bis boulevard Ney, 75018 Paris
🚶 T3b Diane Arbus 🕒 4 12 Porte de Clignancourt et Porte de la Chapelle / 🚌 56 Mont-Cenis
🕒 Monday-Wednesday and Friday 9:30am-12:30pm and 2-5.30pm and Thursday 2-5pm
Only for people housed in hotels.
Make an appointment by phone
📞 07 44 83 63 05 or email
✉ lescuisinesdebasil@basiliade.org
Closed all bank holidays

LA CUISINE PARTAGÉE DE MÉNILMONTANT (Fondation de l'Armée Du Salut)

Reserved for beneficiaries who live in hotels.

🏠 21 passage Ménilmontant, 75011 Paris
🕒 3 Saint Maur, 2 Ménilmontant
🚌 20, 96, 71
🕒 Tuesday and Thursday 1.30-4.30pm, Wednesday 4-7pm, Friday 9.30am-12.30pm
By appointment 📞 06 26 97 44 54 or 07 79 70 68 39
1 slot is available per person and per week, 3 people can share the kitchen at once.
Closed all bank holidays

LA CUISINE PARTAGÉE DU PALAIS DE LA FEMME (Fondation de l'Armée Du Salut)

Reserved for beneficiaries who live in social hotels.

🏠 96 rue de Charonne, 75011 Paris
🕒 8 Faidherbe Chaligny, 9 Charonne
🚌 46, 56, 76

🕒 Tuesday 9am-12pm, Wednesday and Friday 1:30-4:30pm, Thursday 5-8pm
By appointment : 📞 06 26 97 44 54 or 07 79 70 68 39
1 slot is available per person and per week, 3 people can share the kitchen at once.
Closed all bank holidays

LE CAMION CUISINE DU PALAIS DE LA FEMME (Fondation de l'Armée Du Salut)

Reserved for beneficiaries who live in social hotels.
🏠 9 av. de la Porte des Lilas, 75019 Paris
🕒 11 / 🚶 T3b Porte des Lilas / 🚌 26
🕒 Mardi au vendredi 10h-16h
By appointment : 📞 07 79 70 68 39
1 slot is available per person and per week, 3 people can share the kitchen at once.
Closed all bank holidays

LA CUISINE PARTAGÉE DU COLLECTIF 4C

🏠 9 rue de la Charbonnière, 75018 Paris
🕒 2 Barbès/La Chapelle, 5 Gare du Nord
• unconditional welcome by reservation (free of charge, depending on the attendance). 2.5 hour slots, 6 stations per slot.
To book, phone: 📞 09 87 58 39 83
• Shared kitchen:
🕒 Tuesday 10am-6pm, Wednesday 4-6pm, Thursday and Friday 9.30am-12pm and 2.30-6pm
Get in touch for the first time on site, by email
✉ contact@quartierlibre4c.fr
or phone: 📞 09 87 58 39 83.
Children welcome under parent supervision.
Food isn't supplied, please bring your supplies and containers. No frying.

LA CUISINE PARTAGÉE DU CENTRE SOCIAL ET CULTUREL SOLIDARITÉ ROQUETTE

Reserved for families who live in a hotel within Paris limits and priority to residents of the 11th arrondissement.
🏠 47 rue de la Roquette, 75011 Paris 🕒 1 5
8 Bastille, 5 Bréguet Sabin/Voltaire 🚌 69, 46
🕒 Monday to Friday 9am-1pm, 2-5pm
First contact on site,
by phone 📞 01 49 23 8150
or by email ✉ accueil@solidariteroquette.fr
Food isn't supplied.
• Organic fruit and vegetable distribution once a week for families on the scheme.
• Workshops on healthy diets for parents and children with chef's hats in stock



DAY CENTERS

Free

A place to rest and access diverse forms of support depending on the place (hot drinks, phone charging station, wifi, counseling...)



Showers (limited spots)



Laundry, to wash your clothes



Women with children welcome



Women without children



Pregnant women

Paris

ACCUEIL DE JOUR BARON LE ROY



Families or pregnant women without housing.

🏠 28 rue Baron le Roy 🕒 14 Cour Saint-Émilion
🕒 Monday-Sunday: 9am-12:30pm and 2-5.30pm
Closed on Tuesday at 2.30pm. **Come early!**
• Families : social support and emergency housing support, by appointment
• Women and couples : information and orientation
• Meals at breakfast and lunch
• Nurse: Wednesdays 9am-5pm
• Mid wife: Monday, two times a month
• Psychologist every Friday
During week-ends and bank holidays, only the day center is available, no services

ACCUEIL DE JOUR LA ROCHEFOUCAULD



Unhoused families.

🏠 15 avenue du Général Leclerc, 75014 Paris
🕒 6 4 RER B Denfert Rochereau
🕒 Monday to Friday 9:30am-4:30pm
Closes at 2.30pm on Tuesdays.
• Breakfast and hot meals, bathrooms
• Distribution of diapers, milk (likely to break) and sanitary protection: 🕒 Monday and Friday
• Kitchen: 🕒 by appointment
• Laundry 🕒 by appointment. Closed Friday
Clinics:
• Mid-wife 🕒 Monday afternoon
• Psychologist 🕒 Monday morning and Thursday

• Nurse 🕒 Wednesday afternoon (adults and adolescents) ; Thursday (pediatric)
• Osteopath/well-being massages 🕒 every other Wednesday morning, by appointment each week
• Family Psychiatrist : Friday afternoons
• PMI Nurse : Thursday morning
• Nurse from SAMU SOCIAL: all-day Wednesday
• Restoring Family ties : Thursday
• Access to a social worker without an appointment
🕒 Wednesday and Thursday, appointments available by reservation until midday the same day, for people with no social support and in an irregular situation

LE FILON



Single women 18+. **Closed all bank holidays**

🕒 Monday, Tuesday, Thursday, Friday 11-5pm
🕒 Saturday 11am-3pm.
• Breakfast, lunch and meals on site
• Shared kitchen
• Day center, lounge area
• Social and administrative support (housing, healthcare, entitlement to benefits)
• Employment support
• Cultural activities
• Massages and manicures
• library
• Yoga
First contact by appointment:
📞 06 45 16 60 40 or ✉ bienvenue@le-filon.org

ESI BONNE NOUVELLE



🏠 9 rue Thorel, 75002 Paris
🕒 8 9 Bonne Nouvelle
🕒 Monday to Friday 9:30am-1pm and 2-5pm
Closed on Thursday afternoons.
• Breakfast
• Social support 🕒 by appointment
• Legal aid 🕒 by appointment
• Childcare 🕒 Monday, Thursday and Fridays 9.40am-12.30pm
• Psychologist 🕒 Monday and Wednesday morning
• Midwife 🕒 Wednesday morning
• Nurse (pediatric) 🕒 Tuesday morning
• Pregnancy monitoring 🕒 Wednesday morning
• Hairdresser 🕒 Monday morning and Tuesday morning and afternoon
• Beautician 🕒 Monday afternoons

• CPAM : 3rd Tuesday and 4th Friday of the month

Closed all bank holidays

ESI GEORGETTE AGUTTE

Pregnant women and women with children.
Lounge area, psychologist, social workers, bag storage.

🏠 11 rue Georgette Agutte, 75018 Paris

🚶‍♀️ 13 Guy Moquet

🕒 Tuesday to Saturday 9:15am-4:30pm

Closed on Thursday mornings.

On-site services through reservation:

Laundry 9:30am-12pm

Mid-wife: Tuesday morning

Nursery Nurse: Friday

Closed all bank holidays

AUTREMONDE

Women with or without children.

🏠 30 rue de la Mare, 75020 Paris

🚶‍♀️ 11 Jourdain, 2 Couronnes

🕒 Wednesday and Friday 2-5.30pm

🕒 Sunday 3-6pm

Administrative help: Monday 7:30-9pm

To register : louise.rouge@autremonde.org or 01 43 14 77 84.

ESI PITARD

Families and pregnant women.

🏠 4 rue Georges Pitard, 75015 Paris

🚶‍♀️ 13 Plaisance

• Without appointment:

🕒 Monday to Friday 9:15am-1pm

• By appointment:

🕒 Monday to Friday 2-5pm

Closed on Tuesday afternoons.

DESSINE MOI UN MOUTON

Pregnant women or women with children who with an infectious, chronic or genetic illness (HIV, sickle-cell anemia, hepatitis B)

🕒 Monday to Saturday 9:30am-5.30pm

🏠 29 Rue Pajol, 75018 Paris

🚶‍♀️ 12 Marx Dormoy

• Psychologist

• Psycho-social beautician

• Nurse

• Social support

• Sports

• Family therapy trips

• Information clinic and guidance

Closed 21st of April and all bank holidays

ACCUEIL DE JOUR CITÉ DES DAMES

Single women without children or pregnant

🏠 39 rue du Chevaleret, 75013 Paris

🚶‍♀️ 13 Avenue de France 🚶‍♀️ 14 / 🚌 62, 89

🚶‍♀️ C Bibliothèque François Mitterrand

🕒 Tuesday 9:30am-12pm

🕒 Wednesday-Monday 9.30-6pm

• Snacks, dining room, lounge area

• Phone charging station, wifi, computers

• Laundry by appointment

• Various activities

• Showers with hygiene kits and towels available

• Social support and orientation

• Midwife 🕒 Monday, Wednesday, Thursday,

Friday: 9:30am-6pm, Tuesday 9:30am-12pm.

• Psychologist 🕒 Monday and Thursday 2-5pm,

Wednesday 9am-5pm

• Possibility of emergency accomodation at

Halte for the night

ESI HALTE FEMMES

Single women.

🏠 16 passage Raguinot, 75012 Paris

🚶‍♀️ 14 / 🚶‍♀️ A D Gare de Lyon / 🚌 29

🕒 Monday and Saturday 9am-4pm,

Tuesday, Wednesday and Friday

9am-7pm, Thursday 9am-12:30pm

Bank holidays 9am-4pm

• Welcome, Hot drinks

• Breakfast

• Showers

• Psychologist by appointment

• Laundry by appointment

• Legal Aid by appointment

• Doctors (reserved for women without

healthcare coverage)

• Psychologist

• Social Support by appointment

Seine-Saint-Denis

LE REFUGE DE PANTIN

🏠 164 avenue Jean Lolive, 93500 Pantin

🚶‍♀️ S Église de Pantin

🚌 61 Manufacture de Tabacs

🕒 Monday, Tuesday, Thursday, Friday

8.30am-12pm and 1-5pm

🕒 Wednesday 10:45-11:45am and 1-5pm

From 29th November to 31st March, open

🕒 Saturday and Sunday 8:30-11:45am and 1-5pm

• Laundry and shower by appointment

🕒 Tuesday afternoons for women and children

Closed all bank holidays

L'OASIS

Asylum seekers coming for their OFPRA interview

A space to support asylum-seeking women on the day of their OFPRA interview.

🏠 50 rue Louis Auroux, 94120

Fontenay-sous-Bois 🚶‍♀️ A Val de Fontenay

📞 01 78 68 41 08

Monday-Friday 9am-5pm

• Psychologist: Monday, Tuesday and Friday

• Artistic and creative activities

• Help with basic needs (like hygiene products and clothing), upon request, for the most vulnerable people coming for their OFPRA interview.



*Necessary to sign up, before attending
Closed on 20th of March*

LES INSOUMISES

Women with or without children.

🏠 1 ter rue Danielle Mitterrand, 93120 La

Courneuve 🚶‍♀️ 7 La Courneuve - 8 Mai 1945

(small door next to 2 colorful shops)

🕒 Monday-Thursday 9.30am-12.30pm and

1:30-5:15pm. Closed on Thursday afternoons

Friday 9:30am-2:15pm

• Friendly welcome is a secure space

• Essential services (snack bar, hygiene services, access to showers and laundry)

• Information, practical advice, workshops (focusing on self-esteem), activities and support for mothers and their children

• Social evaluation and guidance by

professionals trained to deal with violence

• Parenting support

• A time for sharing, conviviality and

educational activities.

Closed all bank holidays

LA MARMITE

Open to all, women and children welcome

18 bis avenue Léon Blum, 93140 Bondy 🚌 615,

616 Suzanne Buisson

Seated meals, showers, clothing for women and children.

🕒 Tuesday-Friday 10am-1.30pm; 2.30-5.45pm

Sharing groups on parentality : 🕒 Thursday

CENTRE DE RESSOURCE JANE VIALLE

Pregnant women an mothers under 25

🏠 33 rue de l'Harmonie, 93000 Bobigny

🚶‍♀️ T1 / 🚌 146/148 Escadrille Normandie Niemen

Mother-baby workshops, discussion groups between young mothers, women's and

children's health prevention workshops, free resource center (baby clothes, small

equipment, etc.), referral to external partners (PMI, planning), administrative support by

appointment on site, psychologist

🕒 Monday 2-5pm

🕒 Tuesday-Thursday 10am-1pm, 2-5pm

🕒 Friday 10am-1pm; 2-4:30pm

Planning and closing times :

Closed all bank holidays

IKAMBERE - LA MAISON ACCUEILLANTE

Femmes vivant avec le VIH et leurs enfants

🏠 14 rue Jules Saulnier, 93200 Saint-Denis

🚶‍♀️ 13 Saint Denis - Porte de Paris

🚌 255, N44 La Plaine Saulnier

Social and parenting support, French classes, seated meals, sport and cultural activities

🕒 Monday to Friday 9am-6pm, no

appointment

• Dance therapy 🕒 Monday 9am-12.30pm

• Personal dietary support 🕒 every other week:

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

• Sewing workshop 🕒 Monday, Thursday 2-6pm

• Food basket 🕒 two Thursdays a month

Closed all bank holidays.

LAO POW'HER

Women between 15 and 25 years old victims of sexist and sexual violence

🏠 Bagnolet 93170

Discussions, legal aid, social and

psychological support, group activities.

Make an appointment 📞 01 71 29 50 02

🕒 Monday; Thursday 2-6pm

🕒 Tuesday, Wednesday, and Friday 10am-1pm

and 2-6pm, closed Friday afternoon

Closed all bank holidays

SOS FEMMES 93

Women victims of domestic violence

🏠 93140 Bondy

Group discussions, domestic violence

awareness promotion

🕒 Monday 5-8pm and Tuesday to Thursday

10am-1pm

Anonymous hotline ☎ 01 48 48 62 27

🕒 Monday-Friday 2-5pm

Closed all bank holidays

DAY CENTERS FOR PARENTS WITH CHILDREN

The Lieu d'Accueil Enfant-Parent (LAEP)

a free and anonymous space that welcomes children under 6 and their parent in the day. A game room and a lounge area are available to beneficiaries. A welcoming team is ready to listen to you.

The space is open to children with mental disability.

⚠️ **Careful**, this is not a childcare service.

Paris

List of LAEP in Paris:

⚠️ **Careful**, this list is non-exhaustive: Contact your PMI (see page 20) or social center (see page 29) to identify the LAEP closest to you.

LA MAISON DES PETITS

Parents with children under 6.

Listening space, Games room and artistic activities - Limited capacity.

🏠 Au Centre-ouest, 5 rue Curial, 75019 Paris

🚶 7 Riquet /  45

🕒 Tuesday-Sunday 2:30-6pm

Last admission 5pm

LA MAISON VERTE

Parents with children under 3.

🏠 13 rue Meilhac, 75015 Paris

🚶 6 Cambonne, 10 Avenue Émile Zola,

8 Commerce /  80 Fondary

🕒 Monday to Friday 2-7pm,

🕒 Saturday 3-6:30pm

Helpw with homework:

🕒 Monday and Thursday 4:30-6pm for

primary-schoolers

🕒 Tuesday 5-6:30pm and Saturday 10am-12pm

for middle-schoolers

Closed all bank holidays and 2nd-8th of March

GRAINE DE FAMILLES

Parents with children under 6.

Anonymous, no registration, donation is asked

🏠 8 rue Perdonnet, 75010 Paris

🚶 2 La Chapelle 4 5 Gare du Nord

 35, 38, 45, 302, 48, N43 Cail - Demarquay

🕒 Monday, Tuesday and Friday 10am-12:30pm and 3:30-6:30pm, Wednesday 3:30-6:30pm, Saturday 10am-12:15pm

Closed all bank holidays


LA BULLE D'AIR €


Parents with children under 4.

A donation is asked

🏠 60 rue Greneta, 75002 Paris

🚶 4 Réaumur - Sébastopol

 29 Étienne Marcel - Montmartre

 20, 39 Sentier


🕒 Tuesday, Thursday and Saturday 9:30am-12:30pm 🕒 Wednesday and Friday 3-6pm

Closed all bank holidays

Seine-Saint-Denis

APJC - LIEU D'ACCUEIL ENFANTS-PARENTS

🏠 23 allée Étienne Dolet, 93320 Les Pavillons-sous-Bois

 146, N45 Président Wilson - Mairie

🕒 Friday 9.30am-12pm (*During school term*)

MAISON DES PARENTS ROSNY SOUS-BOIS

Parents with children between 0 and 4 years old.

🏠 24 rue Édouard Beaulieu,

93110 Rosny-sous-Bois  Rosny-sous-Bois

 4, 116 Mairie - Rosny-sous-Bois RER

 3 Beaulieu

☎ 01 48 94 94 14

🕒 Wednesday, Thursday, Saturday: 3-6:30pm



List of LAEP in Saint-Denis:

<https://bitly.ws/3eTBY>



List of LAEP in Montreuil:

<https://bitly.ws/3eTCj>



HEALTH

 In case of a medical emergency, call 15



General Health

● EMERGENCIES:

This hospital service has to treat patients who are in urgent need of care. You do not need healthcare coverage to access emergency care.

⚠ **Careful**, if you do not have healthcare coverage (AME or CSS), stop by the hospital's social services after having received emergency care. If there is no emergency, please go to a PASS.

● **PASS (Permanences d'Accès aux Soins de Santé):** free medical consultations without healthcare coverage. Come early, there is always a line.

PASS pharmacies are available: if you are prescribed medicine, stop by the hospital's pharmacy service.

Important

- If you do not have healthcare coverage (PUMA, CSS, AME), do not leave the hospital without seeing a social worker.
- Having a French speaker with you can help.
- The translation website **Traducmed** (39 languages) is very useful for medical consultations www.traducmed.fr
- No police check is authorized within PASS.

● Medical organizations that offer FREE consultations.

Closed on all bank holidays

If you have healthcare coverage, please see your primarcy care physician (see Doctolib).

Paris

General PASS

HÔPITAL SAINT-LOUIS ●●

PASS general medicine

🏠 1 avenue Claude-Vellefaux, 75010 Paris

🚶 2 Colonel Fabien

🕒 Monday-Friday from 8.30am

By appointment only. Call on Monday, Tuesday, Thursday or Friday 10am-2pm to make an appointment ☎ 01 42 49 91 30

HÔTEL-DIEU ●●

Go to « Centre diagnostic »:

🏠 1 rue de la Cité, 75004 Paris

🚶 4 / RER B Saint Michel / Cité

Without appointment:

🕒 Monday-Friday: 7.30am and 10.30am-1pm

From 15 years and 3 months old:

Access to PASS Ophtalmology or Dental through General PASS.

HÔPITAL AVICENNE ●●

🏠 125 rue de Stalingrad, 93000 Bobigny (Building Mantout, bottom floor, entry door 2)

🚶 7 La Courneuve - 8 mai 1945

PASS - Medical polyclinic: general medicine, abortion, surgery.

Go to « Unité Villermé »

Make an appointment on site:

🕒 Monday - Friday, 9am-5pm

Secretary: ☎ 01 48 95 51 93

HÔPITAL LARIBOISIÈRE ●●

PASS general medicine

Asf for « Consultation Arc-en-ciel »

🏠 2 rue Ambroise-Paré, 75010 Paris

🚶 4 5 / RER B Gare du Nord

Without appointment:

🕒 Monday to Friday 8am-4.30pm. **Come early!**

HÔPITAL PITIÉ-SALPETRIERE ●●

PASS general medicine

🏠 47-83 boulevard de l'Hôpital, 75013 Paris

🚶 5 Saint-Marcel

🕒 Monday-Friday. **Come at 7am** for an appointment between 8.30am-4pm, subject to availability. ✉ accueil-medint1.pass-pitie@aphp.fr

HÔPITAL SAINT-ANTOINE ●●
PASS - Medical polyclinic
(specialised in scabies treatment)
🏠 184 rue du Faubourg Saint-Antoine,
75012 Paris (Access through rue Crozatier)
🚇 8 Faiderbe-Chaligny / 2 Nation
Available to 16 year olds and over

Ask for «Polyclinique Baudelaire»
Without appointment:
🕒 Monday to Friday, come at 8am.
☎ 01 49 28 29 53/54

Healthcare organizations

COMEDE ●
Open to all without condition.
Medical and gynecological consultations,
therapeutic education, vaccinations,
psychotherapy, osteopathy and socio-legal
follow-ups.
• **Access to an interpreter**
• **First meeting without appointment (cont..)**
Consultations are also available
for unaccompanied minors.

🏠 Hôpital Bicêtre 78 rue du Général Leclerc
94270 Le Kremlin Bicêtre 🚇 7 Le Kremlin-Bicêtre
🚇 14 Hôpital du Kremlin Bicêtre
Access: Second floor, Gate 58, Brown section
🕒 Monday-Friday, 9am-6pm
🕒 Closed Thursday afternoons
*For the 1st appointment, come at least 1 hour
before the centre closes.*

MÉDECINS DU MONDE (CAOA) ●
Open to all without condition. Interpreters
available. Assessment of medical and social
needs. Doctors, social workers, psychologists/
psychiatrists.
🏠 15 bd. de Picpus, 75012 Paris 🚇 6 Bel Air
🕒 Monday, Tuesday, Thursday at 9am-12:30pm
Without reservation. **Come early.**

ACT UP PARIS ●
Open to people with HIV and/or hepatitis.
🏠 8 rue des Dunes, 75019 Paris
🚇 2 Belleville 🚇 7m Buttes Chaumont
🕒 Wednesday 1-5pm
Appointments can be made on another day:
✉ permanence@actupparis.org

Seine-Saint-Denis

General PASS

PASS HÔPITAL ANDRÉ GRÉGOIRE
Medical consultations in general medicine.
🏠 56 boulevard de Boissière, 93100 Montreuil
🚇 102, 129, 301, 545
🕒 mardi 9:30am-1pm and 2-4:30pm
Make an appointment ☎ 01 49 20 71 00
Women and pediatric centre for pregnancy
monitoring/gynaecology: ☎ 01 49 20 31 91

PASS HÔPITAL ROBERT BALLANGER
Medical consultations in general medicine.
🏠 Boulevard Robert Ballanger,
93600 Aulnay-sous-Bois
🚇 11, 15, 45, 607, 617, 619
For appointments ☎ 01 75 63 61 61 or directly
there, building 25, bottom floor, corridor F

PASS HÔPITAL DE VILLE-ÉVRARD
• Consultations in general medicine then
orientation towards a specialist (gynecologist,
endocrinologist, podologist, dentist) if required
• Possibility to make a dentist appointment
directly
No child consultations.
🏠 202 av. Jean Jaurès, 93330 Neuilly-sur-Marne
🚇 113, 127, N41
🕒 Monday to Friday 9am-4pm
Make an appointment ☎ 01 43 09 33 85

Healthcare organizations

MÉDECINS DU MONDE (CASO) ●
🏠 8-10 rue des blés, 93210 La Plaine Saint-Denis
🚇 12 La Plaine - Stade de France
🚇 12 Front Populaire
• **Social clinics (information about l'AME) and
mail:** 🕒 Tuesday and Thursday 2pm-5pm
• **Medical Consultation without appointment
(without AME):**
🕒 Monday, Tuesday, Thursday 9.15am-12pm
and 2-5pm, closed Monday afternoons
• **Collective information about AME:**
🕒 Monday (in Hindi, Urdu, Punjabi), Tuesday
and Thursday (in French) at 9.15am
• **HIV and Hepatitis Prevention and tests:**
🕒 Tuesday, Thursday 9am-12:30pm and 2-5pm

Closed Thursday mornings

Interpreters in bambara, on Monday mornings
and Ourdou on Tuesday mornings

You have questions about your healthcare rights?

COMEDE
Assistance and expertise on questions of access
to residency for medical reason, access to
healthcare, and social welfare for foreigners
who live in Île-de-France.

- **Medical and psychological questions:**
☎ 01 45 21 38 93
🕒 Monday and Tuesday: 2.30pm-5.30pm
Thursday: 9.30am-12.30pm
- **Social and legal questions:** ☎ 01 45 21 63 12
🕒 Monday, Friday: 9.30am-12.30pm and
Monday 2.30pm-5.30pm

SOLIPAM ●
**Pregnant women or women with children
under 3 months.**
Telephone helpline staffed by midwives and
social workers for advice on social support,
pregnancy follow-ups and abortions (IVG).
🕒 Monday to Friday 9am-12:30pm and
1:30-5pm
Call free number ☎ 0801 801 081
Closed on bank holidays

Women and children's health

Protection Maternelle et Infantile (PMI):
this network assesses the needs, guides and
offers consultations to pregnant women and
women with young children. PMIs are free
and accessible without healthcare coverage.
To find the PMI closest to you:
in Paris: [https://www.paris.fr/lieux/centres-
de-pmi/tous-les-horaires](https://www.paris.fr/lieux/centres-de-pmi/tous-les-horaires)
in Seine-Saint-Denis:
<https://seinesaintdenis.fr/-PMI->

Pregnant women must **register in a
maternity clinic** that will follow the

19

Winter 2026

pregnancy and handle the delivery. It
may be difficult to find a clinic, these
structures can help you:
AIMA: [https://aima.sante-idf.fr/app_direct/
aimaidf/](https://aima.sante-idf.fr/app_direct/aimaidf/)
The Réseau de santé périnatale helps with
registration difficulties, abortions (IVG) and
other information needs
• in Paris: 01 48 01 90 28 or contact@rsp.fr
🕒 Monday to Friday 9am-5pm
• in Seine-Saint-Denis: ☎ 01 79 72 54 56
or contact@perinat-nef.org

nata APPLICATION NATA
Mobile app that helps you keep track of your
pregnancy.
SOS ALLAITEMENT IDF
Breastfeeding support telephone helpline for
parents : ☎ 0 800 800 315
🕒 Monday to Friday 7-10pm
🕒 Weekends and holidays: 10am-1pm; 6-9pm

Paris

HÔTEL-DIEU ●●
Maternity welfare centre (Cité)
For pregnant women without housing.
Pregnancy monitoring up to 28 weeks
(ultrasound, medical analysis), help with health
insurance rights. No delivery on-site, possible
referral to maternity hospital for delivery.
🏠 1 parvis Notre-Dame 75004 Paris. Galerie
A1, 6th floor 🚇 4 🚇 10 Saint Michel / Cité
By appointment: ☎ 01 71 28 13 30
🕒 Monday-Friday 9am-5pm
🕒 Thursday 9am-1pm
HÔPITAL ROBERT-DEBRÉ ●●

PASS for unaccompanied minors
PASS for pregnant women.
Gynecology and maternity consultations.
Access through the «Point VERT» zone
🏠 48 boulevard Sérurier, 75019 Paris
🚇 7m Pré Saint-Gervais
Without appointment: 🕒 Monday-Friday: 9am-
4.30pm ☎ 01 40 03 24 94

●●● **HÔPITAL NECKER ENFANTS
MALADES**

PASS for unaccompanied minors

🏠 149 rue de Sèvres, 75015 Paris (M) 13 Duroc
(M) 6 Sèvres-Lecourbe (M) 12 Falguières
🕒 Monday to Friday 9am-4pm. **Make an appointment by phone:** ☎ 01 44 38 17 93

● **PMI CURIAL**

For pregnant women and 0-6 year old children: midwife consultations, pregnancy certificates, vaccinations.

🏠 11 bis rue Curial, 75019 Paris (M) 7 Riquet
🕒 Monday-Friday 8.30am-12.30pm, 1.30-5.30pm

PMI CLAVEL

Children up to 6 years of age

Postnatal care, childcare, psychologist, psychomotor therapy, parent-child workshops.

🏠 6 bis rue Clavel, 75019 Paris
(M) 11 Pyrennées
🕒 Monday 10am-12:30pm and 1:30-6:30pm
🕒 Tuesday-Friday 8:30am-12:30pm and 1:30-5:30pm

AGE-MOISE (SOS GROSSESSE) ●

Psychosocial support for women experiencing pregnancy-related illness. French and English. Free, anonymous and confidential. Open to future fathers

🏠 21-23 rue de l'Amiral Roussin, 75015 Paris Hall 5 (M) 6 / BUS 80 Cambrannes
(M) 10 Emile Zola, 8 Commerce
Make an appointment ☎ 01 45 77 75 51
🕒 Monday to Friday 9am-12.30pm and 1.30-5pm **Closed on bank holidays**

LACTARIUM RÉGIONAL D'ÎLE-DE-FRANCE

🏠 Hôpital Necker Enfants Malades, Pôle Mère-Enfant Laennec, 1st underground level. 149 rue de Sèvres, 75015 Paris
(M) 6 Sèvres Lecourbe, (M) 13 Duroc, (M) 12 Falguière / BUS 28, 39, 70, 82, 87, 89 Pasteur
For any breastfeeding question: ☎ 01 71 19 60 47
🕒 Monday to Friday 9am-4pm (except holidays)
Closed all Bank Holidays

Seine-Saint-Denis

PASS HÔPITAL ANDRÉ GRÉGOIRE

Consultations in general medicine.
🏠 56 boulevard de Boissière, 93100 Montreuil

BUS 102, 129, 301, 545
🕒 Tuesday 9:30am-12pm and 2-4:30pm
Make an appointment ☎ 01 49 20 71 00
Notify if you encounter any specific problem.

PASS HÔPITAL ROBERT BALLANGER

Consultations in general medicine.
🏠 Boulevard Robert Ballanger, 93600 Aulnay-sous-Bois
(RER) B Sevran-Beaumont
BUS 11, 15, 45, 607, 617, 619
Notify if you encounter any specific problem.

 **Sexual health**

Sexual health: gynecological follow-ups, abortion, birth control, testing, prevention and treatment of HIV and STDs (Sexually Transmissible Diseases).

The Centers for Sexual Health inform you on your sexual health and affective life, and offer free and anonymous healthcare consultations.

Condoms are available for free.

⚠ **Careful:** centers do not all offer the same services and are not all accessible to undocumented persons.

Find the health centers:

- in Paris <https://www.paris.fr/pages/sexualite-et-contraception-2374>
- in Seine-Saint-Denis <https://seinesaintdenis.fr/santesexuelle>

Voluntary Interruption of Pregnancy in France: a pregnant woman, included underage, who does not want to carry her pregnancy to term can request an interruption. Abortions are practiced up to the 14th week of pregnancy (16 weeks after the 1st day of your last period). Abortion is free and can be performed in one of these structures:

Paris

PLANNING FAMILIAL

No appointment needed. Info on birth control, abortion, STDs, sexuality, relationships and violence. Also available: pregnancy test,

testings, emergency contraception, oral contraception prescription.
Medical consultations (abortion pill, gynecological follow-up, birth control) after a discussion group and info session on sexual health, by appointment ☎ 01 42 60 93 20

🏠 10 rue Vivienne, 75002 Paris
(M) 3 Bourse Palais Royal / BUS 29
🕒 Monday 2-7pm and Thursday 2-5pm

🏠 Centre Hittorf, 2 rue Hittorf, Paris 75010 (M) 4 Château d'Eau, (S) Jacques Bonsergent
BUS 38 Mairie du 10^e
• Appointments without registration:
🕒 Monday 10am-12:30pm, Tuesday 10am-12pm and Wednesday 4pm-7pm.
• Medical consultations (gynecological follow-up, birth control) after a discussion group and info session on sexual health, accessible to minors, without health cover
🕒 Monday 5pm

🏠 Centre Massena, 9 villa d'Este, 75013 Paris
(M) 7 Porte d'Ivry / N31 Porte d'Ivry
• Info without appointment 🕒 Wednesday 10am-5pm and Friday 10am-4pm
• A space for listening, information, and access to care for trans, non-binary, and/or questioning individuals:
🕒 The 2nd and 4th Wednesdays of the month at 2 pm
First, a group session to learn about and share experiences regarding hormone therapy. Then, individual consultations with a doctor for initial prescriptions or prescription renewals. With or without health insurance.
☎ Call to make an appointment: 01 42 60 93 20

**CENTRE DE SANTÉ SEXUELLE
DE L'HÔTEL-DIEU PARIS CENTRE**


🏠 1 place du parvis Notre-Dame, 75004 Paris, Galerie A, 6th floor.
☎ 01 42 34 83 00 ✉ css.paris.htd@aphp.fr
🕒 Monday to Friday 9am-7pm
(M) 4 Cité, (M) 11 Hôtel de Ville
(RER) B Saint-Michel/Cité
BUS 21, 24, 27, 47, 38, 85, 96 Saint-Michel

CMS RIDDER

🏠 3 rue Ridder, 75014 Paris (M) 13 Plaisance
Interpreters available.
• Gynecology, vaccination
• Birth control, abortion
• STD, HIV and HPV testing
• Psychologist, sexologist, family and couple counselor
• Social worker
• Family planning and general practitioner, make an appointment by phone ☎ 01 58 14 30 30 or on site
🕒 Monday to Friday 8am-7pm
🕒 3 Saturdays per month 9.15am-12.45pm
• For testings, make an appointment online: <https://bit.ly/3N4SbX7>

CMS BELLEVILLE

Open to all without condition.

🏠 218 rue de Belleville, 75020 Paris
(M) 11 Télégraphe / BUS 20, N12, N23 Pixérécourt
🕒 Monday to Friday 9:15am-6pm
🕒 Closed everyday from 12:30 to 1:30pm
• **Midwife:** Monday 9am-12.30pm/1.30-4.30pm
• **Vaccination:** Friday 2-4:30pm
• **Testing:** Monday-Friday 9.15am-4.30pm, Thursday 1.45-5.45pm, Saturday 9.15-11.45am
• **Generalist doctor:** (without healthcare cover) : Tuesday-Friday 9.15am-12pm
• **Pneumologist:** Tuesday, Wednesday morning, Thursday morning
• **Psychologist Consultations for youth, under 18** (upon orientation by generalist doctor)
🕒 Monday 2-5pm
Interpreters available.
Make an appointment: ☎ 01 40 33 52 00 or
 Doctolib (generalist doctor and pneumologist appointments only by phone)

INFO SEXUALITÉ-CONTRACEPTION-IVG

☎ 0800 08 11 11 or online chat: <https://ivg-contraception-sexualites.org/>
🕒 Monday to Saturday 9am-8pm


**CENTRE D'INFORMATION ET DE DÉPISTAGE
DE LA DRÉPANOCYTOSE (CIDD PARIS)**

Open to all without condition.
Testing and information on sickle-cell anemia.
Interpreters available.
🏠 13 rue Charles Bertheau, 75013 Paris
(M) 7 73a Porte de Choisy
🏠 16-18 rue Cavé, 75018 Paris

M 4 Château Rouge
BUS 302 Saint-Bruno
Make an appointment ☎ 01 45 82 50 14
☎ Monday-Friday 9am-12pm and 1:30-5pm
Closed all Bank Holidays

COMITÉ DES FAMILLES
Open to people who carry HIV.
🏠 18 rue de la Mare, 75020 Paris
M 2 Ménilmontant, **11** Jourdain / **BUS** 96, 26
• Social and medical individual support (diagnosis, social interviews)
• Group activities (sports, arts)
• Mens and womens talking groups
• Specific support for pregnant and breastfeeding women
☎ Monday-Friday 10am-5pm
Check the schedule:
<https://www.comitedesfamilles.net/agenda>
If possible, notify us before coming
by phone ☎ 01 40 40 90 25 or
by email ✉ contact@comitedesfamilles.net

CENTRES DE VACCINATION DE LA VILLE DE PARIS
Open to all without condition.
Vaccination starting at 6 years old.
Interpreters available.
• 🏠 16 rue Cave, 75018 Paris
M 4 Château Rouge / **BUS** 302 Saint-Bruno
Make an appointment on site
or ☎ 01 53 41 35 90
• 🏠 1 Parvis Notre-Dame - Place Jean-Paul II, 75004 Paris
M 4 Cité / **BUS** 47, 75 Cité - Parvis Notre-Dame
Make an appointment on site
or ☎ 01 42 34 84 84
• 🏠 13 rue Charles Bertheau, 75013 Paris
M 7 **T3a** Porte de Choisy
Make an appointment on site
or ☎ 01 45 82 50 00
• 🏠 12 rue Tiphaine, 75015 Paris
M 6 8 10 / **BUS** 80 La Motte Piquet Grenelle
Make an appointment on site
or ☎ 01 53 95 47 00

DESSINE MOI UN MOUTON 
Pregnant women or with children who carry a genetic or infectious pathology (HIV, sickle cell anemia, hepatitis)
☎ Monday to Saturday 9:30am-6pm
🏠 29 Rue Pajol, 75018
M 2 La Chapelle / **12** Marx Dormoy **BUS** 38,35
More info on page 14.

ACTIONS TRAITEMENTS
Women living with HIV.
Association of patients.
🏠 23 rue Duris 75020 Paris
M 3 Père Lachaise, **2** Ménilmontant
BUS 71 Ménilmontant - Nanettes
• Therapeutic, psychological and social support
By appointment
☎ Monday to Friday 10am-6pm
☎ 06 51 62 16 20 ✉ accompagnement@actions-traitements.org
actions-traitements.org
• Helpline:
Info, support, and advocacy for people living with HIV and other co-infections.
☎ 06 66 45 47 03
✉ at@actions-traitements.org
Closed all Bank Holidays

Seine-Saint-Denis

PLANNING FAMILIAL 93
🏠 3-5-7-9 rue Édouard Vaillant, 93200 Saint-Denis
T1 Basilique de Saint-Denis
BUS 11, 253, 255 Cité Langevin
Make an appointment ☎ 01 55 84 04 04
• Gynecological consultations, abortion, birth control, STD testing.
• Support for victims of sexist and sexual violence
☎ Monday 9:30am-12:30pm
☎ Tuesday and Thursday 2-5pm, Wednesday 9am-12:30pm and 2-5pm

PMI & CMS HENRI BARBUSSE
Translators available (ISM)
🏠 62 Av. Gabriel Péri, 93400 Saint-Ouen-sur-Seine **M 13** Garibaldi
☎ Monday to Friday 8.30am-12.30pm and 1.30-7pm
Open to all without condition:
• Assistance with accessing healthcare services, health mediators
• General medical consultations (children, adults), vaccinations, psychology, gynecology, contraception, medical abortion
For people with health insurance (AME, CSS):
• Dentists
By appointment in person, via Doctolib or by phone:
☎ 01 49 45 68 90

MAISON DES FEMMES
Free healthcare accessible to undocumented persons.
☎ Monday to Friday 9am-5pm
🏠 1 chemin du Moulin Basset, 93200 Saint-Denis
T1 / **BUS** 153, 353 Hôpital Delafontaine
☎ 01 42 35 64 39
• Pluridisciplinary assistance (medical and psychological, social and legal) for women victims of violence and sexual mutilations.
☎ Monday to Friday 9am-5pm
• Emergency legal and medical assistance to rape and sexual assault victims.

Mental health

Emergencies

Emergencies

● HÔPITAL SAINT-ANNE

From 16 years old.

Call before going:
☎ 01 45 65 81 09 / 01 45 65 81 10
🏠 1 rue Cabanis, 75014 Paris **M 6** Glacière
☎ 24/7 - every day, at any time or call the free emergency number 112

Free psychological consultations

● HÔPITAL AVICENNE

🏠 125 rue de Stalingrad, 93000 Bobigny (Mantout Building) Ground floor, door 2
M 7 La Courneuve - 8 mai 1945
Mental health: psychologists specialised in psychotraumatology, interpreters available.
Make an appointment by phone or email:
☎ 01 48 95 54 74
✉ psychotrauma.avicenne@aphp.fr
☎ Monday-Friday: 9am-4pm

● PARCOURS D'EXIL

For anyone in exile who is suffering from psychological trauma.

For minors, check the website.

🏠 4 avenue Richerand (2^e étage), 75010 Paris
M 2 Colonel Fabien **M 11** Goncourt
☎ Friday 3rd of April ☎ 01 45 33 31 74
✉ accueil@parcours-exil.org
☎ Monday-Friday 9:30am-12:30pm / 1:30-5:30pm

Women who've been victims of violence

● FEMMES ENTRAIDE AUTONOMIE

Female victims of violence.
🏠 Pépinière Mathis, 9 rue Mathis, 75019 Paris
M 7 Crimée
People to speak to, individual psychological support, women's discussion groups, sport and well-being workshops.
☎ Without appointment: Wednesday 2-5pm
☎ By appointment: Tuesday, Thursday, Friday
☎ 07 45 69 01 37 (Call on Monday 9:30am to 5pm, Thursday 9:30am-12)

Addictions

Only for people with addiction to psychoactive substances.

● ESPACE FEMME

For adult women who are victims of violence, in sex work, addicts or HIV positive.
🏠 3 boulevard Magenta, 75010 Paris
M 4 Château Rouge **M 11** République
• **Group sessions:**
☎ Monday and Friday 9.15am-3.30pm,
☎ Tuesday-Thursday 9.15am-12.30pm
• **Nurse:** ☎ Monday 1-3.30pm
☎ Tuesday and Wednesday 9.15am-12.30pm
• **Socio-aesthetician:** ☎ Friday 9.15am-3.30pm
• **Podiatrist:** ☎ Monday 9.15am-1pm
• **Individual sessions by appointment:**
☎ Tuesday and Wednesday 1.30-4.30pm
• **Social Assistant:** Wednesday 9:15am-12:30pm
Generalist Doctor: Thursday 9:15am-12:30pm



CLOTHES

Paris

VESTIAIRE ÉGLISE SAINT-BERNARD

🏠 5 rue Pierre l'Ermite, 75018 Paris
 (M) 4 Château-Rouge (M) 2 La Chapelle
 (M) 2 4 Barbès-Rochechouart
 ⌚ 2 Thursdays per month 9am-12pm
While (limited) stocks last. Come early.

VESTIAIRE DE L'ASSOCIATION ACCUEIL SOLIDARITÉ SAINT AUGUSTIN

Men, women and children
Call before going! ☎ 01 42 93 20 52
 🏠 46 bis boulevard Malesherbes, 75008 Paris (Church basement)
 (M) 9 Saint-Augustin (M) 3 12 13 Saint-Lazare
 ⌚ Tuesday 2.30-4.30pm
Closed from 21st of February-9th March, and 6th of April

BOUTIQUE EMMAUS RIQUET

Affordable baby clothes and small equipment.
 🏠 40 rue Riquet, 75019 Paris
 (M) 7 Riquet / BUS 35, 45 Jean Moulin
 ⌚ Wednesday 11am-5:45pm and Saturday 10am-5:45pm

Seine-Saint-Denis

BOUTIQUE EMMAUS COUP DE MAIN

Affordable adult and baby clothes and toys.
 🏠 31 avenue Édouard Vaillant, 93500 Pantin
 (RER) E Pantin / BUS 170, 249, 330
 ⌚ Wednesday to Friday 2:30-7pm, and Saturday 10am-1pm and 2-7pm
Closed on the 1st of April and all bank holidays

SECOURS CATHOLIQUE VESTIAIRE SOLIDAIRE ÉPINAY

Affordable baby clothes.
 🏠 1 Rue Olympe de Gouges, 93800 Épinay-sur-Seine
 (RER) C Épinay-sur-Seine Gare
 (T8) Gilbert Bonnemaison / BUS 254
 ⌚ Tuesday 2-4pm, Thursday 9-11am and 2-4pm, Friday 9-11am
 Without appointment.

VESTI-BOUTIQUE MOBILE 93

Affordable and free women and baby clothes. Check their opening hours and locations on their Facebook:
 <https://www.facebook.com/VestiBoutiqueCRF93> or call ☎ 06 71 95 39 22

Parking de la Maison du Temps Libre
 (RER) B Vert Galant / BUS La Poste 642, 643
 ⌚ Thursday 2-4:30pm 19th of February, 19th of March and 23rd of April

SECOURS CATHOLIQUE LE BLANC-MESNIL

Affordable baby clothes.
 🏠 Paroisse Notre-Dame, 35 av. de la République, 93150 Le Blanc-Mesnil
 (RER) B Le Blanc Mesnil
 BUS 346, 607 Église Notre Dame
 ☎ 06 73 50 15 95
 ⌚ Thursday 9am-12pm
Closed on bank holidays

SECOURS CATHOLIQUE VILLEPINTE

Affordable baby clothes.
 🏠 7 rue de l'église, 93420 Villepinte
 BUS 642 Sanatorium / BUS 619 Mairie de Villepinte
 ☎ 01 43 84 50 97
 • Social support and Vestiaire
 ⌚ Wednesday 3-6pm
 ⌚ Saturday 10am-12pm
 By appointment, please call during opening hours.



DOMICILIATION

DOMICILIATION is a postal address where you can receive your mail from the French administration. It is therefore an essential step to benefit from your social rights. Your domiciliation address can be different from your housing address.

Asylum seekers must be domiciliated in a SPADA: see Watizat guide, page 36.

Paris

PARIS ADRESSE

🏠 10 Rue Eugénie Eboué, 75012 Paris
 (M) 1 8 Reuilly - Diderot
Initial enquiries by appointment only
 To make your first request or to renew your domiciliation for domiciliation:
paris.fr/pages/vivre-au-quotidien-112

New places open up everyday.

⌚ Monday-Friday 9am-5pm
 Wednesday 9am-12.30pm
Postal collection:
 🏠 90 rue Saint-Denis, 75001 Paris
 (M) 11 Rambuteau
 ⌚ Monday-Friday 8am-6pm Thursday 8am-7pm
 ✉ dsol-paris-adresse@paris.fr

Seine-Saint-Denis

If you can justify a link to the municipality, you can request domiciliation from the CCAS of the city where you live.

Whether you are in a legal situation or not, a link with the municipality is established if:

- your child goes to school there
- you work there
- your close family lives there
- you get social or medical support there or your benefit from a professional integration program there
- you have undertaken procedures with institutions or associations there



BAG STORAGE

ASSOCIATION LA MIE DE PAIN

Anyone over 18 years old
 🏠 113 rue Regnault, 75013 Paris
 (M) 7 Porte d'Ivry (M) 14 Olympiades
 ⌚ Tuesday-Saturday 8.30am-12pm, 1.45-5pm.
 Closes at 4pm on Tuesdays and Fridays

Make an appointment: ☎ 01 44 06 96 88
 on Wednesday 1.30-1.45pm
Closed on all bank holidays



RESTORING FAMILY LINKS

LA CROIX ROUGE FRANÇAISE RÉTABLISSEMENT DES LIENS FAMILIAUX



1. For those who need help finding a lost family member: help for people who lost a family member due to conflict, a natural disaster, or migration. ☎ 07 77 46 62 40
 ✉ rlf.dt75@croix-rouge.fr

This is a free service. All personal details will stay confidential.

Free telephone available to call family and friends internationally.

2. If you want to contact a family member internationally by phone/text:

🏠 In front of the subway (M) 2 La Chapelle ⌚ Monday 2-5pm

🏠 In front of the subway (M) 2 Couronnes ⌚ Wednesday 9:30am-12pm

🏠 «La Rochefoucauld» 15, av du Général Leclerc, 75014 Paris (M) 6 4 (RER) B Denfert Rochereau ⌚ Thursday 2-5pm

🏠 Halte Humanitaire Rivoli 2 rue Perrault 75001
 (M) 1 Louvre-Rivoli
 ⌚ Wednesday 4, 18 February and March 2-5:30pm

🏠 Halte Humanitaire Diderot 164 boulevard Diderot 75012 Paris
 (M) 2 Nation
 ⌚ Wednesday 11th, 25th of February and March, 2-5:30pm

Distribution Resto du Coeur

🏠 7 Av. de la Porte de la Villette, 75019 Paris
 (M) 7 Porte de la Villette
 ⌚ Thursday 9:30am-12pm

PARENT SUPPORT

Paris

FASTI

- 🏠 58 rue des Amandiers, 75020 Paris
- 🚶 2 Père Lachaise
- 🚌 69, 61 Auguste Métivier
- Group discussions on pregnancy.
- 🕒 Monday 1.30pm

CENTRE SOCIAL ET CULTUREL SOLIDARITÉ ROQUETTE

For Paris residents.

- 🏠 48 rue de la Roquette, 75011 Paris
- 🚶 1 5 8 Bastille, 9 Voltaire / 🚌 69, 46
- « Les Pitchouns »: daycare for children aged 6 months to 3 years old. **Closed all Bank holiday**
- 🕒 Monday-Friday 8:30am-6pm
- Registration by phone ☎ 01 49 23 81 50 or by email ✉ lespitchouns@solidariteroquette.fr
- Parents-children workshop once a week.
- ✉ accueil@solidariteroquette.fr

CENTRE SOCIAL LA 20^{EME} CHAISE

- 🏠 38 rue des Amandiers, 75020 Paris
- 🚶 2 3 Père Lachaise / 🚌 61, 69
- 📌 Membership: 8 €, 5 € (18-25 years old), family 12 €

During school holidays:

- 🕒 Monday to Friday 10am-12:30pm and 1:30-5:30pm

Outside of school holidays :

- 🕒 Tuesday, Thursday, Friday 10am-12:30pm and 2-7pm
- 🕒 Saturday 10am-12:30pm and 1:30-5:30pm
- Swap Meet: 🕒 Wednesdays 2-4 pm and Saturdays 10.30 am-12.30 pm
- Parent-Child Space (La chaise trotteuse): Parent-child space offering parenting support
- 🕒 Thursday mornings 10 am-12 pm
- Times may vary on bank holidays**

LES PÂTES AU BEURRE

- Mental health prevention and parenting support. Free, anonymous, no appointment necessary. Children welcome. No age limit.
- 🏠 140 rue du Faubourg Saint Martin, 75010 Paris
- 🚶 4 5 7 Gare de l'Est
- 🚌 32 Faubourg-Saint-Denis
- On-site support from a team of two

- psychologists: 🕒 Monday 11.30am-1.30pm; Wednesday 9-11am **(during school term)**
- Dance workshops for pregnant women
- 🕒 Thursday 12th of February, 19th of March, 9th of April 10-11:30am
- Free Mouvement Dance Workshop
- 🕒 Thursday 12th of February, 19th of March, 9th of April 12:30-2pm
- By appointment: ✉ paris@lespatesaubeurre.fr
- 🏠 La Villette (Little Studio)
- 211 avenue Jean Jaurès, 75019 Paris
- 🚶 T3 Ella Fitzgerald
- 🕒 Every other Wednesday 3-5pm (4th and 18th of February and March)

- Le Fil des Pâtes au Beurre
- ☎ 02 40 16 90 50, national telephone line
- 🕒 Monday 9-11am, Friday 12-2pm

DESSINE MOI UN MOUTON

- Pregnant women or with children carrying an infectious or genetic pathology (HIV, sickle-cell anemia, hepatitis B)**
- 🕒 Monday to Saturday 9:30am-5.30pm
- 🏠 29 Rue Pajol, 75018
- 🚶 2 La Chapelle / 12 Marx Dormoy
- 🚌 38,35
- More information on page 14.

Seine-Saint-Denis

LA MAISON DU BÉBÉ

- 🏠 1 chemin du Moulin Basset, 93200 Saint-Denis
- Support for parents of children up to 3 years old pour (18 months max at registration).
- Support and play area for babies aged 0 to 3 years and their parents
- 🕒 Monday and Wednesday 2-3:30pm

CRAIF À LA MAISON DE L'AUTISME

- Assistance and orientation for parents of autistic children.
- 🏠 10 rue Waldeck Rochet, bâtiment 521, 93300 Aubervilliers
- 🚶 12 Front Populaire / 🚌 45, 139, 239, 302
- 🕒 Monday to Friday 10am-1pm and 2-5pm
- 🕒 Closed Tuesday morning
- ☎ 01 49 28 54 20 or ✉ contact@craif.org
- For potential time changes, please see: <https://www.craif.org/actualites-9>**

RELAIS DES PARENTS

For parents of all age children.

- Individual psychological consultations, group workshops (notify us if you need childcare)
- By appointment on site or by phone**
- ☎ 01 49 15 72 20
- 🕒 Monday-Thursday 9am-12.30pm and 1.30-5.30pm
- 🏠 37-39 rue Victor Hugo, 93500 Pantin
- 🚶 5 Église de Pantin
- 🚌 249 Lycée professionnel Simon Weil



FRENCH CLASSES

Registration required

FEMMES RELAIS MÉDIATRICES INTERCULTURELLES

- 🏠 3-5 place des Nations Unies, 93022 Bobigny
- 🚶 T1 Pont de Bondy
- 🚌 234 Robespierre - Édouard Vaillant
- Socio-linguistic workshops for all levels (one class per day). Registration on site.
- Yearly subscription 50€**
- 🕒 Monday-Friday 9am-1pm and 2pm-4pm
- 🕒 Closed Wednesday afternoon

No registration required

BAAM

- Courses for all levels, non-degree or certificated courses, without registration. 🏠 10 locations in Paris and Ivry. More information and timetables on website: baamasso.org/fr/ateliers-francais

Potential closures during school holidays

Seine-Saint-Denis

LEARN FRENCH

- For people with residency permits.**
- Assessment of your French level and orientation to an adapted class:



- For people who live or receive social support in the Est Ensemble area:**
- <https://formation-rsa.seinesaintdenis.fr/evenement/a635cada-0be5-4e85-97f1-a7bca0887e7d>



- For people who live or receive social support in the 93 Nord area:**
- <https://formation-rsa.seinesaintdenis.fr/evenement/5cc06d4b-d627-415d-8a18-644a1ea9f4ee>



- For people who live or receive social support in the Grand Paris Est area:**
- <https://formation-rsa.seinesaintdenis.fr/evenement/44762416-36aa-4183-9c10-3634b16c8e18>



- For people who live or receive social support in the Plaine Commune area:**
- <https://formation-rsa.seinesaintdenis.fr/evenement/a635cada-0be5-4e85-97f1-a7bca0887e7d>



EMPLOYMENT

Professional Support

- 🔵 Asylum procedure
- 🔴 Dublin
- 🟡 Refugees
- 🟢 Residency permit

SISTECH









- Women refugees with level A2 in French.
- Training program for technology and digital professions. By registration, using this form: https://sis.tech/apply/refugee_women_france/ or ✉ france@sis.tech




MISSION LOCALE

- Unconditional access. For young people aged 16 to 25 with a residence permit, work permit or API for young people with BPI.**
- 🕒 On-site enrollment: Monday-Friday at 9am or 1.30pm. **Closed Thursday afternoons**
- **For those domiciled in the 1^{er}, 2^e, 3^e, 4^e, 9^e, 10^e et 11^e arrondissements :**
- 🏠 29/31 rue des boulets, 75011 Paris
- 🚶 9 Rue des boulets
- **For those domiciled in the 5^e, 12^e, 13^e, arrondissements:**
- 🏠 93 rue Jeanne d'Arc, 75013 Paris



- For more French classes:**
- www.reseau-alpha.org

- (M) 6 National**
- For those domiciled in the 6e, 7e, 14e, 15e et 16e arrondissements :
 24/26 rue de Chatillon, 75014 Paris
 **(M) 4** Alesia
 - For those domiciled in the 8e, 17e et 18e arrondissements :
 9 impasse Milord, 75018 Paris
 **(M) 13** Porte de Saint-Ouen
 - For those domiciled in the 19e :
 65 rue d'Hautpoul, 75019 Paris
 **(M) 5** Ourcq
 - For those domiciled in the 20e :
 3 rue de l'Est, 75020 Paris
 **(M) 11** Jourdain

ADAGE ●●
 Support for women seeking professional training and employment.
 Residency permit with work authorization required. A basic level of French is needed.
 17 rue Bernard Dimey, 75018 Paris
 **(M) 13**  **T3b** Porte de St Ouen
 For info and registration:
 Call ☎ 01 58 59 01 67
 Come to the site

🕒 Monday-Friday 8.30am-12.30pm and 1.30-5.30pm.
 Children welcome.
Closed all Bank Holidays

- **KODIKO**
- Career support with a professional support worker for 6 months: 10 individual meetings with companies / 12 group workshops for finding a job or training / French lessons (level A2/B1 and B1/B2) / computers available to borrow and introductory course in IT skills.
 - 2 sessions per year :
The next cohort starts in April
 - Planned activities for young people, women and more experienced people
 - Possible childcare
 - Requirements: be looking for a job or training / live in France / be a refugee, stateless, or receive subsidiary or temporary protection or family reunification / have an oral A2 level French and be available one day a week (Monday-Friday).

To enroll fill in the form:



SOCIAL AND CULTURAL ACTIVITIES, AND SPORTS

Social centers are open to all, and free or at low cost.

Each center proposes different activities, such as:

- French classes
- Parent support and parents-children areas
- Leisure and cultural trips and outings for families and/or for youth and children
- School support
- Workshops: cooking, arts and craft, sports, gardening...
- Wellbeing workshops, group walks

Find the social center closest to you

- in Paris: <https://paris.centres-sociaux.fr/annuaire/>
- in Seine-Saint-Denis: <https://seinesaintdenis.centres-sociaux.fr/le-reseau-93/#>

You can also get involved in social centers as a volunteer.

TERRAIN D'AVENIR

Several sports (climbing, basketball, rugby, football, swimming, yoga (women and mixed), step, modern dance, running with registration.




To register : <https://airtable.com/appLNQFLcL9tvmroq/shrF2MCyNqXat6giI>

NOUR

Beginners, mixed, women-only yoga sessions.



By registration: reservation.nour-yoga.com

 For other courses in Paris,
 ☎ 06 12 64 83 64

✉ contact@nour-yoga.com

LIMBO

-  '104', 5 rue Curial, 75019 Paris
 **(M) 2** **(S) 5** **(R) 7** Stalingrad, Riquet and Marx Dormoy
- **Art mediation workshops:**
 Thursdays 2.30-5pm (with bank holidays)
 - Mixed discussion group:** once a month
 Maison des Réfugiés, 10b rue Henri Ribière, 75019 Paris  **(M) 14** Place des Fêtes
 - Drop-in open to everyone:** Tuesday 3-5pm (including bank holidays).
 - Women's speaking group with Family Planning:** First Tuesday of the month.
 Various locations
 - **Cultural outings:** Twice a month
- Contact: ✉ ateliers.limbo@gmail.com




Libraries

FREE

Access books, computers, WiFi, and outlets to charge your phone.

BIBLIOTHÈQUE PUBLIQUE D'INFORMATION

-  bâtiment Lumière, au 40 avenue des Terroirs de France 75012 Paris  **(M) 14** Cour Saint-Émilion
- 🕒 Monday to Friday 12-10pm.
 - 🕒 Saturday and Sunday 11am-10pm
 - Closed on Tuesdays.**

French conversation workshops:

- 🕒 Friday at 1pm (complete beginners), 2pm, 4pm and 6pm

No workshop on the 27th of February or 6th of March

Access to healthcare clinic: 🕒 Every second

- Wednesday of the month 2-6pm
- 🕒 11th of February and March

Find all of Paris' libraries:

<https://bibliotheques.paris.fr/la-liste-des-bibliotheques.aspx?lg=fr-FR>

Find all of Paris' public sports centers:

<https://www.paris.fr/pages/pratiquer-un-sport-librement-2431>

Find all the addresses and opening hours of

Paris' public swimming pools:

<https://bit.ly/33MAvgE>

LEGAL PROCEDURES



You want to apply for asylum in France

SEEKING ASYLUM means you are asking for a country's protection because you are in danger as you have been persecuted and threatened in your country of origin due to your religion, nationality, political opinion, race or social group (gender, disability, sexual orientation).

Certain persecutions concern **only women** :

- If your **gender** is a cause of persecution: forced marriage, domestic violence, physical abuse, honour crimes
- If the persecution is based on your **biological sex**: risk of sexual mutilation, forced abortions.

To obtain protection in France, you must still be in danger if you return to your country. Seek advice from a specialist organisation, see page 8.

To start your asylum application, you must call the single number for asylum applications: ☎01.42.500.900 which will give you an initial appointment at: CAFDA (if you have children) in Paris and/or 93, or at a SPADA in Paris and/or 93 (if you are a single woman)

- 🏠 CAFDA
184 rue du Faubourg-Saint-Denis 75010 Paris
🚶 4 5 RER B Gare du Nord
- 🏠 SPADA
39 rue des cheminots, 75018 Paris
🚶 12 Porte de la Chapelle
- 92 boulevard Ney, 75018 Paris
🚶 4 Porte de Clignancourt

Applying for asylum for your child

If you apply for asylum, your application also applies to any children accompanying you. If you do not obtain the refugee status, but your child finds themselves in danger or has personal fears of serious harm recognised by OFPRA or CNDA, **he/she may be granted subsidiary protection.**
If you are granted refugee status or subsidiary protection, your children will be able to obtain a resident card, during the year of their 18th birthday.

If your child joins you in France, or is born in France after you have been refused asylum, he/she can **register an individual asylum application.**

If your child was born in France and is at risk of genital mutilation if they return to her country of origin, they may be granted refugee status. You must demonstrate that the child would be at risk of genital mutilation and that their country of origin cannot protect them.
You will need to prove that your child has not already undergone genital mutilation by presenting a medical certificate from the forensic medical unit, Unité médico-judiciaire (UMJ).

To obtain a medical certificate, you can present yourself to:

- Paris: Forensic medical unit of l'Hôpital Hotel-Dieu (**UMJ**)
🏠 1 place du Parvis Notre-Dame, 75004 Paris
Call ☎ 01 42 34 82 34
Contact ✉ ofpraumi75.htd@aphp.fr with the invitation to your interview at the OFPRA and the asylum application certificate.

- Seine Saint Denis :
🏠 Unité médico-judiciaire de Jean Verdier
Avenue du 14 Juillet, 93140 Bondy
☎ 0148026506
Or
🏠 CHI André Grégoire
Bâtiment C 56 rue de la Boissière 93100 Montreuil Sous Bois
🕒 Tuesday and Thursday. For an appointment:
☎ 0673666401 ✉ reparonslexcision@gmail.com

It is possible that the appointment given by the UMJ may be after your OFPRA appointment. In this case, you must inform the OFPRA agent during your interview and show them the paper with the scheduled appointment date. You can then send the certificate.

Female Genital Mutilations

You can be recognised as a refugee on the grounds of female genital mutilation:

- **if you have not already undergone the procedure**: you will need to present a medical certificate confirming that you have not been circumcised
- if you have been **threatened** to undertake the procedure
- if your country **does not protect you**

You can request a medical certificate from any doctor if you are an adult. For your child, you will need to go to the UMJ (Unité Médico-Judiciaire).

Forced Marriage

You must prove that **you have been threatened or subjected to violence for refusing to marry.** It is very difficult to prove forced marriage and obtain protection on these grounds.

Honour Crimes

Honour crimes refer to violence or murder committed against women by a family member in the name of individual or family honour.
You must prove that your refusal to follow tradition or custom led to you or other members of your family suffering various forms of violence, and that you had to flee your country for this reason.

Forced Prostitution

If you have been forced into prostitution in **your country of origin**, you may be eligible for refugee status based on your social group. For assistance, please visit **the Bus des Femmes**, see page 9.

Sexual Violence

Sexual violence does not qualify you for refugee status, but it may support another reason for persecution. **For assistance, see pages 9 and 10.**

Assessment of vulnerability

L'OFII assesses your vulnerability in order to **identify your needs.** You will be required to complete a one-page **questionnaire** about your accommodation and special needs. If you are considered vulnerable, you will be given priority for a place in an accommodation centre. Accommodation and the ADA (money paid as part of the asylum application) go hand in hand; if you refuse accommodation, you will not receive the ADA.

You may be considered vulnerable if: you are a minor / ill / disabled / elderly / pregnant / alone and accompanied by minor children / a victim of human trafficking / if you have suffered sexual mutilation and violence.



RESIDENCE PERMITS

My child is recognised as a refugee

Once your child has been recognised as a refugee, you can apply for recognition of your status as a **parent of a refugee child**.

If your child has been granted refugee status, you are entitled to a **residence card**. If your child has been granted subsidiary protection for the same reasons, you are entitled to a **multi-year, renewable residence permit** valid for a maximum of four years.

Applications for residence permits are made on ANEF, the Prefecture's online site. If you have never applied for asylum or a residence permit, i.e. you do not already have a foreigner number (9 or 10-digit number on your asylum application certificate or receipt), you must submit your application on the simplified procedure website.

Once you have obtained it, you can apply for financial assistance (see page 40).

Documents to bring:

- Parent's passport or identity card
- Parent's birth certificate
- Child's birth certificate
- OFPRA decision recognising the child as a refugee
- E-photos

I am a victim of domestic violence

If you are:

- **married to a French national and a victim of violence**
- **a victim of violence by your partner or former spouse and you are a family reunification beneficiary.**

If your residence permit depends on your union with this person and you wish to leave the household and/or divorce, **you can apply for another private and family life residence permit so that you are not in an irregular situation.**

To obtain it, **you must prove that you have been abused**, obtain a **protection order from the family court judge** and apply for a residence permit at the prefecture.

1 / To obtain evidence:

- **File a complaint.** You can file a complaint at a police station or gendarmerie. Social workers at police stations can help you. If you are an undocumented immigrant, it is best to have someone accompany you to the police station. You will receive a receipt for your complaint immediately.
- **Medical Certificate**
- **Divorce proceedings on the grounds of fault**

2 / After obtaining protection from the family court judge, you must apply for a residence permit titled 'private and family life' in the prefecture.

To obtain it, you will need to provide the following documents:

- proof of nationality
- proof of address dated within the last 6 months
- 3 passport photos
- the protection order issued by the family court judge

If you are the spouse of a French national, you will be issued with a two-year multi-year card. If you are a family reunification beneficiary, you will be issued with a general multi-year card valid for a maximum of four years.

It is also possible to apply for **exceptional admission to stay on humanitarian grounds** on the Simplified Procedures website of the Prefecture in your area of residence. Though, this procedure is rarely used.

If you are an Algerian national, you are not protected by these provisions.

I am victim of forced prostitution in France

If you are a victim of **forced prostitution** and you file a complaint or testify against the perpetrators, you can obtain a '**private and family life**' residence permit that authorises you to work.

You will need to provide the following documents:

- proof of civil status
- proof of nationality
- proof of address dated within the last six months
- 3 recent passport photos
- a receipt for the complaint or legal proceedings

It is also possible to apply to the Prefecture for **exceptional admission to stay on humanitarian grounds**. Though, this procedure is rarely used.

If you are an Algerian national, you are not protected by these provisions.

I have been living in France for 5 years and my children are in school

If you have been in France **for more than 7 years and your children have been attending school in France for at least 3 years**, you can obtain a '**private and family life**' residence permit.

You will need to provide the following documents:

- proof of civil status
- proof of nationality
- proof of address dated within the last six months
- 4 passport photos
- proof of residence in France for 5 years (tax documents, dated documents, etc.)
- school certificates

You can contact the Réseau Education Sans Frontière (RESF) for assistance with this process, see page 9.

I would like to apply for a residence permit for my child who entered the country as a minor

If your child **has lived in France since and before the age of 13 with one of their legitimate parents**, they can apply for **French nationality at the age of 18 and/or a one-year 'private and family life' residence permit**.

If your child is an **Algerian national and has lived in France since and before the age of 10**, he/she can apply for a **10-year residence certificate at the age of 18**.

If your child is a **Tunisian national and has lived in France since and before the age of 10**, he/she can apply for a **temporary residence permit at the age of 18**.



FAMILY REUNIFICATION

Family reunification: if you are recognised as a refugee or benefit from subsidiary protection and wish your family to join you in France

You can bring your family members to France, if they are:

- Your spouse (husband or wife), your cohabiting partner or partner with whom you lived in another country before arriving in France.
- Your children from a previous relationship under the age of 18 for whom you have custody.
- Your spouse's children under the age of 18 for whom he/she has custody.

For more information: <https://bit.ly/3zkCDeZ>

Please note: if the union or marriage took place after the date on which you submitted your asylum application, this will be a different, more difficult family reunification procedure.

How can you bring your family over?

1/ Your family must apply for a **long-stay visa at the French Consulate** closest to their place of residence.

You will need the following documents:

- a completed form
- your family members' passports
- 4 passport photos per member
- proof of your OFPRA protection
- a copy of your birth and/or marriage certificate.
- proof of parentage (birth certificate, among other things) and proof of contact with the person (money transfers, call records, etc.)

The review of the file costs €99.

2/ Once the application has been registered at the consulate, the person must make an **appointment at the French embassy in the country.**

The Refugee Families Office will ask you for:

- a copy (front and back) of your residence card or receipt
- a form concerning your family situation
- proof of address

3/ The procedure can take a long time.

If the long-stay visa is granted, **your family has 3 months to travel to France.**

- If the visa application is refused or if you do not receive a response from the consulate, **you have 2 months to lodge an appeal.**

How can I get help?

You can contact the associations La Cimade and Safe Passage for assistance with your application (see page 9).

- The SPADA or the accommodation centre where you were staying while your asylum application was being processed: They can assist you in claiming your rights, finding a new address and accommodation.
- The municipal social services centre (CCAS) in the town where you live or are staying: Request an appointment with a social worker to get help with the process and to submit an application for social housing.

Family Reunification: if you have a residence permit and wish your family to join you

If you have a residence permit, **you can bring your spouse and underaged children to France under certain conditions.**

You must be able to prove that you:

- **Have the right to reside in France:** a residence permit valid for at least one year (employee/private and family life/student/visitor, etc.) or a resident card or a receipt for the renewal of one of these permits
- **Have been residing legally in France for 18 months:** residence permit valid for more than 1 year, residence card, long-stay visa, residence permit valid for less than 1 year, temporary residence permit, asylum application certificate
- **That you and your partner have stable financial resources (salaried employment, assets, retirement pension):**
 - For 2 or 3 people: €1,766.92 per month over the last 12 months.
 - For 4 or 5 people: €1,943.61 per month over the last 12 months.
 - For 6 or more people: €2,210.30 over the last 12 months.

Please note: family benefits and the revenu de solidarité active (RSA) are not taken into account.

- **Have accommodation that is suitable for the size of your family:**
 - The criteria depend on your local authority, but you can use this simulator: <https://www.service-public.fr/simulateur/calcul/zonage-abc>.
 - Minimum: 22 m² for a couple without children, plus 10 m² per additional person (for more than 8 people, add 5 m²).

Your family must:

- **reside abroad**
- the spouse you wish to bring over must be of **legal age and legally married to you**
- the **children** you wish to bring over must be **minors, born to you, from your other relationship(s) or from another relationship of your spouse if the other parent does not have parental authority**

To prepare your application:

- List of documents to provide: <https://www.service-public.fr/simulateur/calcul/dossierRegroupementFamilial>
- CERFA form to be completed: <https://www.service-public.fr/particuliers/vosdroits/F11166>

Applying for citizenship for my child

If your child arrived in France before the age of 13, he/ she may apply for naturalisation at the age of 18.

I want to divorce my violent partner

I want to protect my child from being abducted by their other parent

- your identity document
- your child's birth certificate
- proof of address, a certificate of accommodation

SOCIAL RIGHTS



TAKING CARE OF YOUR CHILD(REN)

Finding a place in a maternity ward

Registering for a maternity ward allows you to monitor your pregnancy and prepare for childbirth.
You can fill out an online form at:
https://aima.sante-idf.fr/app_direct/aimaidf/.
You can also call this number: ☎ 01 46 34 00 60

If you do not receive a reply, your file will be forwarded to AIMA, who will help you find a place. You can contact AIMA for any difficulties related to maternity ward registration and pregnancy monitoring.

Childcare

1/ Children aged between 2 years and a half and 3, can attend municipal childcare during the day. You do not need a residence permit to enroll your child in childcare.

You must register your child at the district or city council office:

- fill in an online form on your council's website after you are more than 6 months pregnant
- confirm your registration by bringing the following to the council office: your identity document, your child's identity document, your family record book, your child's birth certificate, your tax notice or proof of income. You may be asked for a certificate of accommodation/proof of residence and a reason for having your child looked after (work, training).

- You can also go directly to the town hall where you live or are staying.
- Some nurseries offer emergency childcare, which allows for faster admission and gives families the option of arranging full-time or part-time childcare.

The cost of childcare will depend on your income. In Paris, you will pay a minimum of €4 per day.

Once you know which childcare your child will be attending, **make an appointment within 10 days to bring in the registration documents.**

2/ If you are a single parent and are looking for work, you can apply to enrol your child aged 0 to 3 in an AVIP childcare if you are in one of the following situations:

- you are registered as a job seeker
- you receive RSA income support
- you are a job seeker and a single parent
- you are a job seeker and you live in a neighbourhood classified as 'politique de la ville'
- you are a job seeker, you are under 25 and you do not have a diploma

If your child is offered a place in an AVIP childcare, you will also receive social and professional support. You can visit a France Travail agency for more information.

Enrolling your child at school

School is **compulsory from the age of 3 for everyone**, even if you do not have a residence permit and/or accommodation.

1/ For maternelle and primary school, you must go to the town hall of your district/town:

- your identity document
- your child's birth certificate
- a vaccination record

- 2/ For collège and lycée, you must go to the education authority in your department:**
- Paris : Académie de Paris : 12 boulevard d'Indochine, 75019
 - Seine-Saint-Denis : Académie de Créteil, 4 Rue Georges Enesco, 94000 Créteil

If this is your child's first time attending secondary school in France, they will need to take a language test at CASNAV in Paris or at the CIO in other cities in the Île-de-France region. To assess their level and determine whether they need extra French lessons (UPE2A class), you will need to make an appointment.

To register your child, you will need to bring:

- proof of identity
- your child's birth certificate
- school reports if your child was previously enrolled in another city in France and a certificate of deregistration from their former school (unless they are changing levels, e.g. nursery school to primary school, primary school to college, or college to lycée)
- proof of residence or accommodation

If the academy does not accept your proof of residence, you must:

- bring the school certificate of another of your children who is enrolled in school
- ask your social worker to write a social report attesting to your situation and your ties to Paris or Seine-Saint-Denis. If possible, ask them to come with you.

Registering your child for the school canteen

1/ Primary and collège in Paris:

To enable your child to eat in the canteen at their primary or collège in Paris:

- Register directly with the school or at the local council office.
- The price of meals varies according to parental income. To pay an amount appropriate to your situation, you must go to the school cashier's office at the town hall of the district where your child attends school with:
 - your identity document
 - your child's birth certificate
 - your latest tax notice (if you do not yet

have one, you can ask your social worker to provide you with a certificate of your financial situation)

- The price of meals varies from 0.13 cents to 7 euros in Paris.

This pricing will be applied to all your children's extracurricular activities (afternoon tea, extracurricular activities, study sessions, etc.). So don't forget to send it to Paris Famille (the organisation that manages extracurricular activities) so that the correct rate is applied to your bills.

You can submit this pricing information directly on your Paris Famille account (<https://familles-portail.paris.fr/>) or visit the office at: 210 quai de Jemmapes 75010 Paris.

2/ Schools and collèges in Seine-Saint-Denis:

To enable your child to **eat for free in their school canteen** if you live in Saint-Denis:

- book online: you must create a personal account on the saintdenienligne.fr website
- book by filling in a paper form at the town hall.

To enable your child to **eat in the canteen** in Seine-Saint-Denis:

- Collège : You must complete this online form to register: <https://restocollege.seinesaintdenis.fr/magic-link/>
- Maternelle and primary school: ask your child's school how to do this or go to the town hall/CCAS (social services centre) in the town where your child goes to school. The price of a meal ranges from €0.33 to €6.40 depending on your income. To get a cheaper meal price, you will need to show proof of your situation: a CAF certificate less than 3 months old, your tax notices or a letter from your social worker when registering for the canteen.

3/ Secondary schools (lycées) in Paris and Seine-Saint-Denis:

For your child to eat at their secondary school canteen in Paris and Seine-Saint-Denis: The price of a meal ranges from €0.50 to €4.58 depending on your income. To get a cheaper meal price, you will need to show proof of your situation: a CAF certificate less than 3 months old, tax notices or a letter from your social worker when registering for the canteen.

Obtaining a long-term accomodation

To access stable accommodation, you must contact a social worker who will submit a request for stable integration on your behalf via the SIAO.

This request is a lengthy process, generally taking several months or even years. The request must be updated every three months by your social worker to ensure its continuity. Access to accommodation is unconditional.

If you are in a regular situation, you can also apply for social housing. You can do this either with your social worker or directly at the town hall.

You can ask for a «diagnostic MVS» to get a more stable housing at the «**Maison de la Veille Sociale**» (MVS), with a social worker or by calling the 115. It's the «SIAO» request.

The waiting period for accommodation is very long. Families and sick people are given priority. **You must confirm your file every six months with the MVS or 115 and report any changes in your situation (address, telephone number, family, etc.).**

ACCOMODATION

Call 115 for emergency accommodation

You can call 115 if you need accommodation: it is free and you do not need to have a residence permit.

Many people call 115, so you may have to wait several hours before someone answers. **You will need to call several times until you hear the welcome message, then stay on the line until someone answers.**

When you get through to someone, explain your situation.

You will have a better chance of getting emergency accommodation if you call at 8 o'clock in the morning and you are in one of the following situations:

- You are more than 7 months pregnant.
- You have children under 3 months old.
- You have a serious medical condition.
- You have been a victim of violence.

You can also try calling at 8pm to see if you can get a last-minute place.

If you are staying at the 115 emergency shelter in the 93 department, you can request a **certificate of accommodation by calling 115**. You can also ask a social worker for help.

Asking for financial support

You can apply for **financial assistance from the local council because you have children**.

You can undergo the administrative procedures with the help of a social worker:

- In Paris: at an Espace Solidarité Insertion (ESI) or a Permanence Sociale d'Accueil (PSA), with a social worker (see pages 14,15).
- In Seine-Saint-Denis: at the CCAS, maison des solidarités
- If you have a residence permit, you can go to the Centre Communal d'Action Social (CCAS) in your town.

Please note: there is no guarantee that your application will be successful. It depends on your situation.

Single parent allowance

If you are **raising your child(ren) alone, have a low income and hold a residence permit**, you can apply for the single parent allowance:

- Apply 6 months after separating from your spouse.
- Prove that you have the right to be in France.

You can complete the application on the CAF website or visit their offices.

The allowance will be **paid until your youngest child reaches the age of 3**.

Domiciliation

A registered address is an administrative address where you will receive your mail. It is necessary in order to begin any administrative procedures. You will generally need guidance from your social worker. There are also



ADMINISTRATIVE PROCEDURES

Obtaining your income tax notice

Having a tax notice is useful for your administrative procedures. You must do this every year. The first application is made using a paper form that you can find online or at the tax service centres for individuals (SIP). If this is not the first time you have filed your taxes, you can do so online (<https://www.impots.gouv.fr/accueil>) with your tax reference number and a code that was sent to you on your tax notice.

To file your taxes, you will need:

- Proof of identity (passport, identity card, residence permit, etc.)
- Proof of address and proof of residence as of 1 January
- Your bank details (RIB)
- Your marriage certificate if you are married. If you are not married, you must file your taxes separately. If you have children together, they can only be declared on one of your tax returns.
- A birth certificate for each of your children

Obtaining an accommodation certificate (115 Paris)

Having proof of accommodation is **useful for your administrative procedures**.

If you are staying at the 115 emergency shelters in Paris, **you can obtain your certificate on the website <https://115.paris/>** : "I request proof of accommodation".

You can also ask a social worker for help.



Accessing healthcare for you and your child

1/ As an asylum seeker who has been in France for at least three months, you are eligible for health insurance coverage through the **Universal Basic Health Coverage (PUMA) and Supplementary Health Insurance (CSS)** programmes as soon as your asylum application is registered. **This covers your medical and hospital expenses for yourself, your spouse (if they are legally resident) and your children free of charge.**

Tip: Choose health centres or make sure that there are no additional fees, i.e. that your healthcare professional is categorised as sector 1.

You can get help with this process from:

- The organisation where you are staying
- The organisation responsible for supporting you while your asylum application is being processed (SPADA)
- Certain associations (see page 8)
- The social services department of the hospital where you are already receiving treatment.

If your child is applying for asylum alone, it is possible to apply for PUMA just for him/her. You will need to have the child's asylum application receipt and CAFDA coverage.

2/ If you are in an irregular situation: **the AME entitles you to medical and hospital care**, within the limits of the Social Security rates. You do not need to pay upfront. Please note that some types of care are not covered. It is important to check that the care you need is covered before receiving it. This applies in particular to certain dental and ophthalmological treatments.

Advice: Choose health centres (CMS) and call them before you go to make sure they accept

the AME. They are legally obliged to accept it, but this is often not the case. You can obtain the AME if:

- You do not have a residence permit, asylum application receipt, or document certifying that you are in the process of obtaining a residence permit.
- You have been residing in France and are in an irregular situation for more than three months without interruption.
- Your income does not exceed a certain amount:

<https://www.ameli.fr/assure/droits-demarches/situations-particulieres/situation-irreguliere-ame>

The conditions regarding length of stay and income do not apply to children: they only need to have parents in an irregular situation to be eligible for AME. For them, the application can be made as soon as they arrive in France.

First AME application:

- Download: <https://www.ameli.fr/sites/default/files/formulaires/formulaire-ame-s3720h.pdf> or pick it up directly at a CPAM reception desk.

- You will need: your identity document and those of your children (if you have a passport, you will need photocopies of all pages, even blank ones), proof of address and proof that you have been in France for more than 3 months and less than a year, and proof of income if you have any.

NB: you must declare a certain income. If you enter 0, you will not be eligible for AME.

- Submit your AME application at a CPAM reception desk in your place of residence. If this is your first application, you must go to the CPAM counter with your passport. If it concerns a renewal, you can send it by post.

- If you are an unaccompanied minor, or if you are unable to travel to submit the application (reduced mobility), you can send the application by post with proof of your situation or a sworn statement.

To visit a CPAM reception centre, you must make an appointment:

- By telephone on 36 46

- At CPAM reception centres
- In exceptional circumstances, at a healthcare facility or PASS at the hospital where you are receiving treatment.

You can ask for help in putting together your application at one of the following organisations:

- Communal or inter-communal social action centre (CCAS) in your place of residence
- Day centre (page 13,14)
- Hospital social services (page 17)
- Associations (page 8)

The CPAM must inform you of its decision within two months. If the application is accepted, the person can collect their AME card, which is valid for one year from the date of application. Please note that renewal is not automatic; you must reapply two months before the card expires.

3/ **If you are pregnant and/or have children under the age of 6**, you can also go to a **Maternal and Child Protection Centre (PMI)**:

- Free of charge, regardless of administrative status
- Reception, advice, consultations, workshops, interviews

List of PMIs in Paris: <https://www.paris.fr/lieux/centres-de-pmi/tous-les-horaires>
List of PMI in Seine-Saint-Denis: <https://seinesaintdenis.fr/enfance-education-jeunesse/petite-enfance/les-centres-de-pmi-en-seine-saint-denis/>

Abortion

You have the right to have an **abortion up to the end of the 14th week of pregnancy, regardless of your administrative status.** If you decide to have an abortion, **you must contact a doctor to prepare for the procedure.** If the doctor refuses, you will need to see another one. If you are a minor, you will need to see a social worker. It is advisable to go to a family planning centre:

- Paris : <https://www.planning-familial.org/fr/le-planning-familial-de-paris-75>

- Seine-Saint-Denis : <https://www.planning-familial.org/fr/le-planning-familial-de-la-seine-saint-denis-93>

Contraception

Contraception refers to all methods used to prevent pregnancy and protect against sexually transmitted infections and diseases (STI and STD). In France, contraception is free in all pharmacies for those under 26 years of age.

A family planning centre will help you:

- Paris : <https://www.planning-familial.org/fr/le-planning-familial-de-paris-75>
- Seine-Saint-Denis : <https://www.planning-familial.org/fr/le-planning-familial-de-la-seine-saint-denis-93>

GENERAL ADVICE

Transport Discounts

You can pay less for transport:

- If you receive Revenu de Solidarité Active (RSA) income support: your travel pass is free
- If you have AME health insurance: your travel pass is 50% off
- If you have PUMA health insurance: your travel pass is 75% off
- If you are a student receiving a grant, you may be eligible for a discount, depending on the amount of your grant.

You can apply for this on Solidarité Transport: <https://www.solidaritetransport.fr/>

Prices for children:

- Under 4 years old: their travel pass is free.
- From 4 to 11 years old (not including 11): travel pass at £24.80 per year (Imagine R Junior).
- 12 to 18 years old: pass costs €384.30 per year (Imagine R Scolaire). You will need to speak to the school social worker to obtain discounts or refunds. It is possible to pay in installments.

FEBRUARY 2026

	lundi	mardi	mercredi	jeudi	vendredi	samedi	dimanche
26	27	28	29	30	31	1	
2	3	4	5	6	7	8	
9	10	11	12	13	14	14	
16	17	18	19	20	21	22	
23	24	25	26	27	28	1	

MARCH 2026

	lundi	mardi	mercredi	jeudi	vendredi	samedi	dimanche
2	3	4	5	6	7	8	
9	10	11	12	13	14	14	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30	31	1	2	3	4	5	



Citymapper is a free phone app that helps you get around in Paris and work out your journey in advance so you don't get lost.

The Metro works in Paris and its suburbs.

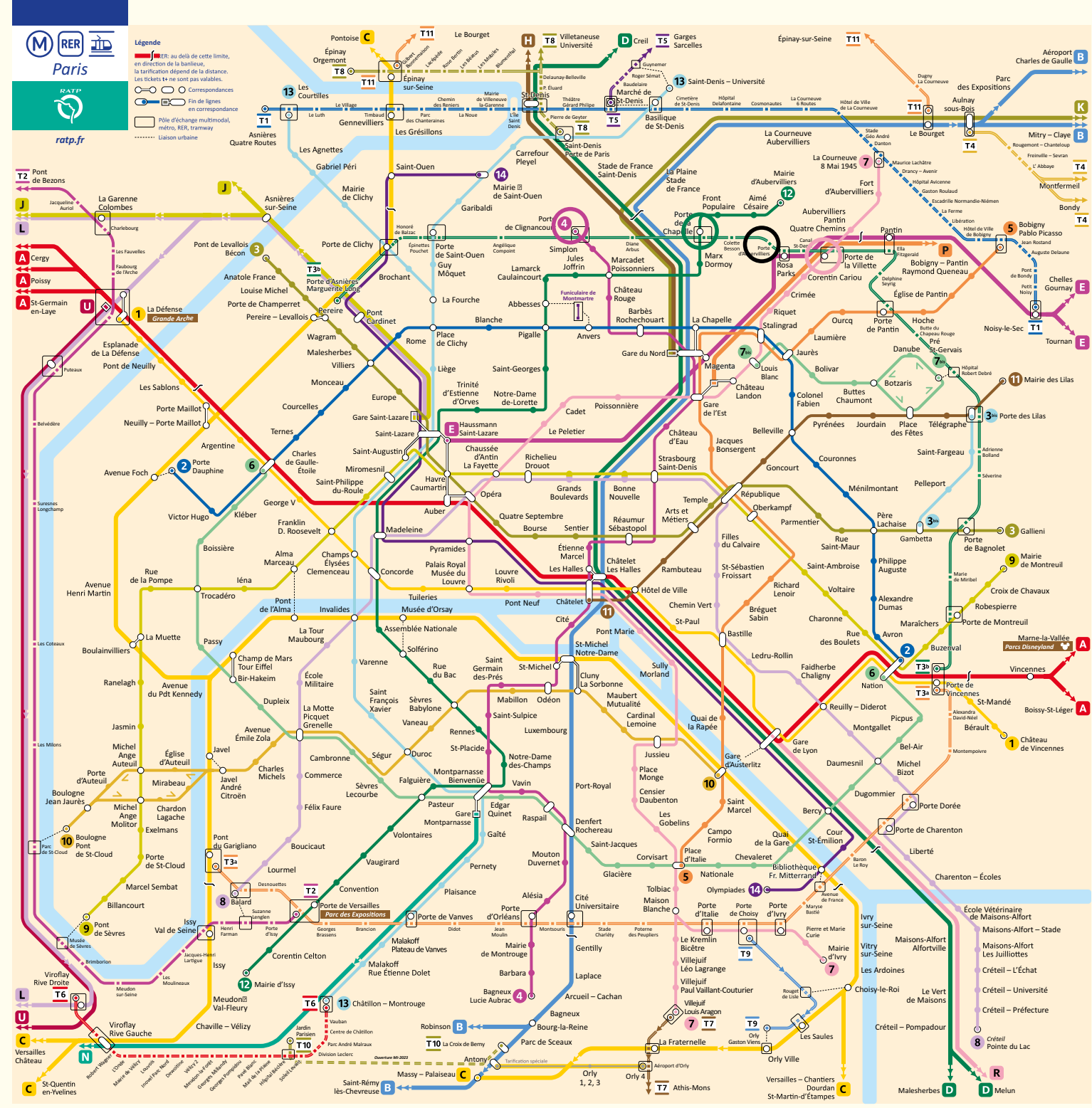
The RER is a train network that allows you to get around between Paris and the rest of the region.

- Porte de Clignancourt
- Porte de la Chapelle
- Porte d'Aubervilliers
- Porte de la Villette

Nous remercions les bénévoles et toutes les structures, associations et collectifs qui font vivre le projet ! ❤️

This guide is a collaborative project led by the associations Watizat, MaMaMa, Action Contre la Faim and Solinum.

For more addresses check
<https://soliguide.fr/en>





WINTER 2026

PARIS AND SEINE-SAINT-DENIS
ENGLISH



If you are a woman seeking asylum, a refugee, or undocumented woman, with or without children, this guide is for you.

It contains useful addresses and advice on procedures that are regularly updated!

This guide is available for exiles in Paris, Lyon, Toulouse, and in the Oise department (95).



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