

MEALS



WELCOME
INFORMATION



HEALTHCARE

Rennes SOLIDARITY GUIDE

2025-2026 edition

 Ville de
RENNES

TAKE A
SHOWER



GET MAIL



IF YOU HAVE NO RESOURCES AND/OR NOWHERE TO LIVE,

this guide is for you. It has all the important addresses and information you need on a day-to-day basis: how to find somewhere to stay, have a meal, get clothes, pick up your mail, receive healthcare, and more.

The Rennes Solidarity Guide can be found online on the websites of **SolidaRen**, a network of solidarity stakeholders in Rennes (www.solidaren.bzh) and Rennes City Council (metropole.rennes.fr). Other resources are available via the Entourage app and the Soliguide.

Download the Entourage app:



LEGEND



On-site opening times



Phone line opening times



By appointment only



Bus



Metro



Except where otherwise specified,

all services in this guide are free of charge

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WELCOME, INFORMATION AND HELP

If you need emergency accommodation, information or help with administrative formalities, there are organisations in Rennes that can give you information and guidance.

GIP SIAO 35

115 Ille-et-Vilaine

Tel 115

Who this is for:

Anyone who is homeless or having difficulty finding somewhere to stay (individuals or families)

Rennes branch

Send an email to antennenrennes@siao35.fr



M • T • W • T • F • S • S

7 days a week

24 hours

INITIAL RECEPTION FOR ASYLUM SEEKERS (SPADA35)

26, rue Manoir de Servigné
Tel 02 99 51 86 28 or 06 15 15 44 56
By appointment only

 **11 towards ZI OUEST**
stop: Servigné

 **Who this is for:**
Asylum seekers

SKOAZELL

SEA35/ALTERA - Pôle Précarité Insertion
Rue de la Barbotière
Tel 02 99 27 50 60 or 07 77 73 13 15

 **C4, C6, stop: Paul Bert**

 **Who this is for:**

People not entitled to benefits or residency status who have a mailing address
individuals, parents with children under 18
families that have had accommodation for less than two months



M • T • W • T • F
9.30am - 12 noon



M • T • W • T • F
9.30am - 12 noon

ENTOURAGE

Entourage is a free app: download to find help and details of social events.
rennes@entourage.social



Local Social Services (CCAS)

6 local centres around the city

CCAS CENTRE

7, rue Kléber

Tel 02 99 02 30 35

 **C5, stop: Place Pasteur**

  **République**



M • T* • W • T • F

8.30am - 12.30pm

and 1.30pm - 5pm

** Closed on Tuesday mornings*

CCAS CLEUNAY-SAINT CYR

25, rue Noël Blayau

Tel 02 99 35 41 90

 **10, stop: Voltaire**

  **Mabilais**



M • T* • W • T • F

8.30am - 12.30pm

and 1.30pm - 5pm

** Closed on Tuesday mornings*

CCAS LE BLOSNE

ESC Le Blosne

7, boulevard de Yougoslavie

Tel 02 23 62 26 00

  **Le Blosne**



M • T* • W • T • F

8.30am - 12.30pm

and 1.30pm - 5pm

** Closed on Tuesday mornings*

CCAS CHAMPS MANCEAUX

ESC Aimé Césaire

15, rue Louis et René Moine

Tel 02 23 62 21 76

 **C3, stop: Frères Moine**

  **Clemenceau**



M • T • W • T* • F

8.30am - 12.30pm

and 1.30pm - 5pm

** Closed on Thursday mornings*

CCAS VILLEJEAN - ESC VILLEJEAN

42, cours J.F. Kennedy

Tel 02 23 46 85 10

  **Kennedy**



M • T • W • T* • F

8.30am - 12.30pm

and 1.30pm - 5pm

** Closed on Thursday mornings*

CCAS MAUREPAS

ESC Simone Iff

12 bis, rue Guy Ropartz

Tel 02 30 21 54 54

  **Gayeulles**



M • T • W • T* • F

8.30am - 12.30pm

and 1.30pm - 5pm

** Closed on Thursday mornings*

Social Services Offices (CDAS)

Centres départementaux d'action sociale (CDAS) are there to welcome anybody in difficulty and provide one-off assistance or longer-term support.

CDAS CENTRE

7, rue Kléber

Tel 02 99 02 30 35

 **C5, stop: Place Pasteur**

  **République**

CDAS CHAMPS MANCAUX

ESC Aimé Césaire - 15, rue Louis et René Moine

Tel 02 99 02 48 88

 **C3, stop: Frères Moine**

  **Clemenceau**

CDAS CLEUNAY SAINT CYR

25, rue Noël Blayau

Tel 02 99 02 20 13

 **10, stop: Voltaire**

  **Mabilais**

CDAS BLOSNE FRANCISCO FERRER

ESC Le Blosne - 7, boulevard de Yougoslavie

Tel 02 23 30 10 10

  **Triangle**

CDAS MAUREPAS PATTON

ESC Simone Iff

Tel 02 90 02 77 77

  **Gayeulles**

CDAS VILLEJEAN - SAINT MARTIN

42, cours J. F. Kennedy

Tel 02 21 67 97 14

  **Kennedy**



M • T* • W • T • F

8.30am - 12.30pm
and 1.30pm - 5.30pm

* Closed on Tuesday mornings



M • T • W • T* • F**

9am - 12.30pm
and 1.30pm - 5.30pm

* Closed on Thursday mornings

** Closes at 5pm on Fridays



M • T • W • T • F*

8.30am - 12.30pm
and 1.30pm - 5.30pm

* Closes at 5pm on Fridays



M • T* • W • T • F**

9am - 12.30pm
and 1.30pm - 5.30pm

* Closed on Tuesday mornings

** Closes at 4.30pm on Fridays



M • T • W • T* • F**

8.30am - 12.30pm
and 1.30pm - 5.30pm

* Closed on Thursday mornings

** Closes at 5pm on Fridays



M • T • W • T* • F

9am - 12.30pm
and 1.30pm - 5.30pm

* Closed on Thursday mornings

M • T • W • T • F

8.30am - 4.30pm

Drop-in centres offering events and a place to meet people open to all: everyone can take part in activities and get to know other people, get their child looked after, get support and find answers to their questions.

Centre Social Carrefour 18

7, rue d'Espagne

Tel 02 99 51 32 25

  Henri Fréville

Centre social Champs Manceaux

15, rue Louis et René Moine

Tel 02 99 50 86 70

 C3, stop: Champs Manceaux

Centre social Cleunay

49, rue Jules Lallemant

Tel 02 99 67 32 14

 10, stop: Cleunay

  Cleunay

Centre social Ker Yann

42, cours Kennedy

Tel 02 23 46 85 70

  Kennedy

Centre social Maurepas

12 bis, rue Guy Ropartz

Tel 02 99 27 48 27

 C8, stop: Europe

  Gayeulles

Centre social Ty-Blosne

7, boulevard de Yougoslavie

Tel 02 99 50 90 47

  Triangle or Blosne

 12, stop: Poterie /  13, stop: Triangle or Blosne

Website: <https://centres-sociaux-rennais.org>



EVERYDAY LIFE

Getting your mail

If you're homeless or don't always stay in the same place, you can get a mailing address to which letters can be sent. Several organisations provide mailing addresses free of charge.

SERVICE ÉLECTION DE DOMICILE (EDD)

SEA35/ALTERA – Pôle Précarité Insertion

Rue de la Barbotière

 **C4, C6, stop: Paul Bert**



M • T • W • T • F
9.30am - 12.30pm



Who this is for:

French nationals

People with a residents' permit valid
for over one year

EU citizens entitled to housing

People with 'international protection'
status

SERVICE DOMICILIATION 35 - COALLIA

22, rue Bahun Rault

Tel 02 99 84 27 17

 **C2, 12, stop: Donelière**

 **Who this is for:**

Asylum seekers



M • T • W • T • F

2pm - 4.30pm



New arrivals can register via SPADA (Servigné branch)

CROIX-ROUGE FRANÇAISE

Unité locale de Rennes

Élection de domicile

1, rue du Scorff

Tel 02 99 67 75 77

 **C3, stop: Bellangerais**

 **Who this is for:**

Foreign nationals without proper papers and no fixed address who have some connection to Rennes

Pre-registration required



M • T • W • T • F

9.30am - 12 noon
and 1.30pm - 4.30pm

M • T • W • T • F

9.30am - 12 noon

M • T • W • T • F

1.30pm - 4.30pm

M • T • W • T • F

1.30pm - 4.30pm



Mail collection



TUESDAYS

9.30am - 12 noon
and 1.30pm - 4.30pm



THURSDAYS AND FRIDAYS

9.30am - 12 noon

Get something to eat and drink

LEPERDIT SOCIAL CANTEEN LE FOURNEAU

5, rue Clémence Royer
Tel 02 99 67 37 30

 **10, stop: Voltaire**

 **(b) 5 minutes' walk from Mabilais**

 *Registration required*

 **Who this is for:**
Homeless adults

CAMION DU CŒUR, LES RESTOS DU CŒUR

Place de la Communauté

 **(a) Clemenceau**

CŒURS RESISTANTS, FAUX-PONT

4, ruelle du Faux Pont

 **C4, stop: Musée des Beaux Arts**
C2, stop: TNB



M • T • W • T • F

Breakfast

8.45am - 11am

Meal on site

11.15am - 12.45pm

Take-away meal

10am - 12.45pm

SATURDAYS

Breakfast

8.45am - 10.30am

Meal on site

10.45am - 11.45am

Take-away meal

9am - 11.45am



M • T • W • T • F

7pm - 8.45pm



M • T • W • T • F

2pm - 4.30pm

DRINKING FOUNTAINS AND PUBLIC TOILETS

- Place de la Mairie
- Parc du Thabor
- Parc des Gayeulles
- Parc des Hautes Ourmes
- Mail François Mitterrand (play area)
- Apigné lake beach
- Entrance to Saint Martin canal
- Prairies Saint Martin play area
- Skate Park, rue Pierre Abélard
- Place Sainte-Anne (merry-go-round)
- Parc Oberthür
- Parc de Maurepas



Public toilets
in Rennes



Water points
in Rennes

Cooking

LE COUPÉ DÉCALÉ

23, rue de la Donelière
Tel 02 99 36 46 55

 **C2, stop: Trois Croix**



M • T • W • T • F
9am - 5pm

10am - 1pm - Cookery
workshop for 18-30s
1pm - 5pm - Shared
kitchen open to all

Food banks

CROIX-ROUGE FRANÇAISE

Unité locale de Rennes
4, rue du Breil
Tel 02 99 67 75 70

 **C1, stop: Sauvaie**
C2, 11, stop: Haut Sancé

 You will be asked to make a financial
contribution.

 *Registration required via a social worker.*



M • T • W • T • F
2pm - 5pm

On application

M • T • W • T • F
9am - 12 noon
and 2pm - 4pm

LES RESTOS DU CŒUR 35

118, rue de l'Alma
Tel 09 82 20 20 64

 **12, C3, stop: Jacques Cartier**
  **Jacques Cartier or Clemenceau**

 *Registration required:
based on your financial resources.*

25, rue de la Donelière
Tel 02 99 33 23 93

 **C2, 12, 14, stop: Donelière**

 *Registration required:
based on your financial resources.*



M • T • W • T • F
8am - 12 noon
and 1.30pm - 4pm



M • T • W • T • F
1.30pm - 5pm

SECOURS POPULAIRE 35

Veyettes branch

14, rue des Veyettes

Tel 02 99 53 31 41

 **11, stop: Pré Gare**

 *Registration required*

Maurepas branch

32, rue de Trégain

Tel 02 99 38 00 50

 **32, stop: Gros Chêne**
14, stop: Saint Exupéry

  **Gros Chêne**

 *Registration required*

Villejean branch

3, rue d'Armagnac

Tel 02 90 09 37 52

 **52, 65, 77, 81, 82, stop: Berry**

  **Kennedy**

 *Registration required*

COEURS RÉSISTANTS, VILLAGE ALIMENTAIRE

New address pending

asso@coeurs-resistants.org



M • T • W • T • F

9am - 12 noon
and 2pm - 5pm

SATURDAYS

10am - 12 noon
priority given
to students and
workers

Soup runs

WHO	WHAT	WHERE	WHEN
SIA035	Medical and social support	City centre and suburbs	Mondays, Wednesdays and Fridays 8am - 4pm Tuesdays and Thursdays 8am - 9.30pm
LA CLOCHE	Soup run and conversation	City centre	Mondays and Fridays 2pm - 5pm
SECOURS CATHOLIQUE	Conversation, hot snacks	City centre	Mondays and Wednesdays 7.30pm - 9.30pm
CROIX ROUGE	Soup run truck	City centre and suburbs	Mondays to Sundays 7pm - 11pm
ENTOURAGE	Soup run and conversation	City centre	Every other Wednesday 4.30pm - 6pm
ST-VINCENT DE PAUL	Hot drinks	City centre	Tuesdays, Wednesdays and Thursdays 8am - 12 noon
GAMELLES PLEINES	Food for dogs, hot drinks	City centre	Thursdays from 7.30pm to 10.30pm
ORDRE DE MALTE	Hot drinks and snacks	City centre	Tuesdays 8pm - 10.30pm
	Clothing bank truck	City centre	First Tuesday of the month 8pm - 10.30pm
	Breakfast	In front of Saint Sauveur church	Sundays 9.15am - 11.15am
UTOPIA 56	Shelter equipment, snacks, hot drinks	City centre and suburbs	Tuesdays and Thursdays 7pm - midnight
BULLES SOLIDAIRES	Hygiene products	City centre	Thursdays 6pm - 9pm
CŒURS RÉSISTANTS	Hot food	City centre	Fridays and Sundays 7pm - 11pm

Take a shower

DAYTIME DROP-IN CENTRE - LE PUZZLE

SEA35/ALTERA – Pôle Précarité Insertion

Rue de la Barbotière

 **C4, C6, stop: Paul Bert**



M • T • W • T • F • S • S

1.15pm - 5.30pm

Open on public
holidays

DAYTIME DROP-IN CENTRE - HEOL

3, avenue Monseigneur Mouézy

 **11, stop: Mouézy**

C2, stop: Croix Saint Héliér

C1, stop: Raison



Who this is for:

Single women, families and children

MUNICIPAL SHOWERS

2, rue Gambetta

Tel 02 23 62 15 40

 **12, C1, C3, C5, stop: Place Pasteur**

C4, C6, stop: Musée Beaux arts

 **€1 or free on presentation of voucher**



M • T • W • T • F

9am - 12.30pm

(last admissions:
12 noon - open to all)

Closed in July, August
and school holidays

SECOURS CATHOLIQUE

10, rue Louis Guilloux

Tel 02 99 54 11 01

 **C4, 53, stop: Louis Guilloux**

11, 54, 55, 56, stop: Guilloux Lorient



M • T • W • T • F

9am - 11am

THE ROOF (HÔTEL DIEU)

Entrance on Passage Jeanne Chauveau

 **3, stop: Hôtel Dieu**



M • T • W • T • F • S • S

10am - 8pm

BULLES SOLIDAIRES BULLE MOBILE

  Jacques Cartier

 *Shower in a camper van*

BÂTIMENT À MODELER (BAM)

2, rue André Trasbot

  Cleunay

 *Social shower facility*



M • T • W • T • F

6.45pm - 9pm



M • T • W • T • F

2pm - 5pm

Personal grooming

LES RESTOS DU CŒUR

Hairdresser

118, rue de l'Alma

Tel 09 82 20 20 64

25, rue de la Donelière

Tel 02 99 33 23 93



M • T • W • T • F

9am - 12 noon

and 1.30pm - 3.30pm

By appointment only



M • T • W • T • F

1.30pm - 5pm

Laundry

DAYTIME DROP-IN CENTRE - LE PUZZLE

SEA35/ALTERA – Pôle Précarité Insertion

Rue de la Barbotière

 C4, C6, stop: Paul Bert

 €1

 *During winter:
open mornings and afternoons*

LE COUPÉ DÉCALÉ

23, rue de la Donelière

Tel 02 99 36 46 55

 C1, stop: Trois Croix

 €1

DAYTIME DROP-IN CENTRE - HEOL

SEA35/ALTERA

3, avenue Monseigneur Mouézy

 **11, stop: Mouézy**

C2, stop: Croix Saint Héliér

C1, stop: Raison

 €1

 *During winter: open in the mornings and afternoons*

 **Who this is for:**

Single women, families and children



M • T • W • T • F

9.30am - 12 noon

Sit down and relax

SECOURS CATHOLIQUE

10, rue Louis Guilloux

Tel 02 99 54 11 01

 **C4, 53, stop: Guilloux**

11, 54, 55, 56, stop: Guilloux Lorient



M • T • W • T • F

9am - 11am

DAYTIME DROP-IN CENTRE - HEOL

SEA35/ALTERA

3, avenue Monseigneur Mouézy

 **11, stop: Mouézy**

C2, stop: Croix Saint Héliér

C1, stop: Raison

 *During winter: open during the day*

 **Who this is for:**

Single women, families and children



M • T • W • T • F • S • S

1.15pm - 5.30pm

DAYTIME DROP-IN CENTRE - LE PUZZLE

SEA35/ALTERA

Rue de la Barbotière

 **C4, C6, stop: Paul Bert**

Tel 02 99 27 50 60

 *During winter: open in the mornings and afternoons*

ATD QUART MONDE

21, passage des Carmélites
Tel 02 99 38 75 73

  Sainte-Anne



M • T • W • T • F
2pm - 4.30pm

CŒURS RÉSISTANTS, FAUX PONT

4, ruelle du Faux Pont
asso@coeurs-resistants.org

 **C4, stop: Musée des Beaux Arts**
C2, stop: TNB



M • T • W • T • F
2pm - 4.30pm

Clothes

CROIX-ROUGE FRANÇAISE

Vestiboutique
New address pending
Tel 02 99 67 75 77

LES RESTOS DU CŒUR

118, rue de l'Alma
Tel 09 82 20 20 64

 **12, C3, stop: Jacques Cartier**
  **Jacques Cartier or Clemenceau**

25, rue de la Donelière
Tel 02 99 33 23 93

 **C2, 12, 14, stop: Donelière**



M • T • W • T • F
8am - 12 noon
and 1.30pm - 3.30pm

SECOURS POPULAIRE

La boutik'pop
14, Rue des Veyettes
Tel 02 99 53 31 41

 **11, stop: Pré Garel**



M • T • W • T • F
2pm - 4.30pm

Open on the first
and third Saturday
of the month
10am - 12 noon

SECOURS CATHOLIQUE

La Griffe Solidaire

25, rue Guillaume Lejean

Tel 02 99 54 11 01

Cell 06 74 42 53 87

 **C5, 10, stop: Jeanne d'Arc**



M • T • W • T • F

2pm - 5pm

Open from 10.30am

Tuesdays and

Thursdays

ORDRE DE MALTE

Clothing bank

6, rue Martenot

Email: delegation35@ordredemaltefrance.org

 *Contact via soup runs*

 **C2, C3, stop: Fossés**

C5, stop: Thabor



**Open on the
third Wednesday
of the month
2pm - 5pm**

Store your stuff

BAGAGERIE SECOURS CATHOLIQUE

10, rue Louis Guilloux
Tel 02 99 54 11 01 - Cell: 07 58 15 57 23

 **C4, 53, stop: Guilloux**
11, 54, 55, 56, stop: Guilloux Lorient

 **€1 on first use**

 *Bags, suitcases and boxes only.*
1 suitcase (or bag) per person.

 **Who this is for:**
Adults



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

LES CLÉS SOLIDAIRES

Association La maison des citoyens
de Rennes et sa métropole
Place Saint-Melaine

 **C1, C3, stop: Fossés**

   **Sainte-Anne**



M • T • W • T • F • S • S
Open to the public on
Fridays, 1pm - 3pm

Getting around

Getting discount travel in Rennes and the city district is a two-step process. Start by getting a Korrigo card from a STAR transport office, then go to a CCAS social services office to have your application processed.

STAR TRANSPORT COMPANY OFFICES

Tel 09 70 82 18 00

star.fr

 *There are STAR offices at*
Sainte-Anne, Villejean,
Beaulieu and Henri Fréville

Entertainment

***Sortir !* is a way for people to go to the swimming pool, borrow books from the library and go to shows, excursions and other activities free of charge or at reduced rates.**

To use *Sortir !* you'll need to get a Korrigo card (visit a STAR office) and then go to a CCAS social services office (see addresses under 'Getting around', page 6).

Meet people

ENTOURAGE LOCAL

This app is a way of connecting with other homeless people, neighbours and local non-profits.

Games evenings every Wednesday, 6pm - 9.30pm, 4 rue du Faux Pont.

LA CLOCHE

La Cloche seeks to help vulnerable and homeless people through the Le Carillon network of 'solidarity shops' and social events.

Visit

www.entourage.social
or download the free app *Entourage*.



07 44 86 94 97

Find Entourage events on Facebook:



EntourageReseau
Civique/events

To find out about
La Cloche, join us for a
coffee every Wednesday
9.30am - 11.30am
at Hôtel Pasteur
(2 Place Pasteur)





HEALTH

Health rights

Do you need medical care? You can access healthcare via three schemes: state medical care (AME), universal health cover (PUMA) and solidarity top-up insurance (CSS).

In case of medical emergency, call 15.

HEALTHCARE ACCESS SERVICES (PASS)

Hôpital Pontchaillou

2, rue Henri Le Guilloux

Healthcare and social workers here can help you register for healthcare entitlements.

Tel 02 99 28 42 87

Email: pass@chu-rennes.fr

 Pontchaillou

CPAM CENTRE

Cours des Alliés

 **C1, C3, 54, 55, 56, stop: Charles de Gaulle**

  **Charles de Gaulle**

CPAM MAUREPAS

32, rue de Trégain

 **C3, stop: Gros Chêne**

  **Gros Chêne**

CPAM FRÉVILLE

218, rue de Châtillon

 **C3, stop: Henri Fréville**

  **Henri Fréville**

CPAM VILLEJEAN

51, Cours Kennedy

  **Kennedy**



M • T • W • T • F

8.30am - 12 noon

and 1.30pm - 5pm

By appointment only



Call 36 46

Every day

8.30am - 5.30pm



Closed on the first

Thursday of the

month between

12.30pm and 5pm

Casualty/ER departments (24/7)

HÔPITAL PONTCHAILLOU

2, rue Henri Le Guilloux

Tel 02 99 28 43 21

  **Pontchaillou**

HÔPITAL SUD

Pediatrics, Obstetrics and Gynaecology

16, bd de Bulgarie

Tel 02 99 28 43 21

  **Le Blosne**

DAYTIME DROP-IN CENTRE - LE PUZZLE

Duty nurse

SEA35/ALTERA – Pôle Précarité Insertion

Rue de la Barbotière

Tel 02 99 27 50 60

 **C4, C6, stop: Paul Bert**

 **Who this is for:**

Adults

DAYTIME DROP-IN CENTRE - HEOL

Nurse available

3, avenue Monseigneur Mouézy

 **11, stop: Mouézy**

C2, stop: Croix Saint Hélier

C1, stop: Raison

 *During winter:
open mornings and afternoons*

 **Who this is for:**
Single women, families and children

LOUIS GUILLOUX NETWORK

Doctors, nurses, psychologists with interpreters available

12 ter, avenue de Pologne

bâtiment le Samara, 3^e étage

Tel 02 99 32 47 36

 **12, 13, stop: Galicie**

  **Le Blosne**



M • W • W • T • F • S • S

1.15pm - 5.30pm



M • T • W • T • F

2.15pm - 4.15pm



M • T • W • T • F

9.30am - 12 noon



MONDAYS

2pm - 6pm

M • T • W • T • F

9am - 6pm



M • T • W • T • F

8am - 6pm

MONDAYS

9am - 1pm

and 2pm - 6pm



By appointment only

CROIX-ROUGE (RED CROSS)

Walk-in medical consultations
4, rue du Breil
Tel 02 99 67 75 70

 **C1, stop: Sauvaie**

 For consultation times, call or visit (times are displayed at the entrance)

Health check-ups

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

3, place du Colombier
Tel 02 23 44 00 44

  **Charles de Gaulle**



M • T • W • T • F
8am - 4.30pm

Dental care

CENTRE DE SOINS DENTAIRES Hôpital Pontchaillou

2, rue Henri-Le Guilloux.
Tel 02 99 28 24 00

 **C2, 10, stop: Anatole France**

  **Anatole France
or Pontchaillou**



M • T • W • T • F
8.30am - 12.30pm
and 2pm - 6.30pm

Parenthood

HÔPITAL SUD

Children and gynaecology
16, boulevard de Bulgarie
Tel 02 99 28 43 21

  **Le Blosne**



RDV Consultations
by appointment only

CDAS SOCIAL SERVICES OFFICES

See the list of social services offices on page 7

SUPPORT FOR VULNERABLE PREGNANT WOMEN (SAFED)

7, rue Kléber

Tel 02 99 02 34 20

 C1, C3, C5, stop: Place Pasteur

  République



M • T • W • T • F

8.30am - 12.30pm
and 1.30pm - 5.30pm

M • T • W • T • F

8.30am - 12.30pm
and 1.30pm - 5pm

LA MAISON DES FAMILLES

Maison Hubertine Auclert

90 rue de la Pilate, St-Jacques-de-la-Lande

Email: contact35@maisondesfamilles.fr

  Gaîté

 Drop-in support centre open to parents,
with or without their children.

 Free, no appointments or registration
required



M • T • W • T • F

9.30am - 5pm

M • T • W • T • F

9.30am - 12 noon
and 2pm - 5pm

UN PETIT BAGAGE D'AMOUR

Espace de la Marionnaise - Av. Constant Merel,
Chartres-de-Bretagne

Free maternity kits

Email: upbarennnes@gmail.com

 72 (towards Pont-Péan), stop: Argoat

 By appointment (email or via social worker)



M • T • W • T • F

WEDNESDAYS
2pm - 4pm

FRIDAYS
5pm - 7.30pm

Sexual health and contraception

FREE, CONFIDENTIAL SERVICE

SEXUAL HEALTH CENTRES

CDAS Maurepas

ESC Simone Iff

12 bis, rue Guy Ropartz

Tel 02 90 02 77 77

 **C3, stop: Gros Chêne**

  **Gros Chêne**

CDAS Champs-Manceaux

15, rue Louis et René Moine

Tel 02 99 02 48 88

 **C3, stop: Champs Manceaux**

PLANNING FAMILIAL 35

35, bd de la Tour d'Auvergne

Tel 02 99 31 54 22

 **C5, stop: Cité Judiciaire**

  **Colombier**

 *Medical care (by appointment) and counselling (afternoons, no appointment necessary)*



By appointment only



M • T • W • T • F

9am - 1pm
and 2pm - 5.30pm

FRIDAYS

9am - 1pm
and 2pm - 4.30pm



By appointment or
walk-in

Prevention, screening (AIDS, hepatitis, etc.)

CENTRE FOR FREE INFORMATION, SCREENING AND DIAGNOSIS (CEGIDD)

Hôpital Pontchaillou
Service Louise Bodin
Garden level, Village Médical
2, rue Henri Le Guilloux
Tel 02 99 28 43 02

  Pontchaillou

 By appointment only

SIDA INFO SERVICE (AIDS HELPLINE)

Tel 0800 840 800

 24/7
(free, anonymous)

AIDES

Sexual health consultations, screening
for HIV, hepatitis B and C and syphilis.
43, rue Saint-Hélier
Tel 06 69 45 15 82

 C2, 11, stop: Gares
   Gares

 By appointment only



MENTAL HEALTH AND SUPPORT

In case of emergency / crisis

SERVICE D'ACCUEIL D'URGENCE (SAU)

Hôpital Pontchaillou
2, rue Henri Le Guilloux
Tel 02 99 28 43 21

  Pontchaillou



Team of
psychiatrists
on call 24/7

For non-emergencies

CENTRE HOSPITALIER GUILLAUME RÉGNIER (CHGR)

108, avenue du Général Leclerc
Tel 02 99 33 39 00

 67, stop: Moulin de Joué
C5, stop: Durafour

PSYS DU CŒUR

In-person counselling and therapy
rennes@psysducoeur.fr



MONDAYS

2pm - 5pm
By appointment only
at Carrefour 18

THURSDAYS

2pm - 5pm
By appointment
only at Cleunay
community centre

MOBILE PSYCHIATRIC UNIT FOR THE VULNERABLE (EMPP)

Talk to a nurse or psychologist
for an assessment and guidance.

Pôle Addiction Précarité – CHGR

Tel 02 99 33 64 24

→ Leperdit solidarity canteen

Le Fourneau

5, rue Clémence Royer

Tel 02 30 21 52 34

 **10, stop: Voltaire**

  **Mabilais**

DAYTIME DROP-IN CENTRE - LE PUZZLE

Rue de la Barbotière

Tel 02 99 27 50 60

 **C4, C6, stop: Paul Bert**

L'AMICALE DU NID - BRETAGNE

35, avenue Aristide Briand

Tel 06 13 30 93 19

bretagne@adn-asso.org

 **C4, C6, stop: Paul Bert**

  **St Germain**

Support for sex workers and victims
of sex trafficking.

 **By appointment only**



Walk-in psychology
consultations:
Every other Tuesday
(10am - 1pm)

Walk-in nurse
consultations:
Every other Thursday,
9.30am - 11am



Nurse consultations:
Every other Thursday,
1.15pm - 2.15pm



M • T • W • T • F
9am - 5pm

 **By appointment only**

Centre médico-psychologique (CMP)

CENTRE HOSPITALIER GUILLAUME RÉGNIER

Assessment, follow-up, consultations with
nurses, psychologists and psychiatrists.

108, avenue du Général Leclerc

Tel 02 99 33 39 00

 67, stop: Moulin de Joué

C5, stop: Durafour

MAUREPAS, PATTON AND VILLEJEAN

CMP Saint-Exupéry

5, rue Saint-Exupéry

Tel 02 99 63 54 55

 C1, stop: Painlevé

  Gros Chêne

 By appointment only

CENTRE, CLEUNAY AND COLOMBIER

CMP les colombes

6, place des Colombes

Tel 02 22 51 41 36

 C5, C6, stop: Colombier

  Colombier

 By appointment only

BLOSNE, POTERIE, SUD GARE AND BRÉQUIGNY

CMP la Sauvaie

8, rue de la Sauvaie

Tel 02 99 51 56 73

 C2, stop: Haut Sancé

 By appointment only

Support

SOS AMITIÉ

Telephone helpline

Tel 09 72 39 40 50

(free, anonymous helpline)



ASSOCIATION SOURCES

Welcome and support for those who are struggling.

Free sessions providing psychological support and listening.

Tel 02 99 32 26 95

association.sources@gmail.com



M • T • W • T • F

9am - 12 noon



By appointment only

LUEUR D'ESPOIR / SOS DÉPRESSION 35

Telephone helpline

Tel 02 99 83 65 28



M • T • W • T • F

9am - 11.30am

and 2.30pm - 5.30pm

SATURDAYS

9am - 11.30am

and 9pm - 11pm

FRIDAYS

9am - 11.30am

and 2.30pm - 9pm

CENTRE D'ACCUEIL PSYCHANALYTIQUE DE VILLEJEAN

5, Placis de l'Orléanais 3

Tel 06 98 16 86 84

  Kennedy

LES PETROLETTES

Support for sex workers: access to healthcare and rights; distribution of safety equipment.

Tel 06 31 60 99 25

→ Reception:
2, allée de Finlande (Bocal féministe)

  Blosne

6, rue Saint Martin (at Iskis)

   Sainte-Anne (10 minutes' walk)



TUESDAYS

10am - 1pm



FRIDAYS

10am - 1pm

ISKIS

LGBTI+ centre open to lesbian, gay, bi, transgender and intersex people and those close to them. Support and sharing groups, informal sessions, film discussion evenings.

6, rue Saint Martin

Email: contact@iskis.org

→ Open Wednesdays from 4pm to 9.30pm

   Sainte-Anne



ALCOHOL AND DRUGS

Alcohol

ADDICTION PREVENTION AND SUPPORT CENTRE (CSAPA)

Reception, support, care and guidance
for patients and those close to them.

39, rue Saint-Melaine

Tel 02 22 51 41 40

   Sainte-Anne

ALCOOL INFO SERVICE

0980 980 930

(anonymous, standard call rates)



M • T • W • T • F



Consultations by
appointment only



8am - 2am,
7 days a week

Drugs

ÉCOUTE CANNABIS HELPLINE

0980 980 940

anonymous, free calls from landlines



8am - 2am,
7 days a week

DROGUES INFO SERVICE HELPLINE

0800 23 13 13

anonymous, free calls from landlines



8am - 2am,
7 days a week

CSAPA L'ENVOL (ADDICTION CARE, SUPPORT AND PREVENTION CENTRE)

Access to care and treatment for people with drug addictions.

4, bd de Strasbourg

Tel 02 99 33 39 20

02 99 33 60 38

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

WELCOME AND SUPPORT TO HELP REDUCE RISKS FOR DRUG USERS (CAARUD)

AIDES

Welcome, support, provision and recovery of sterile equipment.

Screening services (see page 27).

43, rue Saint-Hélier

Tel 02 99 67 41 83 or 06 34 28 71 67

 **C2, 11, stop: Gares**

   **Gares**



M • T • W • T • F

9.30am - 12.30pm

and 1.30pm - 5.30pm

SATURDAYS

9.30am - 1pm



MONDAYS AND

WEDNESDAYS

2pm - 5pm

FRIDAYS

2pm - 6pm



HELP FOR WOMEN

Sexual violence and violence against women

3919

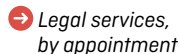
Toll-free number giving information and support for victims of gender-based and sexual violence.



24/7

ASFAD

urgencesprevention@asfad.fr
www.asfad.fr



• Helpline

for women who are victims of
spousal and/or domestic violence
Tel 02 99 54 44 88

WOMENS' AND FAMILY RIGHTS INFORMATION CENTRE (CIDIFF)

21, rue de la Quintaine
Tel 02 99 30 80 89



M • T • W • T • F

9am - 12 noon

1.30pm - 3.30pm

 **C2, stop: les Lices**
or Parking Chézy-Dinan

 **By appointment only**

   **Sainte-Anne**

MAISON DES FEMMES GISÈLE HALIMI

Unconditional welcome, care, support and legal advice centre for female victims and their children.

16, boulevard de Bulgarie
entrance to Hôpital Sud
Tel 02 23 06 73 60

  Blosne



M • T • W • T • F
9.30am - 4.30pm



By appointment only

POLICE LIAISON SOCIAL WORKER (ISC)

Information and guidance, including for those not involved in police investigations.

Central police station
22, boulevard de la Tour d'Auvergne
Tel 06 18 83 10 07



M • T • W • T • F
9am - 5pm

FRENCH FAMILY PLANNING MOVEMENT, ILLE-ET-VILAINE BRANCH (MFPF)

Support and listening for the victims of sexual and sexist violence, including for those not involved in police investigations.

35, boulevard de la Tour d'Auvergne
Tel 02 99 31 54 22

  Colombier

LAWYERS SPECIALISING IN VICTIM SUPPORT

 Helpline

Tel 06 27 47 81 47/37



M • T • W • T • F
10am - 8pm



LEGAL AID

Legal aid for vulnerable and marginalised individuals

EMERGENCY LEGAL AID ASSOCIATION (AJU)

- Legal information services and consultations with volunteer lawyers
- Help with legal procedures

Legal access consultations in 3 prisons

Tel 02 99 51 48 31

aidejuridiqueurgence@free.fr

AJU (EMERGENCY LEGAL AID) CONSULTATIONS

CENTRE SOCIAL TY-BLOSNE

7, bd de Yougoslavie

Tel 02 99 50 90 47

  Le Blosne

LES CAMIONS DU CŒUR

Place de la Communauté

  Clemenceau



TUESDAYS

2.30pm - 5pm



By appointment only (phone lines are not open on Tuesday mornings)



Open every second and fourth Monday of the month

7pm - 8.30pm

Consultations with lawyers

List of legal consultations:

cdad-illeetvilaine.justice.fr

[www.ordre-avocats-rennes.fr/particuliers/
consulter-un-avocat/consultations-gratuites](http://www.ordre-avocats-rennes.fr/particuliers/consulter-un-avocat/consultations-gratuites)

CITÉ JUDICIAIRE (CITY COURTS)

7, rue Pierre Abélard

Tel 02 99 31 16 62

ESC SIMONE IFF

12 bis, rue Guy Ropartz

Tel 02 99 27 48 27

MAISON DE QUARTIER LE CADRAN BEAUREGARD

11, avenue André Mussat

Tel 02 99 31 16 62

UDAF 35

1, rue du Houx

Tel 02 30 03 95 60

ESC AIMÉ CÉSAIRE

15, rue Louis et René Moine

Tel 02 99 50 86 70

LEGAL CONSULTATIONS AT CIDFF 35

21, rue de la Quintaine

Tel 02 99 30 80 89

 **C2, stop: les Lices**

   **Sainte-Anne**

 *Consultations open to victims
of spousal violence only
Family law consultations*

 **By appointment only**

Immigration law

MOVEMENT AGAINST RACISM AND FOR FRIENDSHIP BETWEEN PEOPLES (MRAP)

Consultations by appointment made

via text message

Tel 07 82 88 24 35

mrapp.ille.et.vilaine@gmail.com

 **Poterie**

→ Consultations available at
La Marbaudais community centre:
mrapp.rennes.nord@gmail.com

 By appointment only

LEGAL CONSULTATIONS FOR FOREIGN NATIONALS

Centre social Ker Yann Villejean

42, cours Président J.F. Kennedy

Tel 02 23 46 85 70

Centre Social Carrefour 18

7, rue d'Espagne

Tel 02 99 51 32 25

ESC Simone Iff

12 bis, rue Guy Ropartz

Tel 02 99 27 48 27

CROIX-ROUGE

Social welfare consultations

1, rue du Scorff, Rennes

 C3, stop: Bellangerais

4, rue du Breil, Rennes

 C1, stop: Sauvaie



M • T • W • T • F

9.30am - 12 noon

and 2pm - 4.30pm



M • T • W • T • F

9.30am - 12 noon

and 2pm - 4.30pm

CIMADE

Email: rennes@lacimade.org

Centre Social Villejean

42, cours Kennedy

  Kennedy

RDV

First and third
Tuesday of the month
2pm - 5pm
(no appointment
necessary)

SPECIALISED LAWYERS

Legal consultations for non-French nationals.

Centre social Ker Yann Villejean

42, cours Président J.F. Kennedy

Tel 02 23 46 85 70

Centre Social Carrefour 18

7, rue d'Espagne

Tel 02 99 51 32 25

ESC Simone Iff

12 bis, rue Guy Ropartz

Tel 02 99 27 48 27

RDV

By appointment only



SOCIAL INSERTION AND LEARNING SUPPORT

Learn French

LANGUAGE EVALUATION AND GUIDANCE

Tel 06 11 94 35 25

→ *Call to make an appointment
(lines open on the first Monday of the month).*

RÉSEAU LOUIS GUILLOUX

French lessons

for pregnant women

12 ter, avenue de Pologne

06 76 53 96 86

i.guillou@rlg35.org

 12, stop: Galicie

  Le Blosne



TUESDAYS

9.30am - 11.30am

WE KER

Mission locale, Sortir de la rue scheme

Helps young people having difficulty with social and professional insertion

7, rue de la Parcheminerie

Tel 02 99 78 00 78

  République

 Consultations at the Leperdit solidarity canteen, Le Relais in the city centre and Le Puzzle.

LE RELAIS

SEA35/ALTERA

19b, rue Legraverend

Tel 02 99 79 07 27

 10, stop: Dinan

   Sainte- Anne



M • T • W • T • F

9am - 12.30pm

and 1.30pm - 5.30pm

MONDAYS

9am - 12.30pm



MONDAYS

10.30am - 12.30pm

TUESDAYS AND

WEDNESDAYS

1.30pm - 3.30pm

FRIDAYS

4pm - 6pm



ADMINISTRATIONS

PREFECTURE

81, boulevard d'Armorique
Tel 0800 713 635 (toll-free number)

 **C4, 14, stop: Préfecture**
C3, stop: Bellangerais



M • T • W • T • F
9am - 4pm

RENNES CITY HALL

Place de la mairie
Tel 02 23 62 10 10
metropole.rennes.fr

  **République**



M • T • W • T • F
8.30am - 5pm

FRENCH IMMIGRATION OFFICE (OFII)

8, rue Jean Julien Lemordant
Tel 02 99 22 98 60

  **Pontchaillou**



M • T • W • T • F
9am - 12 noon
and 1.30pm - 4.30pm

PROBATION OFFICE (SPIP)

39, rue Charles Géniaux
Tel 02 56 01 65 65

 **14, stop: Les Arts**



M • T • W • T • F
8am - 5.30pm

LOST PROPERTY

16, rue Jean Marie Huchet
Tel 02 23 62 18 72

 **C4, stop: Plaine de Baud**



PETS

GAMELLES PLEINES

Combating marginalisation of dog-owners who are on low incomes and/or homeless.

Soup runs on Thursday evenings

Contact: email or via your social worker:
rennes@gamellespleines.fr

SPA RENNES (ANIMAL PROTECTION SOCIETY)

To ask for financial help with veterinary care for your pet, email rennes@la-spa.fr

USEFUL ADDRESSES

1a SKOAZELL

EDD

PUZZLE

SEA35/ALTERA

Pôle Précarité Insertion.

Rue de la Barbotière

 C4, C6, stop: Paul Bert

1b DAYTIME DROP-IN CENTRE - HEOL

3, avenue Monseigneur Mouézy

 11, stop: Mouézy

C2, stop: Croix Saint Hélier

C1, stop: Raison

2 LEPERDIT SOCIAL CANTEEN LE FOURNEAU

5, rue Clémence Royer

 10, stop: Voltaire

  Mabilais

3a RESTOS DU CŒUR

118, rue de l'Alma

 C3, 12, stop: Jacques Cartier

  Jacques Cartier
or Clemenceau

3b RESTOS DU CŒUR

25, rue de la Donelière

 C2, 12, 14, stop: Donelière

4 CROIX-ROUGE FRANÇAISE

4, rue du Breil

 C1, stop: Sauvaie

5 CROIX-ROUGE FRANÇAISE

Mailing address service

1, rue du Scorff, Rennes

 C3, stop: Bellangerais

6 PUBLIC SHOWERS

Piscine Saint-Georges

2, rue Gambetta

 C3, stop: Place Pasteur

7 SECOURS CATHOLIQUE

10, rue Louis-Guilloux

 C4, 53, stop: Guilloux

8 SECOURS POPULAIRE

14, rue des Veyettes

 11, stop: Pré Garel

9 HOSPITAL/CASUALTY-ER

Rue Henri-Le Guilloux

  Pontchaillou

10 CSAPA L'ENVOI

4, boulevard de Strasbourg

 C4, C6, stop: Pont
de Strasbourg

11 CAARUD AIDES 35

43, rue Saint-Hélier

 C2, 11, 17, stop: Gares

   Gares

12 INITIAL RECEPTION FOR ASYLUM SEEKERS (SPA)

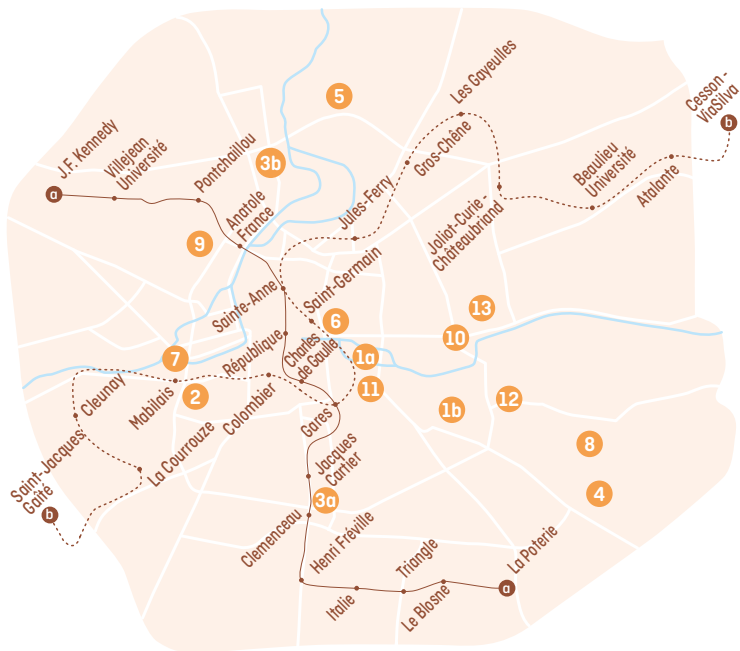
33 b, rue Auguste-Pavie

 11, stop: Auguste Pavie

13 GUILLAUME RÉGNIER PSYCHIATRIC HOSPITAL (CHGR)

64, stop: Moulin de Joué

 C5, stop: Durafour



USEFUL PHONE NUMBERS

**CAF ILLE-ET-VILAINE
(FAMILY ALLOWANCE)**

32 30

**SOCIAL INFORMATION
HELPLINE**

08 00 95 35 45

**FRANCE TRAVAIL
JOB CENTRE
(WAS PÔLE EMPLOI)**

39 49

**PUBLIC SERVICE
HELPLINE**

39 39



EMERGENCY PHONE NUMBERS

Emergency ambulance (SAMU)

15

Police emergencies

17

Fire and casualty assistance

18

Medical emergencies (one number for all calls)

112

Emergency accommodation and help

115

Emergency doctors (SOS médecins)

02 99 53 06 06

(€0.12/min)

This practical guide is made available free of charge

