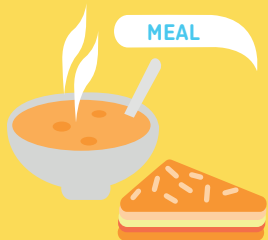


MEAL



RECEPTION



HEALTH

SOLIDARITY GUIDE BOOK

Rennes

English

 **CCAS**
rennes

TAKE
A SHOWER



RECEIVE
LETTERS



ARE YOU WITHOUT FINANCIAL RESOURCES AND / OR A FIXED RESIDENCE ?

This practical guide book brings together all the addresses and useful informations for your daily life: find an accommodation, have a meal, find clothes, receive mail, access health care, get legal advice or advice on your social integration, etc.

SUMMARY

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Meaning of the symbols you will find in this guidebook:



Face-to-face reception



Reception on the phone



By appointment



Bus



Metro



The services in this guide are free, unless a price is specified

M • T • W • T • F : { Monday • Tuesday • Wednesday • Thursday • Friday } : If the letter is grey then the reception is closed on that day



WELCOME, INFORMATION AND GUIDANCE

Do you need an emergency accommodation, information or support with administrative procedures ?

Organisations in Rennes are here to inform and guide you.

COORDINATION ACCUEIL ORIENTATION / COORDINATION WELCOME GUIDANCE

**Sauvegarde de l'Enfant à l'Adulte
/ Protection from Child to Adult
(SEA35) - Pôle Précarité Insertion
/ Social Integration Center**

Address / Rue de la Barbotière

Tél. 02 99 27 50 60

 C4, bus stop Paul Bert

 Whom is this for?

- French citizens
- People with a residence permit for more than one year
- European citizens with the right to access an accommodations
- Beneficiaries from international protection



M • T • W • T • F
9:00am - 12:30pm
and 2:00pm - 5:00pm



M • T • W • T • F
9:30am - 12:00pm



M • T • W • T • F
2:00pm - 5:00pm

SERVICE DE PREMIER ACCUEIL DES DEMANDEURS D'ASILE / FIRST WELCOMING SERVICE FOR ASYLUM SEEKERS (SPADA)

Address / 33b, rue Auguste Pavie
Tél. 02 99 51 86 28

 **11, bus stop Auguste Pavie**

 **Whom is this for?**

- Asylum seekers

SKOAZELL

SEA35 – Pôle Précarité Insertion
Insertion / Social Integration
Center

Address / Rue de la Barbotière
Tél. 02 99 27 50 60

 **C4, bus stop Paul Bert**

 **Whom is this for?**

- People without rights,
or residence permit,
with a mailing address
- People with underage children
or without children
- Families accommodated for
less than two months



M • T • W • T • F
9:00am - 12:00pm



M • T • W • T • F
2:00pm - 5:30pm



M • T • W • T • F
9:30am - 12:00pm



M • T • V • T • F
9:30am - 12:30pm
and 2:00pm - 5:00pm



DAILY LIFE

Receive your letters/posts

If without a stable home, do you need an address to receive your letters ?

Several organizations offer free post service.

SERVICE ÉLECTION DE DOMICILE (EDD) /ADDRESS CHOICE SERVICE

SEA35 – Pôle Précarité Insertion
/ Social Integration Center

Address / Rue de la Barbotière

Tél. 02 99 27 50 60

 **C4, arrêt Paul Bert**

 **Whom is this for ?**

- French citizens
- People with a residence permit for more than one year
- European citizens with the right to access an accommodation t
- Beneficiaries from international protection



M • T • W • T • F

9:00am - 12:30pm

and 2:00pm - 5:00pm

Registration by appointment



M • T • W • T • F

9:30am - 12:00pm

Letters Delivery

Surname starting with the letters
from A to J

Surname starting with the letters
from K to Z



MONDAY AND THURSDAY

9:30am - 12:00pm




WEDNESDAY AND FRIDAY

9:30am - 12:00pm

SERVICE DOMICILIATION 35 / MAILING SERVICE 35

Address /22, rue Bahon Rault
Tél. 02 99 84 27 17

 **C2, arrêt Donelière**

 **Whom is this for ?**
• Asylum seekers



M • T • W • T • F
10:00am - 12:30pm

Registration of new arrivals
WEDNESDAY AND THURSDAY
10:00am - 12:30pm

Letters Delivery

Surname starting with the letters
from A to K

Surname starting with the letters
from L to Z



MONDAY AND THURSDAY
2:00 pm - 4:30 pm




TUESDAY AND FRIDAY
2:00 pm - 4:30 pm


CROIX ROUGE FRANÇAISE / FRENCH RED CROSS

Unité locale de Rennes

Address / 4, rue de la Sauvaie
Tél. 02 99 67 75 77

 **C1, arrêt Sauvaie**

 **Whom is this for ?**
• People without financial
resources, or administrative
rights / status
• Adults with no fixed residence
with or without children

Registration by appointment
 **TUESDAY AND THURSDAY**
9:30am - 11:30am
and 2:30pm - 4:30pm
WEDNESDAY AND FRIDAY
9:30am - 11:30am

Letters Delivery



M • T • W • T • F
9:30 am - 11:30 am



Take meal

RESTAURANT SOCIAL LEPERDIT LE FOURNEAU

Address / 5, rue Clémence Royer
Tél. 02 99 67 37 30

 **9, bus stop Voltaire or Malakoff**

 Meal : 1 €

On-site lunch or to take away

 **Whom is this for ?**

- Adults without income or with low income
- People without fixed residence



M • T • W • T • F

8:45am - 12:45pm

SATURDAY


8:45am - 11:45am

Benefit from packed lunch

CROIX ROUGE FRANÇAISE / FRENCH RED CROSS

Unité locale de Rennes
Address / 4, rue de la Sauvaie
Tél. 02 99 67 75 77

 **C1, bus stop Sauvaie**

 A financial contribution is requested.

 *The Registration must be done for you by a social worker.*



M • T • W • T • F

9:30am - 11:15am

and 14:30pm - 16:15pm

FRIDAY

9:30am - 11:15am

LES RESTOS DU CŒUR

Address / 118, rue de l'Alma
Tél. 02 23 30 28 50


 **12, C3, arrêt Jacques Cartier**

 **Jacques Cartier
or Clemenceau**

LES RESTOS DU CŒUR

Address / 25, rue de la Donelière
Tél. 02 99 33 23 93

 **C2, 12, 14, bus stop Donelière**


 *Registration based on file and
financial resources.*

COEURS RÉSISTANTS

Address / 19, rue Legraverend
Tél. 06 35 28 58 62
coeurs.resistants@gmail.com

 **31, bus stop Dinan**

 **Sainte-Anne**

 *No pre-registration required.
No financial participation
required.*

SECOURS POPULAIRE

Address / 14 rue des Veyettes
Tél. 02 99 53 31 41

 **11, bus stop pré Gare**

 *Registration based on file
and financial resources.*



**Open from the end of
november to mid-march**
M • T • W • T • F
8:30am - 11:30am

**Open from mid-march
to the end of november**
M • T • W • T • F
8:30am - 11:30am



**Open from the end of
november to mid-march**
M • T • W • T • F
1:30pm - 4:30pm

**Open from mid-march
to the end of november**
M • T • W • T • F
1:30pm - 4:30pm



M • T • W • T • F • S • S
12:30pm - 2:00pm

**Itinerant marauding
downtown**
M • T • W • T • F • S • S
7:00pm - 11:00pm



M • T • W • T • F
9:30am - 11:30am
and 2:00pm - 3:30pm

SATURDAY
10:00am - 12:00pm
Students and workers
have right of way

Take a shower

LIEU D'ACCUEIL DE JOUR LE PUZZLE / DAYTIME RECEPTION CENTER LE PUZZLE

SEA35 – Pôle Précarité Insertion

Address / Rue de la Barbotière

Tél. 02 99 27 50 62

 **C4, bus stop Paul Bert**

BAINS DOUCHES MUNICIPAUX / MUNICIPAL SHOWER BATHS

Address / 2, rue Gambetta

Tél. 02 23 62 15 40

 **C3, bus stop Place Pasteur**

 Bath : 2€

Shower : 1€

SECOURS CATHOLIQUE

Address / 10, rue Louis Guilloux

Tél. 02 99 54 11 01

 **C4, 53, bus stop Louis Guilloux**



M • T • W • T • F • S • S

1:15pm - 4:45pm

Also open on public holidays



M • T • W • T • F

9:00am - 12:15pm

Closed July & August



M • T • W • T • F

9:00am - 11:00am

Closed on public holidays

Hairdressers

LES RESTOS DU CŒUR

Address / 118, rue de l'Alma

Tél. 02 23 30 28 50



M • T • W • T • F

8:30am - 11:30am

SECOURS CATHOLIQUE

Address / 10, rue Louis Guilloux

Tél. 02 99 54 11 01



1st Monday of the month

9:00am - 11:00am

Closed on public holidays

 **C4, 53, bus stop Louis Guilloux**

 2€

Wash and dry your laundry

LIEU D'ACCUEIL DE JOUR LE PUZZLE / DAYTIME RECEPTION CENTER LE PUZZLE

SEA35 – Pôle Précarité Insertion

Address / Rue de la Barbotière

Tél. 02 99 27 50 62

 **C4, bus stop Paul Bert**

 1€

SECOURS CATHOLIQUE

Address / 10, rue Louis Guilloux

Tél. 02 99 54 11 01

 **C4, 53, bus stop Louis Guilloux**



M • T • W • T • F • S • S

1:15pm - 4:45pm

Open on public holidays



M • T • W • T • F

9:00am - 11:00am

MONDAY

2:00pm - 5:00pm

Closed on public holidays

Take a rest

LA PAUSE

Address / 4, place Saint-Méline

salle Molène

Tél. 02 99 67 38 44

 **Sainte-Anne**

SECOURS CATHOLIQUE

Address / 10, rue Louis Guilloux

Tél. 02 99 54 11 01

 **C4, 53, bus stop Louis Guilloux**



**From November 1st
to March 31**

Every evening

07:00pm - 8:00pm

Hours may vary



M • T • W • T • F

9:00am - 11:00am

MONDAY :

2:00pm - 5:00pm

(receiving homeless)

WEDNESDAY :

2:00pm - 5:00pm

(receiving migrants)


Closed on public holidays

Find clothes

CROIX ROUGE FRANÇAISE / FRENCH RED CROSS

Unité locale de Rennes
Address / 4, rue de la Sauvaie
Tél. 02 99 67 75 77

 **C1**, bus stop Sauvaie

 Financial participation required,
or free on social prescription
and orientation from
the "Samu Social"

LES RESTOS DU CŒUR

Address / 118, rue de l'Alma
Tél. 02 23 30 28 50

 **C3, 12**, bus stop Jacques Cartier

 **Jacques Cartier**
ou Clemenceau

LES RESTOS DU CŒUR

Address / 25, rue de la Donelière
Tél. 02 99 33 23 93

 **C2, 12, 14**, bus stop Donelière

SECOURS POPULAIRE

Address / 14, Rue des Veyettes
Tél. 02 99 53 31 41

 **11**, bus stop Pré Garel



WEDNESDAY
2:30pm - 5:00pm



**Open from the end
of november to mid-march**
M • T • W • T • F
8:30am - 11:30am

**Open from mid-march
to the end of november**
M • T • W • T • F
8:30am - 11:30am



**Open from the end
of november to mid-march**
M • T • W • T • F
1:30pm - 4:30pm

**Open from mid-march
to the end of november**
M • T • W • T • F
1:30pm - 4:30pm



MONDAY
2:00pm - 4:00pm

BOUTIQUE / SHOP "LA GRIFFE SOLIDAIRE"

Address / Rue Guillaume Lejean
(facing the Jeanne d'Arc church)
Tél. 02 99 54 11 01
Port. 06 74 42 53 87

BUS C3, 31, bus stop Jeanne d'Arc

→ *Clothes at low cost,
-50% reduction upon
presentation of the "Sortir !" Card.*



M • T • W • T • F
2:00pm - 5:00pm

M • T • W • T • F
10:00am - 5:00pm

SATURDAY
9:30am - 12:00pm
Shortened hours
during the summer

Store your belongings

BAGAGERIE SECOURS CATHOLIQUE

Address / 10, rue Louis Guilloux
Tél. 02 99 54 11 01
Port. 07 58 15 57 23

BUS C4, 53, bus stop Louis Guilloux

€ 1€ for the first drop-off.

→ *Only bags, suitcases and cardboard
boxes are accepted. Furniture and
household appliances are refused.
1 suitcase (or 1 bag) per person.*

 **Whom is this for ?**

- People over 18



M • T • W • T • F
9:00am - 11:00am
Closed on public
holidays



Getting around

To get around in Rennes and its metropolis by bus, metro, or bicycle, you can benefit from Solidary pricing of transport if you have a low income.

It allows you to travel for free or at a reduced price.

To benefit from this, it is necessary to have a Korrigo card. If you do not have a card, you can create one by going to STAR agency .

AGENCE STAR / STAR AGENCY

Address / 12 rue du Pré Botté
Tél. : 09 70 82 18 00

 République

You must then go to a Communal Social Action Center (CCAS) for the processing of your request.

CCAS CENTRE

Address / 7 rue Kléber
Tél. : 02 99 02 30 35

 C3, bus stop Place Pasteur

 République



M • T • W • T • F

7:00am - 7:30pm

SATURDAY

9:00am - 6:30pm



M • T* • W • T • F

8:30am - 12:30pm

and 1:30pm - 5:00pm

*Closed on Tuesday
morning matin



Identical hours
for all CCAS

CCAS CLEUNAY-SAINT CYR

Address / 25 rue Noël Blayau

Tél. : 02 99 35 41 90

 **54**, bus stop Chèques Postaux
9, bus stop Voltaire

 République

CCAS LE BLOSNE

Address / 7 boulevard de Yougoslavie

Tél. : 02 23 62 26 00

 Le Blosne

CCAS CHAMPS MANCEAUX

Address / 1 rue Louis et René Moine

Tél. : 02 23 62 21 76

 **C3**, bus stop Frères Moine

 Clemenceau

CCAS VILLEJEAN

Address / 42, cours John Fitzgerald
Kennedy

Tél. : 02 23 46 85 10

 Kennedy

CCAS MAUREPAS

Address / 11 place du Gros Chêne

Tél. : 02 99 27 48 30

 **C5** bus stop Gros Chêne
9 arrêt Saint-Exupéry

Entertain yourself

To go to the swimming pool, to borrow books at the library, or to attend a show...

The "Sortir!" card system allows you to engage in activities or outings for free or at a reduced price..

To activate or renew the "Sortir !" card, you must have a KorriGo card (create one at an appointment at the Star agency, then contact a CCAS).

- The addresses of the CCAS and the STAR agency are mentioned in the "Get around" section above.

Meet people

ENTOURAGE

Entourage is a phone application to promote meetings, create social links between people without fixed residence, neighbours and store-keepers.

It offers social functions (having a coffee with the neighbours, finding clothes...) and convivial events (aperitif, games...).

Log-in :

www.entourage.social
or through a free application
Entourage.

Find the events
Entourage on Facebook
f **EntourageReseauCivique/**
events



HEALTH

Health rights

**Do you need to go to the hospital ?
Even if you do not have social security,
it is possible to get treatment free of charge.
The professionals will accompany you to benefit
from health rights.**



- L'Aide Médicale d'État (AME) / State medical help
- La Protection Universelle Maladie (PUMA) / Universal Health Protection
- La Couverture santé complémentaire (CMU-C) / The Solidarity Additional Health insurance

PERMANENCE D'ACCÈS AUX SOINS DE SANTÉ (PASS) / ENSURED ACCESS TO HEALTHCARE

A social and caring team in all hospital departments can assist you with your subscription to your right to healthcare..

CPAM CENTRE

Address / Cours des Alliés
Tél. 36 46

-  **54**, bus stop Charles de Gaulle
C2, C3, C4, bus stop République
C2, bus stop Gare
-  **Charles de Gaulle**
ou Gare



M • T • W • T • F

8:30am - 5:00pm

except Thursday 1st
of each month
8:30am - 12:30pm



Everyday
8:30am - 5:30pm



*Same hours for all
CPAM centers*

CPAM MAUREPAS

Address / 11b, place du Gros-Chêne
Tél. 36 46

 C5, 51, bus stop Gros Chêne

CPAM VILLEJEAN

Address / 35, cours Kennedy
Tél. 36 46

 C4, 14, bus stop Villejean-Université

 Villejean-Université

CPAM FRÉVILLE

Address / 218, rue de Châtillon
Tél. 36 46

 C3, 13, bus stop Henri Fréville

 Henri Fréville

CPAM PERMANENCES

RESTAURANT SOCIAL LEPERDIT

Address / 5, rue Clémence Royer
Tél. 02 99 67 37 30

 9, bus stop Voltaire, Malakoff

LES RESTOS DU CŒUR

Address / 118, rue de l'Alma
Tél. 02 23 30 28 50

 C1, C3, bus stop Jacques Cartier

 Jacques Cartier
ou Clémenceau

RÉSEAU LOUIS GUILLOUX

Address / 12 ter, avenue de Pologne
bâtiment le Samara, 3^e étage
Tél. 02 99 32 47 36

 Le Blosne



WEDNESDAY

10:00am - 1:00pm



M • T • W • T • F

8:30am - 11:00am



MONDAY

2:00pm - 6:00pm

M • T • W • T • F

9:00am - 6:00pm



M • T • W • T • F

8:00am - 6:00pm

Medical Emergency (open 24 hours)

HÔPITAL PONTCHAILLOU / PONTCHAILLOU HOSPITAL

Address / 2, rue Henri Le Guilloux
Tél. 02 99 28 43 21

 Pontchaillou

HÔPITAL SUD / SOUTH HOSPITAL

Pediatrics, maternity and gynecology
Address / 16, bd de Bulgarie
Tél. 02 99 28 43 21

 Le Blosne

Healthcare

RESTAURANT LEPERDIT LE FOURNEAU

Permanent nurse
Address / 5, rue Clémence-Royer
Tél. 02 99 67 37 30

 9, bus stop Voltaire, Malakoff

LIEU D'ACCUEIL DE JOUR LE PUZZLE / DAYTIME RECEPTION CENTER LE PUZZLE

Permanent nurse
SEA 35 – Pôle Précarité Insertion
Address / Rue de la Barbotière
Tél. 02 99 27 50 62

 C4, C6, bus stop Paul-Bert



M • T • W • T • F

8:30am - 1:00pm

one saturday out of two

8:30am - 12:00pm



M • T • W • T • F • S • S

1:45pm - 4:45pm

RÉSEAU LOUIS GUILLOUX

Doctors, nurses, psychologists with
interpreter if necessary

Address / 12 ter, avenue de Pologne
building le Samara, 3rd floor

Tél. 02 99 32 47 36

 Le Blosne

LES RESTOS DU CŒUR

Address / 118, rue de l'Alma

Tél. 02 23 30 28 50

 C1, C3, bus stop Jacques Cartier

 Clémenceau

ou Jacques Cartier

LES RESTOS DU CŒUR

Address / 25, rue de la Donelière

Tél. 02 99 33 23 93

 C2, 12, 14, bus stop Donelière

CROIX ROUGE

Address / 4, rue de la Sauvaie

Tél. 02 99 67 75 70

 C1, bus stop Sauvaie



MONDAY

2:00pm - 6:00pm

M • T • W • T • F

9:00am - 6:00pm



M • T • W • T • F

8:00am - 6:00pm



By appointment



MONDAY, TUESDAY

AND THURSDAY

8:30am - 11:30am



THURSDAY AND FRIDAY

1:30pm - 4:30pm



TUESDAY AND THURSDAY

9:30am - 12:30pm



M • T • W • T • F

8:00am - 4:45pm

Check-up

CENTRE D'EXAMEN DE SANTÉ DE LA CPAM D'ILLE-ET-VILAINE

Address / 3, place du Colombier



Tél. 02 23 44 00 44

 Charles de Gaulle

Dental care

CENTRE DE SOINS DENTAIRES (CHU)

Address / 2, rue Henri-Le Guilloux.
Tél. 02 99 28 24 00

-  **C2, 31, bus stop Anatole France**
-  **Anatole France
ou Pontchaillou**



M • T • W • T • F
8:30am - 1:00pm
and 2:00pm - 6:30pm

Parenthood

HÔPITAL SUD

Children and gynaecology
Address / 16, boulevard de Bulgarie
Tél. 02 99 28 43 21

-  **Le Blosne**

PROTECTION MATERNELLE INFANTILE (PMI) / MATERNAL AND CHILD PROTECTION (PMI)

CDAS CENTRE

Address / 7, rue Kléber
Tél. 02 99 02 30 35

-  **C3, bus stop Thabor**

CDAS CHAMPS MANCEAUX

Address / 15, rue Louis
et René Moine
Tél. 02 99 02 48 88

-  **C3, bus stop Champs Manceaux**



**Consultations
by appointment**



M • T • W • T • F
8:30am - 12:30pm
and 1:30pm - 5:30pm

TUESDAY :
1:30pm - 5:30pm



M • T • W • T • F
9:00am - 12:30pm
and 2:00pm - 5:30pm

THURSDAY :
2:00pm - 5:30pm

FRIDAY :
9:00am - 12:30pm
and 2:00pm - 4:30pm

CDAS CLEUNAY SAINT CYR

Address / 25, rue Noël Blayau
Tél. 02 99 02 20 13

 **9, bus stop Malakoff ou Voltaire**



M • T • W • T • F

8:30am - 12:30pm
and 1:30pm - 5:30pm

TUESDAY : 1:30pm - 5:30pm

FRIDAY

8:30am - 12:30am
and 1:30pm - 4:30pm

CDAS BLOSNE FRANCISCO FERRER

Address / 7, boulevard de
Yougoslavie
Tél. 02 23 30 10 10

 **Triangle**



M • T • W • T • F

9:30am - 12:30am
and 1:30pm - 5:00pm

FRIDAY

9:30am - 12:30pm
and 1:30pm - 4:30pm

CDAS MAUREPAS PATTON

Address / 11c, place du Gros-Chêne
Tél. 02 99 27 48 00

 **C1, bus stop Painlevé**



M • T • W • T • F

8:30am - 12:30pm
and 1:30pm - 5:30pm

TUESDAY: 1:30pm - 5:30pm

FRIDAY : 8:30am - 12:30am

and 1:30pm - 5:00pm

CDAS VILLEJEAN - SAINT MARTIN

Address / 42, cours J. F. Kennedy
Tél. 02 99 02 20 10

 **Kennedy**



M • T • W • T • F

8:30am - 12:30am
and 1:30pm - 5:30pm

TUESDAY : 1:30pm - 5:30pm

FRIDAY

8:30am - 4:30pm

**SERVICE D'ACCOMPAGNEMENT AUX
FEMMES ENCEINTES
EN DIFFICULTÉ (SAFED) /
SUPPORT SERVICE FOR PREGNANT
WOMAN IN TROUBLE**

Address / 7, rue Kléber
Tél. 02 99 02 34 20

 **C3, bus stop Pasteur**

 **République**



M • T • W • T • F

8:30am - 12:30pm
and 1:30pm - 5:30pm


FRIDAY

8:30am - 12:30am
and 1:30pm - 5:00pm

Sexuality, contraception

**CENTRES DE PLANIFICATION
ET D'ÉDUCATION FAMILIALE (CPEF) / FAMILY
PLANNING AND EDUCATION CENTERS**

Interviews and information on issues of sexuality,
married life, sexually transmitted infections (STIs),
voluntary pregnancy intervention (VPI), medical,
gynaecological and prenatal consultations.

 *These services are confidential
and free.*

CDAS MAUREPAS

Address / 11c, place du Gros-Chêne
Tél. 02 99 27 48 00

 **C5, 51, bus stop Gros Chêne**



By appointment



MONDAY AND THURSDAY

8:30am - 12:30am

CDAS CHAMPS-MANCEAUX

Address / 15, rue Louis-et-René-Moine
Tél. 02 99 02 48 88

 **C3, bus stop Champs Manceaux**



TUESDAY AND FRIDAY

9:00am - 12:30am


FRIDAY

2:00pm - 5:30pm

MOUVEMENT FRANÇAIS POUR LE PLANNING FAMILIAL (MFPF) / FRENCH MOVEMENT FOR FAMILY PLANNING (MFPF)

Consultation on contraception, sexuality, married life, sexually transmitted infections (STI), voluntary pregnancy intervention (VPI).

Address / 11, bd Maréchal de Lattre
de Tassigny
Tél. 02 99 31 54 22
(free from a landline)

 **C2, bus stop Les Lices**

 **Sainte-Anne**

PLANNING FAMILIAL 35 / FAMILY PLANNING 35

Medical and psychological appointments, marital counselling interviews.

Reception, listening, information in all confidentiality.

Address / 11, bd Maréchal de Lattre
de Tassigny
Tél. 02 99 31 54 22
Anonymous and free number
0 800 08 11 11

 **C3, bus stop Champs Manceaux**



M • T • W • T • F

9:00am - 12:00pm
and 2:00pm - 6:00pm

FRIDAY

9:00am - 12:00pm
and 2:00pm - 5:00pm



By appointment

12:00pm - 2:00pm



M • T • W • T • F

9:00am - 12:00pm
and 2:00pm - 6:00pm

FRIDAY

9:00am - 12:00pm
and 2:00pm - 5:00pm



**By or without
appointment**

Prevention, screening free (AIDS, hepatitis ...)

LE CENTRE GRATUIT D'INFORMATION, DE DÉPISTAGE ET DE DIAGNOSTIC (CEGIDD) / FREE INFORMATION, SCREENING AND DIAGNOSTIC CENTER

Pontchaillou Hospital

Louise Bodin Service

Garden level, Village Médical

(near parking P4)

Address / 2, rue Henri Le Guilloux

Tél. 02 99 28 43 02

 Pontchaillou

AIDS INFO SERVICE

Tél. 0800 840 800

(free call from a landlin)

AIDES


Reception and support to people
affected by HIV and / or hepatitis.

Prevention and reduction
of sexual risks.

Department Ille-et-Vilaine

Address / 43, rue Saint-Hélier

Tél. 02 99 30 01 30

 C2, 11, 7, bus stop Gare

 Gare



MONDAY

12:00pm - 4:00pm

TUESDAY

9:00am - 12:00pm
and 4:30pm - 7:30pm

THURSDAY

10:00am - 12:00pm
and 2:00pm - 5:00pm

SATURDAY

9:00am - 12:00pm



By appointment

**Permanence
sexual health
and HIV testing offer**



THURSDAY

5:00pm - 7:30pm



By appointment



PSYCHOLOGICAL DIFFICULTIES, LISTENING

In case of emergency

SERVICE D'ACCUEIL D'URGENCE (SAU) / EMERGENCY RECEPTION SERVICE

HÔPITAL PONTCHAILLOU / PONTCHAILLOU HOSPITAL

Address / 2, rue Henri Le Guilloux
Tél. 02 99 28 43 21

 Pontchaillou



Psychiatric team
accessible 24 hours
a day, 7 days a week

SERVICE PSYCHIATRIQUE D'ACCUEIL ET D'ORIENTATION (SPA0) / PSYCHIATRIC RECEPTION AND ORIENTATION SERVICE HOSPITAL

CENTRE HOSPITALIER GUILLAUME RÉGNIER (CHGR)

Address / 108, avenue Général-Leclerc,
on the right when entering
Tél. 02 99 33 60 27



Everyday
9:00am - 9:00pm

 **50, 64, bus stop Moulin de Joué
67, bus stop Guillaume Régnier
C6, bus stop Plaine de Baud**

Whom is this for ?

- Anyone over the age of 16, whether accompanied or not, requesting an emergency psychiatric treatment, orientation, therapeutic advice or admission in the institution.

Outside of an emergency

CENTRE HOSPITALIER GUILLAUME RÉGNIER (CHGR)

Address / 108, avenue du Général Leclerc
Tél. 02 99 33 39 00

ÉQUIPE MOBILE PSYCHIATRIE PRÉCARITÉ (EMPP) / PSYCHIATRY MOBILE TEAM

Interview with a nurse or a psychologist
for an evaluation and an orientation.

**Pôle Addiction Précarité – CHGR /
Addiction and Precariousness center**
Tél. 02 99 33 39 20

 **By appointment**

PERMANENCES EMPP RESTAURANT SOCIAL LEPERDIT LE FOURNEAU

Address / 5, rue Clémence-Royer
Tél. 02 99 67 37 30

 **THURSDAY**
11:00am - 12:30pm

 **9, bus stop Voltaire/Malakoff**

LIEU D'ACCUEIL DE JOUR LE PUZZLE/ DAYTIME RECEPTION CENTER LE PUZZLE SEA 35 – Pôle Précarité Insertion


Address / Rue de la Barbotière
Tél. 02 99 27 50 62

 **WEDNESDAY**
Every 15 days
4:00pm - 5:00pm


 **C4, C6, bus stop Paul-Bert**

RÉSEAU LOUIS GUILLOUX

Address / 12 ter, avenue de Pologne
Samara building, 3rd floor
Tél. 02 99 32 47 36

 **MONDAY**
2:00pm - 6:00pm
M • T • W • T • F
9:00am - 6:00pm

 **64, 50, bus stop Moulin de Joué
67, bus stop Guillaume Régnier
C4, C6, bus stop Plaine de Baud**

 **M • T • W • T • F**
9:00am - 6:00pm

 **Le Blossne**

Centre médico-psychologique (CMP) / Medico-psychological center

CH-GUILLAUME RÉGNIER

Assessment, monitoring, consultation
with nurses, psychologists, and
psychiatrists.

Address / 108, avenue du Général Leclerc
Tél. 02 99 33 39 00

BUS 50, 64, bus stop Moulin de Joué
67, bus stop Guillaume Régnier
C6, bus stop Plaine de Baud

RÉSEAU LOUIS GUILLOUX

Address / 12 ter, avenue de Pologne
bâtiment le Samara, 3^e étage
Tél. 02 99 32 47 36

m Le Blosne

RDV By appointment

DISTRICTS MAUREPAS, PATTON AND VILLEJEAN

CMP SAINT-EXUPÉRY

Address / 5, rue Saint-Exupéry
Tél. 02 99 33 39 37

BUS 14, bus stop Painlevé

RDV By appointment

DISTRICTS CITY CENTER, CLEUNAY ET COLOMBIER

CMP LES COLOMBES

Address / 6 places des Colombes
Tél. 02 22 51 41 36

BUS C2, 11, bus stop Liberté


m Charles de Gaulle

RDV By appointment

**DISTRICTS BLOSNE, POTERIE,
SUD GARE AND BRÉQUIGNY**

CMP LA SAUVAIE

Address / 8, rue de la Sauvaie
Tél. 02 99 51 56 73


 C1, bus stop Sauvaie

 By appointment

Listening service

SOS AMITIÉ / SOS FRIENDSHIP

Phone listening service
Tél. 02 99 59 71 71

 24 hours a day,
7 days a week

**LUEUR D'ESPOIR / RAY OF HOPE
SOS DÉPRESSION 35**

Phone listening service
Tél. 02 99 83 65 28

 M • T • W • T • F
9:00am - 11:30am
and 2:30pm - 5:30pm

SATURDAY
9:00am - 11:30am

In the Evening
9:00pm - 11:00pm



ALCOHOL AND DRUGS

Alcohol

**CENTRE DE SOINS
D'ACCOMPAGNEMENT
ET DE PRÉVENTION
EN ADDICTOLOGIE (CSAPA) /
SUPPORT AND PREVENTION CARE
CENTER IN ADDICTOLOGY**

Reception, listening, care,
and orientation for patients
and the people around them.

Address / 39, rue Saint-Melaine
Tél. 02 22 51 41 40

 Sainte-Anne

ALCOOL INFO SERVICE
0980 980 930



M • T • W • T • F

Consultations by
appointment



8:00am - 2:00am
7 days a week

Drugs

ÉCOUTE CANNABIS
0980 980 940



9:00am - 11:00pm
7 days a week

DROGUES INFO SERVICE
0800 23 13 13



8:00am - 2:00am
7 days a week

CENTRE MÉTHADONE ET CONSULTATIONS CANNABIS / METHADONE CENTER AND CANNABIS CONSULTATIONS

CSAPA L'ENVOI

Access to healthcare and care of people presenting uses mainly of illicit and psychotropic products .

Address / 4, bd de Strasbourg

Tél. 02 99 33 39 20

02 99 33 60 38

 **C6, C4, bus stop Pont de Strasbourg**

 *Anonymity possible.*


CENTRE D'ACCUEIL ET D'ACCOMPAGNEMENT À LA RÉDUCTION DES RISQUES AUPRÈS DES USAGERS DE DROGUES (CAARUD) / RECEPTION CENTER AND SUPPORT TO THE REDUCTION OF RISKS FOR DRUG USERS

INTERM'AIDES

Reception, listening, support, orientation, and provision of sterile material and recovery.

Address / 43, rue Saint-Hélier

Tél. 02 23 40 17 42

 **C2, 11, 7 bus stop Gare**

 **Gare**



M • T • W • T • F

9:30am - 12:30pm
and 1:30pm - 5:30pm

SATURDAY

9:30am - 1:00pm



MONDAY AND WEDNESDAY

2:00pm - 6:00pm

FRIDAY

2:00pm - 8:00pm



HELP FOR WOMEN

Sexual assault and violence against women

ASSOCIATION POUR LES FAMILLES EN DIFFICULTÉ (ASFAD) / ASSOCIATION FOR FAMILIES IN DIFFICULTY

- **Listening platform**

Tél. 02 99 54 44 88

- **Daytime reception**

Address / 146d, rue de Lorient


Tél. 02 99 54 44 88

 **11**, bus stop Stade Rennais


CENTRE D'INFORMATION DES DROITS DES FEMMES ET DES FAMILLES (CIDFF) / WOMEN AND FAMILY RIGHTS INFORMATION CENTER

Address / 21, rue de la Quintaine

Tél. 02 99 30 80 89

 **C2**, bus stop les Lices
ou Parking Chézy-Dinan

 **Sainte-Anne**

 **24 hours a day,
7 days a week**

 **MONDAY**
2:00pm - 6:30pm

WEDNESDAY
2:00pm - 5:00pm

THURSDAY
9:00am - 1:00pm
and 2:00pm - 5:30pm

 **Psychological support,
by appointment**

 **M • T • W • T • F**
9:00am - 5:00pm

 **By appointment**



LEGAL AID

Emergency Legal Assistance

Do you need legal advice?
Experts on legal aid can advise you.

ASSOCIATION AIDE JURIDIQUE D'URGENCE (AJU) / ASSOCIATION FOR EMERGENCY LEGAL ASSISTANCE

Actions

- Organization of permanence for general legal information for people in a precarious situation
- Help with legal proceedings
- Counselling and connection with competent professionals

Tél. 02 99 51 48 31
aidejuridiqueurgence@free.fr

→ *Telephone hotlines reserved for the public met during the permanence and referred by partners*

RESTAURANT SOCIAL LEPERDIT LE FOURNEAU

Address / 5, rue Clémence Royer

9, bus stop Malakof



FRIDAY

11:00am - 1:00pm

LES RESTOS DU CŒUR

Address / 118, rue de l'Alma

 Jacques Cartier

CENTRE SOCIAL TY BLOSNE

Address / 7, bd de Yougoslavie

Tél. 02 99 50 90 47

 Le Blosne

FOYER SAINT-BENOÎT LABRE

Address / 5, rue du bois Rondel

FOYER MONSIEUR VINCENT

Address / 27, rue Monsieur Vincent

Tél. 02 99 26 17 58

 C2, bus stop Monsieur Vincent



TUESDAY

9:00am - 11:00am



TUESDAY

2:30pm - 4:30pm



By appointment

(telephone reception closed
on Tuesday morning)



1st thursday of the month

9:30am - 11:00am



3rd thursday of the month

9:00am - 11:00am

Permanent lawyers

List of legal consults :

cdad-illeetvilaine.justice.fr

CITÉ JUDICIAIRE

Address / 7, rue Pierre Abélard

Tél. 02 99 31 16 62

 9, 19, 15, bus stop Cité Judiciaire

SOS VICTIMES 35

Address / 9, bd Sébastopol

Tél. 02 99 35 06 07

 9, 19, 15, bus stop Cité Judiciaire

 République



FRIDAY

1:30pm - 3:10pm



By appointment



M • T • W • T • F

9:00am - 12:00pm
and 2:00pm - 5:00pm

WEDNESDAY

9:00am - 12:00pm



By appointment

**PERMANENCES JURIDIQUES
AU CIDFF 35 / LEGAL PERMANENCE
CIDFF 35**

Address / 21, rue de la Quintaine
Tél. 02 99 30 80 89

 C2, bus stop les Lices

 Sainte-Anne



M • T • W • T • F
9:00am - 5:00pm



By appointment

Access to your rights

**MOUVEMENT CONTRE LE RACISME
ET POUR L'AMITIÉ ENTRE
LES PEUPLES (MRAP) / MOVEMENT
AGAINST RACISM AND FOR THE
FRIENDSHIP BETWEEN PEOPLES**

Address / 1, square des Hautes Ourmes
Tél. 02 99 32 04 41

 Poterie



MONDAY
10:00am - 12:00pm

TUESDAY AND THURSDAY
2:00pm - 5:30pm



By appointment

**MRAP PERMANENCE
CARREFOUR 18**

Address / 7, rue d'Espagne
Tél. 02 99 51 32 25


 Italie



TUESDAY
2:00pm - 4:00pm

**PÔLE ASSOCIATIF LA MARBAUDAIS /
ASSOCIATIVE GROUP LA MARBAUDAIS**

Address / 32, rue de la Marbaudais
Tél. 02 99 31 52 44

 C5, 51, bus stop Gros-Chêne
9, arrêt St Exupéry



WEDNESDAY
2:00pm - 5:00pm

CIMADE

Address / 12, rue du Nivernais
rennes@lacimade.org

 Villejean - Université
ou Kennedy

UNION DES ASSOCIATION INTERCULTURELLES DE RENNES (UAIR) / UNION OF INTERCULTURAL ASSOCIATIONS OF RENNES


Address / 62, rue de Dinan
Tél. 02 99 33 01 03

 31, bus stop Dinan
8, bus stop de la Rance

 Sainte-Anne

PERMANENCE UAIR IN SOCIAL AND CULTURAL AREA AIMÉ CÉSAIRE

Address / 15, rue Louis et René Moine
Tél. 02 99 51 44 39

 3, bus stop Champs Manceaux

 Clémenceau



THURSDAY

5:30pm - 7:30pm



By appointment



MONDAY AND FRIDAY

9:00am - 12:00pm
and 2:00pm - 5:00pm

THURSDAY

9:00am - 12:00pm

No appointment needed
Permanence



TUESDAY

9:00am - 12:00pm
and 2:00pm - 5:00pm

Interpreting permanence
French/Arabic



SATURDAY

9:00am - 11:00am

No appointment needed
Permanence



THURSDAY

2:00pm - 5:00pm



INTEGRATION AND EDUCATIONAL SUPPORT

Learn French

PLATEFORME D'ÉVALUATION ET D'ORIENTATION LINGUISTIQUE / LANGUAGE EVALUATION AND ORIENTATION PLATFORM

Port. 06 11 94 35 25



M • T • W • T • F
9:30am - 12:30pm
and 2:00pm - 4:00pm



By appointment

RÉSEAU LOUIS GUILLOUX

French class

« Motherhood in French »
for pregnant women : free,
upon registration.

Address / 12 ter, avenue de Pologne
Tél. 02 99 32 47 36

 **12**, bus stop Galicie

 **Le Blosne**



TUESDAY
2:00pm - 4:00pm

For people under 25

WE KER

Mission Locale / community aid project for youth

Address / 7, rue de la
Parcheminerie
Tél. 02 99 78 00 78



M • T • W • T • F
9:00am - 5:30pm

THURSDAY
9:00am - 6:30pm

 **République**

For people under 25

LE RELAIS

SEA35

Address / 19b, rue Legraverend

Tél. 02 99 79 07 27

 31, bus stop Dinan

 Sainte-Anne

CENTRE COMMUNAL D'ACTION SOCIALE (CCAS)/ COMMUNAL CENTER FOR SOCIAL ACTION

Service RSA -

Minimum welfare allowance service

Address / 7, rue Kléber

Tél. 02 99 02 30 35

 C3, bus stop Place Pasteur

 République



MONDAY

10:30am - 12:30pm

TUESDAY AND WEDNESDAY

1:30pm - 3:30pm

FRIDAY

4:00pm - 6:00pm



M • T* • W • T • F

8:30am - 12:30pm

and 1:30pm - 5:00pm

*Closed on tuesday
mornings



ADMINISTRATION

PRÉFECTURE

Address / 3, avenue de la

Préfecture

ille-et-vilaine.gouv.fr

 C4, 14, bus stop Préfecture

 Pontchaillou
ou Villejean-Université



M • T • W • T • F

9:00am - 4:00pm

**MAIRIE DE RENNES /
RENNES TOWN HALL**

Address / Place de la mairie

Tél. 02 23 62 10 10

metropole.rennes.fr

 **12, bus stop Rennes Mairie**



M • T • W • T • F

8:30am - 5:00pm

SATURDAY

9:30am - 12:00pm

**OFFICE FRANÇAIS DE L'IMMIGRATION
ET DE L'INTEGRATION (OFII) /
FRENCH IMMIGRATION AND
INTEGRATION OFFICE (OFII)**

Address / 8, rue Jean Julien Lemordant

Tél. 02 99 22 98 60

 **Pontchaillou**



M • T • W • T • F

9:00am - 12:00pm

and 1:30pm - 4:30pm

WEDNESDAY

9:00am - 12:00pm

**SERVICE PÉNITENTIAIRE D'INSERTION
ET DE PROBATION (SPIP) / PENITENTIARY OFFICE
FOR INTEGRATION AND PROBATION**

Address / 39, rue Charles Géniaux

Tél. 02 56 01 65 65

 **14 bus stop Les Arts**

11 bus stop Géniaux

**OBJETS TROUVÉS /
LOST PROPRIETY OFFICE**

Address / Rue Jean Marie Huchet

Tél. 02 23 62 18 72

 **C4, arrêt Plaine de Baud**



M • T • W • T • F

8:00am - 5:30pm



CAF of Ille-et-Vilaine

0 810 25 35 10

Pôle emploi

39 49

Online social information

08 10 20 35 35

Allo public service

39 39



ANIMALS

ASSOCIATION GAMELLES PLEINES / « FILLED BOWLS » ORGANIZATION

Fight against social exclusion of people who own dogs, with low or no income and / or without a fixed address.

Contact via

Le Fourneau (p.8)
CAO / Puzzle (p.10)
CAARUD (p.31)
We Ker (p.37)
Le Relais (p.38)

- Food supply : 1€/2kg.
- Saddlery equipment: necklaces : 2€, leashes 4€, harness 5 à 10€.
- Dog Education : 5€ the session
- Dog boarding facility : 2€, 5€ ou 8€/day (according to number of dogs in possession).
- Animal Osteopathy : 5€
- Animal Osteopathy : 40€ (real participation according to number of dogs in possession)

CHENIL SERVICE / KENNEL SERVICE

Le Petit Caleuvre
Address / Route de Saint-Sulpice
35830 Betton
(north of "les Gayeulles")
Tél. 02 99 60 92 22



M • T • W • T • F

9:00am - 12:00pm
and 2:00pm - 6:00pm

SATURDAY

9:00am - 12:00pm

USEFUL ADDRESSES

- 1 CAO / PUZZLE / EDD / SKOAZELL**
SEA 35 – Pôle précarité insertion
Address / Rue de la Barbotière
 C4, bus stop Paul-Bert
- 2 RESTAURANT SOCIAL LEPERDIT « LE FOURNEAU »**
Address / 5, rue Clémence-Royer
 9, bus stop Voltaire/Malakoff
- 3a RESTOS DU CŒUR**
Address / 118, rue de l'Alma
 C3, 12, bus stop Jacques Cartier
 Jacques Cartier ou Clémenceau
- 3b RESTOS DU CŒUR**
Address / 25, rue de la Donelière
 C2, 12, 14, bus stop Donelière
- 4 CROIX-ROUGE FRANÇAISE**
Address / 4, rue de la Sauvaie
 C1, bus stop Sauvaie
- 5 BAINS DOUCHES**
Piscine Saint-Georges
Address / 2, rue Gambetta
 C3, bus stop Place Pasteur
- 6 SECOURS CATHOLIQUE**
Address / 10, rue Louis-Guilloux
 C4, 53, bus stop Louis Guilloux
- 7 LA PAUSE**
Address / 4, place Saint-Melaine
 Sainte-Anne
- 8 SECOURS POPULAIRE**
Address / 14, rue des Veyettes
 11, bus stop Pré Gare
- 9 CHU/URGENCES**
Address / Rue Henri-Le Guilloux
 Pontchaillou
- 10 CDAS / CCAS**
Espace social Rennes Centre
Address / 7, rue Kléber
 C3, bus stop Place Pasteur
 République
- 11 L'ENVOL**
Address / 4, boulevard de Strasbourg
 C4, C6, bus stop Pont de Strasbourg
- 12 INTERM'AIDES**
Address / 43, rue Saint-Héliér
 C2, 11, 17, Croix Saint-Héliér
 Gare
- 13 SERVICE DE PREMIER ACCUEIL DES DEMANDEURS D'ASILE (SPA)**
Address / 33 b, rue Auguste-Pavie
 11, bus stop Auguste Pavie


14 WE KER

Address /
7, rue de la Parcheminerie

 République

15 LE RELAIS


Address / 19, rue Legraverend

 31, bus stop Dinan

 Sainte-Anne

16 RÉSEAU LOUIS GUILLOUX

Address /
12 ter, avenue de Pologne
building « Le Samara » 3rd floor


 64, 50, bus stop
Moulin de Joué

67, bus stop G. Régnier
C4, C6, bus stop Plaine
de Baud

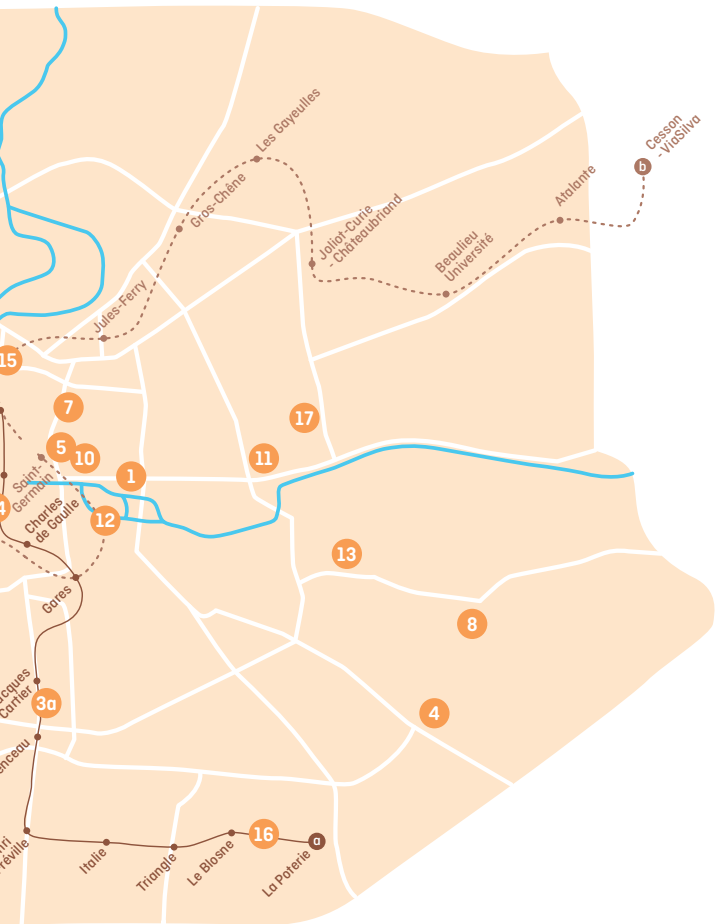
 Le Blosne

17 CENTRE HOSPITALIER GUILLAUME RÉGNIER (CHGR)

Address / 108, avenue
du Général-Leclerc

 67, bus stop Guillaume Régnier







EMERGENCY NUMBERS

Samu / French Emergency Medical Assistance Service

15

Emergency Police

17

Fire Brigade

18

European Emergency Number

112

**Samu social /
French Emergency Social Assistance Service**

115

SOS doctor

02 99 53 06 06

[0.12€/mn]

This practical guide is

FREE