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**If you need emergency accommodation, you must call 115. If you are homeless and without accommodation, you can also call 115 to request the intervention of a marauder.**

Publishing date: 06/12/2023

**Attention, we advise you to check the potential changes / closures via the link or directly on Soliguide.fr**

**\_\_Aspet\_\_**

**1. Permanence Aspet - Mission locale Haute Garonne**

*Rue Armand Latour (A l'Office de Tourisme), 31160 Aspet*Temporary closure: from 25/12/2023 to 29/12/2023
 **Thursday: 9h to 12h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0562009867*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**2. Maison Départementale de Proximité (MDP) Aspet - Conseil Départemental**

*Pl. de la République, 31160 Aspet*Temporary closure: from 28/12/2023 to 29/12/2023
Fermetures exceptionnelles
 **Thursday to Friday: 9h to 12h30 - 13h30 to 17h30** *Unconditional welcome
Accessible to people with reduced mobility*
*Other details: Without an appointment
0562002497
proximite.aspet@cd31.fr*
**Services:** Administrative counselling, public letter-writer, digital training, computer posts, various leisure

**\_\_Aucamville\_\_**

**1. Antenne Aucamville - Mission locale Haute Garonne**

*99 Rte de Fronton, 31140 Aucamville*Temporary closure: from 25/12/2023 to 29/12/2023
 **Monday: 9h to 12h - 14h to 17h**
**Tuesday: 9h to 12h**
**Wednesday to Friday: 9h to 12h - 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0561702540*
*0970220691
mlhg.aucamville@ml31.org*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**2. CCAS d'Aucamville**

*3 Rue des Écoles, 31140 Aucamville* **Monday to Tuesday: 8h30 to 12h - 13h30 to 16h30**
**Wednesday: 8h30 to 12h**
**Thursday to Friday: 8h30 to 12h - 13h30 to 16h30** *Unconditional welcome
By appointment only: Make an appointment by phone*
*Accessible to people with reduced mobility
0534270358
ccas@ville-aucamville.fr*
**Services:** Social support, administrative counselling, aid for the disabled, domiciliation, housing assistance, budget advice

**3. Espace Economie Emploi d'Aucamville**

*Pl. Jean-Louis Bazerque, 31140 Aucamville* **Monday to Friday: 8h30 to 12h30 - 13h30 to 17h30** *Unconditional welcome
By appointment only: By phone or email*
*Accessible to people with reduced mobility
0622768335*
*Prise de RDV: 0562759494
o.mace@ville-aucamville.fr*
**Services:** Job-seeking assistance, digital training, integration through economic activity

**\_\_Aurignac\_\_**

**1. Maison Départementale de Proximité (MDP) Aurignac - Conseil Départemental**

*63 Rte d'Alan, 31420 Aurignac*Temporary closure: from 28/12/2023 to 29/12/2023
Fermetures exceptionnelles
 **Thursday to Friday: 9h to 12h30 - 13h30 to 17h30** *Unconditional welcome
Accessible to people with reduced mobility*
*Other details: Without an appointment
0562002496
proximite.aurignac@cd31.fr*
**Services:** Administrative counselling, public letter-writer, digital training, computer posts, various leisure

**2. Permanence Aurignac - Mission locale Haute Garonne**

*63 Rte d'Alan (A la Maison Départementale de Proximité), 31420 Aurignac*Temporary closure: from 25/12/2023 to 29/12/2023
 **Monday: 9h to 12h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0561984561*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Aussonne\_\_**

**1. CCAS d'Aussonne**

*200 Rte de Merville (Le lien social), 31840 Aussonne* **Monday to Friday: 9h to 12h - 14h to 17h** *Unconditional welcome
By appointment only: By moving directly or by telephone*
*Accessible to people with reduced mobility
0562134728
ccas@aussonne.fr*
**Services:** Social support, budget advice, housing assistance, aid for the disabled, domiciliation, job-seeking assistance, counselling for parents, transport with driver, various leisure, food distribution, social and solidarity grocery stores

**2. Permanence Aussonne - Mission locale Haute Garonne**

*200 Rte de Merville (Au CCAS), 31840 Aussonne*Temporary closure: from 25/12/2023 to 29/12/2023
 **Wednesday: 9h to 12h - 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0562134576*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Auterive\_\_**

**1. Secours Catholique Ariège-Garonne - Auterive**

*18 Rue Gambetta, 31190 Auterive* **Tuesday: 14h to 16h** *Unconditional welcome
0647217200
ariegegaronne@secours-catholique.org*
**Services:** Clothes, rest area

**2. Permanence Auterive - Foyer - Mission locale Haute Garonne**

*1 Pl. du Maréchal Leclerc (Au Foyer d'Auterive), 31190 Auterive*Temporary closure: from 25/12/2023 to 29/12/2023
 **Monday: 9h to 12h - 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0561507497*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**3. Permanence Auterive - Maison des Solidarités - Mission locale Haute Garonne**

*6 Bd Jules Guesde (Maison des Solidarités), 31190 Auterive*Temporary closure: from 25/12/2023 to 29/12/2023
 **Monday: 9h to 12h - 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0534273458*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**4. Permanence Auterive - Maison France Services - Mission locale Haute Garonne - Copie**

*9F92+28 (ZI Robert Lavigne, RD 820, - Maison France Services à la Communauté de Communes Bassin Auterivain), 31190 Auterive*Temporary closure: from 25/12/2023 to 29/12/2023
 **Wednesday: 9h to 12h - 14h to 17h**
**Friday: 9h to 12h - 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
Les mercredis pairs et les vendredis: 0644789590*
*Les mercredis impairs: 0766791068*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**5. Permanence Auterive - Médiathèque Coworking- Mission locale Haute Garonne**

*780 Rte d'Espagne (Espace Firmin Pons - Médiathèque Coworking), 31190 Auterive*Temporary closure: from 25/12/2023 to 29/12/2023
 **Monday to Friday: 9h to 12h - 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0749785193*
*0644789590*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Avignonet-Lauragais\_\_**

**1. CCAS d'Avignonet-Lauragais**

*1 Pl. de la République (Dans la Mairie), 31290 Avignonet-Lauragais* **Monday to Friday: 9h to 12h - 14h to 17h** *Unconditional welcome
Accessible to people with reduced mobility*
*Other details: Possibility to go there without an appointment but depends on whether someone is present to receive you Possibility also by appointment
0561816367
mairie@avignonet-lauragais.fr*
**Services:** Information and guidance point, administrative counselling, aid for the disabled, housing assistance, food distribution

**\_\_Bagnères-de-Luchon\_\_**

**1. CCAS de Bagneres-de-Luchon**

*23 All. d'Etigny, 31110 Bagnères-de-Luchon* **Monday to Thursday: 8h to 12h15 - 14h to 18h**
**Friday: 8h to 12h** *Unconditional welcome adapted to in a regular situation, isolated people, couples.*
*Other useful informations: For people attached to the communal territory of Bagnères-deLuchon
0561946880
accueil.ccas@mairie-luchon.fr*
**Services:** Social support, administrative counselling, aid for the disabled, domiciliation, housing assistance

**2. Permanence Bagnères-de-Luchon - Mission locale Haute Garonne**

*23 All. d'Etigny (A la Mairie de Bagnères-de-Luchon), 31110 Bagnères-de-Luchon*Temporary closure: from 25/12/2023 to 29/12/2023
 **Friday: 9h to 12h - 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0561946885*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**3. Maison Départementale de Proximité (MDP) Bagnères-de-Luchon - Conseil Départemental**

*2 Bd Charles de Gaulle, 31110 Bagnères-de-Luchon*Temporary closure: from 25/12/2023 to 28/12/2023
Fermetures exceptionnelles
 **Monday: 9h to 12h30 - 13h30 to 17h30**
**Wednesday to Thursday: 9h to 12h30 - 13h30 to 17h30** *Unconditional welcome
Accessible to people with reduced mobility*
*Other details: Without an appointment
0562002494
proximite.luchon@cd31.fr*
**Services:** Administrative counselling, public letter-writer, computer posts, digital training, various leisure

**\_\_Balma\_\_**

**1. Comité Secours Populaire - Balma**

*17 Av. des Arènes (Salle Polyvalente), 31130 Balma* **Monday to Friday: 10h to 12h - 14h to 17h** *Unconditional welcome
Financial participation required
0561245424
contact@secourspopulairebalma.com*
**Services:** Solidarity shop, clothes, social support, general medicine

**2. Permanence Balma - Annexe jeunesse - Mission locale Haute Garonne**

*3b Av. Pierre Coupeau (Dans l'Annexe jeunesse), 31130 Balma*Temporary closure: from 25/12/2023 to 29/12/2023
 **Monday: 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0561247474*
*0752679689*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**3. Permanence Balma - Mairie - Mission locale Haute Garonne**

*All. de l'appel du 18 juin 1940 (A la mairie), 31130 Balma*Temporary closure: from 25/12/2023 to 29/12/2023
 **Wednesday: 9h to 12h**
**Friday: 9h to 12h - 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0562804909*
*0952526470*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Baziège\_\_**

**1. CCAS de Baziège**

*13 Av. de l'Hers, 31450 Baziège*Temporary closure: from 21/12/2023 to 04/01/2024
 **Monday: 13h to 17h30**
**Tuesday: 8h30 to 12h - 15h to 18h**
**Thursday: 15h to 18h**
**Friday: 8h30 to 12h30** *Unconditional welcome adapted to in a regular situation, isolated people, couples.*
*Other useful informations: For people attached to the municipal territory of Baziège
Other details: Exception: Mondays and Fridays make an appointment
0561818985
ccas@ville-baziege.fr*
**Services:** Social support, administrative counselling, aid for the disabled, domiciliation, housing assistance, budget advice, counselling for parents

**2. France Services - Baziège**

*13 Av. de l'Hers, 31450 Baziège*Temporary closure: on 25/12/2023
 **Monday: 8h30 to 12h - 13h30 to 17h30**
**Tuesday: 8h30 to 12h**
**Wednesday: 8h30 to 12h - 13h30 to 17h30**
**Thursday to Friday: 8h30 to 12h** *Unconditional welcome
0561818125
franceservices@ville-baziege.fr*
**Services:** Administrative counselling, computer posts

**3. Permanence Baziège - Mission locale Haute Garonne**

*24 Av. de l'Hers (à coté du CCAS), 31450 Baziège*Temporary closure: from 25/12/2023 to 29/12/2023
 **Monday: 9h to 12h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0562718205*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Beauzelle\_\_**

**1. CCAS de Beauzelle**

*19 Rue des Rossignols, 31700 Beauzelle*Temporary schedules: since 21/11/2023
Monday: 14h to 17h
Tuesday to Wednesday: 8h to 12h30 - 13h30 to 17h
Thursday: 8h to 12h30 - 14h to 19h
Friday: 8h to 12h - 13h30 to 17h
 **Monday: 13h30 to 17h**
**Tuesday to Wednesday: 8h to 12h30 - 13h30 to 17h**
**Thursday: 8h to 12h30 - 14h to 19h**
**Friday: 8h to 12h - 13h30 to 17h** *Unconditional welcome adapted to in a regular situation, isolated people, couples, in a situation of addiction, disabled, hiv carrier, lgbt+, outgoing from prison, people in prostitution situations, victim of violence.*
*Other useful informations: For people attached to the municipal territory of Beauzelle
By appointment only: Make an appointment at the reception or by phone
0562214050
centre.social@mairie-beauzelle.fr*
**Services:** Social support, administrative counselling, aid for the disabled, domiciliation, housing assistance, food distribution, french language courses

**\_\_Belberaud\_\_**

**1. Maison Départementale de Proximité (MDP) Belberaud - Conseil Départemental**

*3 Rue de la Mairie 31 450, 31450 Belberaud*Temporary closure: from 27/12/2023 to 28/12/2023
Fermeture exceptionnelle
 **Wednesday to Thursday: 9h to 12h30 - 13h30 to 17h30** *Unconditional welcome
Accessible to people with reduced mobility*
*Other details: Without an appointment
0562716353
proximite.belberaud@cd31.fr*
**Services:** Administrative counselling, public letter-writer, digital training, computer posts, various leisure

**\_\_Bessières\_\_**

**1. Aide alimentaire & Vestiboutique Croix-Rouge - Bessières**

*224 Av. de la Gare, 31660 Bessières*Temporary closure: on 25/12/2023
Congés de Noël

Temporary closure: on 01/01/2024
Congés du Nouvel An
 **Monday: 14h to 17h** *Unconditional welcome
No phone number given*
**Services:** Food packages, clothes

**2. CCAS de Bessières**

*39 All. des Écoles, 31660 Bessières*Temporary closure: from 25/12/2023 to 01/01/2024
 **Monday to Wednesday: 9h30 to 12h30 - 13h30 to 17h**
**Thursday: 9h30 to 12h30**
**Friday: 9h30 to 12h30 - 13h30 to 16h30** *Unconditional welcome adapted to in a regular situation, isolated people, couples.*
*Other useful informations: For people attached to the municipal territory of Bessières
0561634512*
*0622765548
cias3@valaigo.fr*
**Services:** Social support, administrative counselling, aid for the disabled, domiciliation, housing assistance, budget advice

**3. Permanence Bessière - Mission locale Haute Garonne**

*All. des Écoles (dans le CCAS), 31660 Bessières*Temporary closure: from 25/12/2023 to 29/12/2023
 **Thursday: 9h to 17h**
**Friday: 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0561634512*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Blagnac\_\_**

**1. L'épicerie Solidaire d'Interem**

*11 Vieux Chemin de Grenade (côté gauche du bâtiment de la friperie), 31700 Blagnac* **Tuesday: 15h to 18h**
**Wednesday: 9h30 to 12h15 - 13h30 to 18h**
**Thursday: 13h30 to 18h**
**Friday: 9h30 to 12h30** *Unconditional welcome
By appointment only: Taken by the association, by telephone*
*On registration: Access to the grocery store upon registration*
*Orientation only: Orientation by the social worker, then appointment with the association by telephone*
*Other details: Building a dossier (social assessment)
0561788938
g.paris@interem.fr*
**Services:** Social and solidarity grocery stores

**2. Protection Maternelle et Infantile (PMI) de la MDS Blagnac**

*4 Bd Alain Savary, 31700 Blagnac* **Monday: 8h to 12h - 13h30 to 17h**
**Tuesday to Friday: 8h30 to 12h - 13h30 to 17h** *Unconditional welcome adapted to couples, families, pregnant women.
By appointment only: Prendre rdv par téléphone ou par mail*
*Accessible to people with reduced mobility
0534279494
mds.blagnac@cd31.fr*
**Services:** Family planning, pediatrics, counselling for parents, infirmary , general medicine

**3. Maison des Solidarités (MDS) de Blagnac**

*4 Bd Alain Savary (ZAC Andromède), 31700 Blagnac* **Monday to Friday: 8h30 to 12h - 13h30 to 17h** *Unconditional welcome
Accessible to people with reduced mobility
0561710350
mds.blagnac@cd31.fr*
**Services:** Social support, housing assistance, administrative counselling, counselling for parents, digital training, mst screening, pediatrics, vaccinations, job-seeking assistance, wifi , computer posts, mobility aid

**4. Permanence juridique - Blagnac**

*1 Cheminement du Four à Briques (Espace Famille), 31700 Blagnac*Temporary closure: from 25/12/2023 to 29/12/2023
 **Tuesday: 14h to 17h** *Unconditional welcome
By appointment only: Call 05 34 36 45 30
0534364530*
**Services:** Legal advice

**5. Antenne Blagnac- Mission locale Haute Garonne**

*21 Av. d'Andromède (Au 1er étage), 31700 Blagnac*Temporary closure: from 25/12/2023 to 29/12/2023
 **Monday: 9h to 12h - 14h to 17h**
**Tuesday: 9h to 12h**
**Wednesday to Friday: 9h to 12h - 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0561710270
mlhg.blagnac@ml31.org*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Bouloc\_\_**

**1. Le Trèfle à 4 feuilles**

*55 Rue Jean Jaurès, 31620 Bouloc*Temporary Message: from 18/12/2023 to 25/12/2023
Pas de distribution le 23/12: Il 'ny aura pas de distribution alimentaire le 23/12 mais la structure sera ouverte pour le Noël des Enfants
 **Saturday: 8h to 13h** *Exclusive welcome: in a regular situation.*
*Other useful informations: People accompanied by social services
0777737018
trefle.bouloc31@gmail.com*
**Services:** Food packages, social and solidarity grocery stores

**2. CCAS de Bouloc**

*55 Rue Jean Jaurès, 31620 Bouloc* **Monday: 8h30 to 12h - 14h to 17h30**
**Tuesday: 8h30 to 12h**
**Wednesday: 8h30 to 12h - 14h to 17h30**
**Thursday: 8h30 to 12h** *Unconditional welcome
By appointment only: make an appointment by phone or email*
*Accessible to people with reduced mobility
0562799488
ccas@mairie-bouloc.fr*
**Services:** Social support, administrative counselling, aid for the disabled, housing assistance, domiciliation, counselling for parents

**\_\_Boulogne-sur-Gesse\_\_**

**1. Permanence Boulogne-sur-Gesse - Maison des Solidarités - Mission locale Haute Garonne**

*Barry-d'en-Bas (A la Maison Des Solidarités), 31350 Boulogne-sur-Gesse*Temporary closure: from 25/12/2023 to 29/12/2023
 **Wednesday: 9h to 12h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0562009209*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**2. Permanence Boulogne-sur-Gesse - Maison des Services - Mission locale Haute Garonne**

*4 Bd Raymond Bergougnan, 31350 Boulogne-sur-Gesse*Temporary closure: from 25/12/2023 to 29/12/2023
 **Wednesday: 9h to 12h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0561947440*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Bruguières\_\_**

**1. CCAS de Bruguières**

*Pl. de la République, 31150 Bruguières* **Monday to Friday: 9h to 12h - 14h to 17h30**
**Saturday: 9h to 12h** *Unconditional welcome
Accessible to people with reduced mobility
0562229933
carine.martinez@mairie-bruguieres.fr*
**Services:** Domiciliation, aid for the disabled, public letter-writer, housing assistance, legal advice, administrative counselling, food packages, digital training

**2. Permanence Brugières - Mission locale Haute Garonne**

*19 Pl. de la République (Dans la mairie), 31150 Bruguières*Temporary closure: from 25/12/2023 to 29/12/2023
 **Wednesday: 9h to 12h - 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0562229933*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Cadours\_\_**

**1. Maison Départementale de Proximité (MDP) Cadours - Conseil Départemental -**

*2 Rue Dastarat, 31480 Cadours*Temporary closure: from 26/12/2023 to 02/01/2024
Fermetures exceptionnelles
 **Monday to Tuesday: 9h to 12h30 - 13h30 to 17h**
**Friday: 9h to 12h30 - 13h30 to 17h** *Unconditional welcome
Accessible to people with reduced mobility*
*Other details: Without an appointment
0534573482
proximite.cadours@cd31.fr*
**Services:** Administrative counselling, public letter-writer, digital training, computer posts, various leisure

**2. Permanence Cadours - Mission locale Haute Garonne -**

*Rue des Fossés (Dans la Maison Départemental de Proximité), 31480 Cadours*Temporary closure: from 25/12/2023 to 29/12/2023
 **Thursday: 9h to 12h**
**Friday: 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0562136755*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**3. CCAS de Cadours**

*2 Rue Dastarat (Mairie), 31480 Cadours* **Monday: 9h to 12h - 13h30 to 17h**
**Tuesday: 9h to 12h - 13h30 to 18h**
**Wednesday: 9h to 12h - 13h30 to 17h**
**Thursday: 13h30 to 18h**
**Friday: 9h to 12h - 13h30 to 17h** *Unconditional welcome
Accessible to people with reduced mobility
0561856001
cadours.accueil@mairie-cadours.fr*
**Services:** Social support, administrative counselling, domiciliation, housing assistance, food packages

**\_\_Calmont\_\_**

**1. CCAS de Calmont**

*Av. de Mazères, 31560 Calmont* **Monday to Friday: 9h to 12h - 15h to 17h** *Unconditional welcome
By appointment only: Make an appointment by phone or email*
*Accessible to people with reduced mobility
0561081016
mairie.calmont.31@wanadoo.fr*
**Services:** Social support, administrative counselling, aid for the disabled, housing assistance, domiciliation

**\_\_Caraman\_\_**

**1. Maison Départementale de Proximité (MDP) Caraman - Conseil Départemental**

*23 Cr Alsace Lorraine, 31460 Caraman*Temporary closure: from 26/12/2023 to 28/12/2023
Fermeture exceptionnelle
 **Tuesday to Thursday: 9h to 12h30 - 13h30 to 17h30** *Unconditional welcome
Accessible to people with reduced mobility*
*Other details: Without an appointment
0562716357
proximite.caraman@cd31.fr*
**Services:** Administrative counselling, public letter-writer, digital training, computer posts, various leisure

**2. Permanence Caraman - Mission locale Haute Garonne**

*18 Cr Alsace Lorraine (Dans la mairie), 31460 Caraman*Temporary closure: from 25/12/2023 to 29/12/2023
 **Thursday: 9h to 12h - 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0562188160*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Carbonne\_\_**

**1. CCAS de Carbonne**

*Place Jules Ferry, 31390 Carbonne* **Monday to Friday: 8h30 to 12h30 - 13h30 to 17h** *Unconditional welcome
Accessible to people with reduced mobility*
*Other details: Access possible in the afternoon only by appointment
0561878003
ccas@ville-carbonne.fr*
**Services:** Social support, administrative counselling, aid for the disabled, housing assistance, budget advice, domiciliation, food packages

**2. Antenne Carbonne - Mission locale Haute Garonne**

*32 Pl. de la République (32 Ter), 31390 Carbonne*Temporary closure: from 25/12/2023 to 29/12/2023
 **Monday: 9h to 12h - 14h to 17h**
**Tuesday: 9h to 12h**
**Wednesday to Friday: 9h to 12h - 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0970220500
mlhg.carbonne@ml31.org*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**3. Permanence Carbonne - Maison France Services - Mission locale Haute Garonne**

*111 Av. de Toulouse (A la Maison France Services), 31390 Carbonne*Temporary closure: from 25/12/2023 to 29/12/2023
 **Monday to Friday: 9h to 12h - 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0782065856*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Castanet-Tolosan\_\_**

**1. Comité Secours Populaire - Castanet Tolosan**

*6 Rue des Écoles, 31320 Castanet-Tolosan*Temporary closure: from 22/12/2023 to 08/01/2024
 **Monday to Thursday: 9h to 12h - 14h to 17h** *Unconditional welcome
0561278484
spfcastanet@yahoo.fr*
**Services:** Food packages, solidarity shop, libraries

**2. Protection Maternelle et Infantile (PMI) de la MDS Castanet Tolosan**

*68 Av. du Lauragais, 31320 Castanet-Tolosan* **Monday: 8h to 12h - 13h30 to 17h**
**Tuesday to Friday: 8h30 to 12h - 13h30 to 17h** *Unconditional welcome adapted to couples, families, pregnant women.
By appointment only: Make an appointment by phone or email*
*Accessible to people with reduced mobility
0562719180
mds.castanet@cd31.fr*
**Services:** Family planning, pediatrics, counselling for parents, infirmary , general medicine

**3. Maison des Solidarités (MDS) de Castanet Tolosan**

*68 Av. du Lauragais, 31320 Castanet-Tolosan* **Monday to Friday: 8h30 to 12h - 13h30 to 17h** *Unconditional welcome
Accessible to people with reduced mobility
0562719180
mds.castanet@cd31.fr*
**Services:** Social support, housing assistance, administrative counselling, counselling for parents, job-seeking assistance, mst screening, pediatrics, vaccinations, wifi , computer posts, mobility aid

**4. Permanence Castanet-Tolosan - Mission locale Haute Garonne**

*68 Av. du Lauragais (Dans la Maison des Solidarités), 31320 Castanet-Tolosan*Temporary closure: from 25/12/2023 to 29/12/2023
 **Tuesday: 9h to 12h**
**Thursday: 9h to 12h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0562719180*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**5. Permanence Castanet-Tolosan / CCAS - Mission locale Haute Garonne**

*29 Av. de Toulouse (Dans le CCAS), 31320 Castanet-Tolosan*Temporary closure: from 25/12/2023 to 29/12/2023
 **Thursday: 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0534667310*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**6. Permanence Castanet-Tolosan / Espace l'Escambi- Mission locale Haute Garonne**

*Rue François Truffaut (Espace de vie sociale l'Escambi), 31320 Castanet-Tolosan*Temporary closure: from 25/12/2023 to 29/12/2023
 **Wednesday: 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0683643267*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Castelginest\_\_**

**1. Permanence Castelginest - Mission locale Haute Garonne**

*12 Rue du Pont Vieil (Au pôle Emploi), 31780 Castelginest*Temporary closure: from 25/12/2023 to 29/12/2023
 **Wednesday: 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0972723949*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Castelnau-d'Estrétefonds\_\_**

**1. CCAS de Castelnau D'Estrétefonds**

*29 Grande Rue (Maison Lagleyse, au 1er étage), 31620 Castelnau-d'Estrétefonds* **Monday to Thursday: 9h to 12h - 14h to 17h**
**Friday: 9h to 12h - 14h to 16h** *Unconditional welcome
By appointment only*
*Accessible to people with reduced mobility
0534276640
ccas@mairiecastelnau.fr*
**Services:** Social support, administrative counselling, aid for the disabled, housing assistance, social and solidarity grocery stores, domiciliation, laundry services

**2. France Services - Castelnau d'Estretefonds**

*29 Grande Rue (1er étage), 31620 Castelnau-d'Estrétefonds* **Monday to Thursday: 9h to 12h - 14h to 17h**
**Friday: 9h to 12h - 14h to 16h** *Unconditional welcome
By appointment only: Possibility to go to the reception*
*Accessible to people with reduced mobility
0534276640
ccas@mairiecastelnau.fr*
**Services:** Administrative counselling, computer posts, legal advice

**3. Permanence juridique - Castelnau d'Estrétefonds**

*29 Grande Rue (Maison Lagleyse (2° étage)), 31620 Castelnau-d'Estrétefonds*Temporary closure: from 25/12/2023 to 29/12/2023
 **Wednesday: 9h to 12h - 14h to 17h** *Unconditional welcome
By appointment only: Call number 05 34 27 66 40
0534276640*
**Services:** Legal advice

**4. Permanence Castelnau d'Estrétefonds - Mission locale Haute Garonne**

*29 Grande Rue (dans le CCAS), 31620 Castelnau-d'Estrétefonds*Temporary closure: from 25/12/2023 to 29/12/2023
 **Wednesday: 9h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0534276640*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Cazères\_\_**

**1. Permanence Cazères - Maison des Solidarités - Mission locale Haute Garonne**

*11 Av. de Saleich, 31220 Cazères*Temporary closure: from 25/12/2023 to 29/12/2023
 **Thursday: 9h to 12h**
**Friday: 9h to 12h - 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0561984470*
*0625682803*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**2. Permanence Cazères - Maison France Services - Mission locale Haute Garonne**

*15 Rue de la Case (Dans la permanence France Services), 31220 Cazères*Temporary closure: from 25/12/2023 to 29/12/2023
 **Friday: 9h to 12h - 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0769683628*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Cepet\_\_**

**1. CCAS de Cepet**

*1 Rue de l'Église, 31620 Cepet* **Monday to Wednesday: 8h30 to 12h - 13h30 to 17h15**
**Thursday: 8h30 to 12h**
**Friday: 8h30 to 12h - 13h30 to 17h15** *Unconditional welcome
By appointment only: <p>By appointment in the afternoon</p>*
*Accessible to people with reduced mobility
0561095376
mairie@cepet.fr*
**Services:** Social support, domiciliation, administrative counselling, aid for the disabled, housing assistance, job-seeking assistance, digital training, food distribution, transport with driver

**\_\_Cierp-Gaud\_\_**

**1. Permanence Cierp-Gaud - Mission locale Haute Garonne**

*2 Rue de l'Église (Maison des Solidarités), 31440 Cierp-Gaud*Temporary closure: from 25/12/2023 to 29/12/2023
 **Friday: 9h to 12h - 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0562009220*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Cintegabelle\_\_**

**1. Maison Départementale de Proximité (MDP) Cintegabelle- Conseil Départemental -**

*10 Chem. de Planole, 31550 Cintegabelle*Temporary closure: on 26/12/2023
Fermeture exceptionnelle
 **Monday to Tuesday: 9h to 12h30 - 13h30 to 17h30** *Unconditional welcome
Accessible to people with reduced mobility*
*Other details: Without an appointment
0534607653
proximite.cintegabelle@cd31.fr*
**Services:** Administrative counselling, public letter-writer, digital training, computer posts, various leisure

**2. Permanence Cintegabelle - Maison des Solidarités - Mission locale Haute Garonne**

*10 Chem. de Planole, 31550 Cintegabelle*Temporary closure: from 25/12/2023 to 29/12/2023
 **Thursday: 9h to 12h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0561984470*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Colomiers\_\_**

**1. Comité Secours Populaire - Colomiers**

*4 All. de Sisteron, 31770 Colomiers*Temporary closure: from 23/12/2023 to 08/01/2024
 **Monday: 14h30 to 17h**
**Tuesday: 9h30 to 12h30 - 14h to 17h**
**Thursday to Friday: 9h30 to 12h30 - 14h to 17h** *Unconditional welcome
0561784964
contact@colomiers.spf31.org*
**Services:** Social and solidarity grocery stores, french language courses, information and guidance point, clothes, solidarity shop, various leisure

**2. Unité locale Croix-Rouge - Colomiers**

*12 Rue Chrestias, 31770 Colomiers* **Wednesday: 14h to 18h**
**Friday to Saturday: 14h to 18h** *Unconditional welcome
Accessible to people with reduced mobility
0561303151*
**Services:** Clothes, information and guidance point

**3. InServices - Colomiers**

*20 Pl. du Val d'Aran, 31770 Colomiers* **Monday: 13h50 to 17h**
**Tuesday to Wednesday: 8h45 to 13h**
**Thursday: 8h45 to 17h**
**Friday: 15h to 18h** *Unconditional welcome
By appointment only*
*On registration*
*Financial participation required: cost of membership of 17 euros per year or 8.5 years for 6 months*
*Other details: Prior registration on 0663396847 or note from a social worker
0663396847*
*0984338837
inservices.c-sav@outlook.com*
**Services:** Social and solidarity grocery stores, french language courses

**4. Secours Catholique Ariège-Garonne - Colomiers - Accueil**

*11 Pl. du Cantal, 31770 Colomiers* **Monday to Tuesday: 14h to 16h**
**Thursday: 14h to 16h** *Unconditional welcome
0561780021
ariegegaronne@secours-catholique.org*
**Services:** Social support, food packages, french language courses

**5. CCAS de Colomiers**

*18 Pl. du Languedoc, 31770 Colomiers* **Monday: 8h30 to 12h15 - 13h15 to 17h**
**Tuesday: 8h30 to 12h15 - 17h to 19h**
**Wednesday to Thursday: 8h30 to 12h15 - 13h15 to 17h**
**Friday: 8h30 to 14h** *Unconditional welcome adapted to in a regular situation, isolated people, couples.*
*Other useful informations: For people attached to the municipal territory of Colomiers
By appointment only: make an appointment by phone*
*Orientation only
0561152226
accueil-ccas@mairie-colomiers.fr*
**Services:** Social support, administrative counselling, aid for the disabled, domiciliation, social and solidarity grocery stores, legal advice, job-seeking assistance

**6. Plateforme téléphonique et numérique Haute-Garonne Solidarités - Conseil départemental**

*1 Rue des Garibaldiens, 31770 Colomiers* **Monday: 8h30 to 17h**
**Tuesday: 13h to 17h**
**Wednesday to Friday: 8h30 to 17h** *Unconditional welcome
Other details: /!\ Please note that this is a reception ONLY by telephone and email /!\
0534334747
solidarites@cd31.fr*
**Services:** Information and guidance point, budget advice, administrative counselling, housing assistance, aid for the disabled, counselling for parents, digital training

**7. Permanence juridique - Colomiers**

*1 All. de Naurouze (Maison de la Citoyenneté Seycheron), 31770 Colomiers*Temporary closure: from 25/12/2023 to 29/12/2023
 **Tuesday: 14h to 17h** *Unconditional welcome
By appointment only: Call 05 61 15 31 85
0561153185*
**Services:** Legal advice

**8. AMS Grand Sud - Colomiers**

*25 Bd Victor Hugo, 31770 Colomiers* **Monday to Friday: 9h to 12h30 - 13h30 to 17h** *Unconditional welcome
0561867820
siege@ams-grandsud.fr*
**Services:** French language courses, digital training, job-seeking assistance

**9. Antenne Colomiers - Mission locale Haute Garonne**

*6 Av. Edouard Serres, 31770 Colomiers*Temporary closure: from 25/12/2023 to 29/12/2023
 **Monday: 9h to 12h - 14h to 17h**
**Tuesday: 9h to 12h**
**Wednesday to Friday: 9h to 12h - 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0561785116
mlhg.colomiers@ml31.org*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Cornebarrieu\_\_**

**1. Permanence Cornebarrieu - Mission locale Haute Garonne**

*13 Rue du Pont Vieux (dans le Point Accueil Jeunes), 31700 Cornebarrieu*Temporary closure: from 25/12/2023 to 29/12/2023
 **Wednesday to Thursday: 9h to 12h**
**Friday: 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0561061492*
*0532930219*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**2. Maison du Lien Social - Cornebarrieu**

*29 Av. de Versailles (1er étage, accessible PMR), 31700 Cornebarrieu* **Monday: 14h to 17h**
**Tuesday to Wednesday: 9h to 12h - 14h to 17h**
**Thursday: 9h to 12h**
**Friday: 9h to 12h - 14h to 17h** *Unconditional welcome
0561071072*
*0609927745
mls@cornebarrieu.fr*
**Services:** French language courses, public letter-writer, digital training, computer posts, various leisure

**\_\_Cugnaux\_\_**

**1. Epicerie sociale Croix-Rouge - Cugnaux**

*1 Imp. des Violettes, 31270 Cugnaux* **Thursday: 9h to 13h**
**Friday: 9h to 13h - 13h to 17h** *Unconditional welcome
By appointment only: Appointment booking via the CCAS
0562873015
cesf.aeb.epicierie@mairie-cugnaux.fr*
**Services:** Social and solidarity grocery stores, care products

**2. Épicerie sociale Croix-Rouge - Castelnau d'Estrétefonds**

*8 Bis Rue du Pré Vicinal, 31270 Cugnaux*Temporary closure: on 25/12/2023
Congés de Noël

Temporary closure: on 01/01/2024
Congés du Nouvel An
 *Unconditional welcome
By appointment only: Access to the Grocery Store is by appointment once a week (open twice a week).
0534276640
ccas@mairiecastelnau.fr*
**Services:** Social and solidarity grocery stores, care products

**3. Association Aide Aux Familles - Cugnaux**

*1 Imp. des Violettes, 31270 Cugnaux*Temporary closure: from 23/12/2023 to 08/01/2024
 **Tuesday: 14h to 17h**
**Friday: 14h to 17h** *Unconditional welcome
Financial participation required
0675818417
aideauxfamilles31@gmail.com*
**Services:** Clothes

**4. CCAS de Cugnaux**

*8 Bis Rue du Pré Vicinal, 31270 Cugnaux* **Monday to Friday: 9h to 12h30 - 13h30 to 17h** *Unconditional welcome adapted to in a regular situation, isolated people, couples.*
*Other useful informations: For people attached to the municipal territory of Cugnaux
By appointment only: Make an appointment by phone
0562873015
accueil.ccas@mairie-cugnaux.fr*
**Services:** Social support, administrative counselling, aid for the disabled, domiciliation, housing assistance, social and solidarity grocery stores

**5. Permanence Médiation familiale - Cugnaux**

*1 Pl. de la Libération (Centre Social Espace Mosaïque), 31270 Cugnaux*Temporary closure: from 25/12/2023 to 29/12/2023
 **Monday: 9h to 12h30 - 13h30 to 17h30** *Unconditional welcome
By appointment only: By telephone*
*Financial participation required: The first information interview is free. The sessions are then paid for. Financial participation is requested based on your income and according to a national scale established by Caf.
0561768499*
**Services:** Counselling for parents

**6. Permanence Cugnaux - Boit'J Service Jeunesse - Mission locale Haute Garonne**

*16 Rue de la Vieille Église (A Boit'J Service Jeunesse), 31270 Cugnaux*Temporary closure: from 25/12/2023 to 29/12/2023
 **Thursday: 9h to 12h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0561768279*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**7. Permanence Cugnaux - MDS - Mission locale Haute Garonne**

*8 Bis Rue du Pré Vicinal (A la MDS), 31270 Cugnaux*Temporary closure: from 25/12/2023 to 29/12/2023
 **Wednesday: 9h to 12h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0562873010*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Drémil-Lafage\_\_**

**1. CCAS de Dremil Lafage**

*1 All. de l'Église, 31280 Drémil-Lafage* **Monday to Thursday: 8h30 to 12h30 - 15h to 17h30**
**Friday: 8h30 to 12h30 - 15h to 17h** *Unconditional welcome
By appointment only: Make an appointment by phone or email*
*Accessible to people with reduced mobility
0561836642
ccas@dremil-lafage.fr*
**Services:** Social support, administrative counselling, aid for the disabled, housing assistance, budget advice, domiciliation, counselling for parents

**\_\_Eaunes\_\_**

**1. Permanence Eaunes - Mission locale Haute Garonne**

*1 Place des Champs de Vignes (Mairie), 31600 Eaunes*Temporary closure: from 25/12/2023 to 29/12/2023
 **Tuesday: 9h to 12h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0561087023*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**2. CCAS de Eaunes**

*1 Place des Champs de Vignes, 31600 Eaunes* **Monday to Friday: 8h30 to 12h30 - 13h30 to 17h30** *Unconditional welcome
By appointment only: <p>Reception without appointment</p>*
*Accessible to people with reduced mobility
0561088235
service.ccas@mairieaunes.fr*
**Services:** Social support, administrative counselling, aid for the disabled, domiciliation, housing assistance, budget advice, food packages

**\_\_Fenouillet\_\_**

**1. Jardins du Ricotier**

*All. des Ramiers, 31150 Fenouillet*Temporary closure: from 22/12/2023 to 03/01/2024
 **Monday to Tuesday: 8h to 16h30**
**Thursday to Friday: 8h to 16h30** *Exclusive welcome: adults, in a regular situation.*
*Other useful informations: Eligible to IAE including RSA beneficiaries
Orientation only: By orientation or spontaneous application on the inclusion platform or directly.
0611157079
ricotier@cocagnehautegaronne.org*
**Services:** Integration through economic activity, food packages, various leisure

**2. Permanence Fenouillet - Mission locale Haute Garonne**

*Place Alexandre Olives (Dans la mairie), 31150 Fenouillet*Temporary closure: from 25/12/2023 to 29/12/2023
 **Friday: 9h to 12h - 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0562758975*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Flourens\_\_**

**1. CCAS de Flourens**

*1 Pl. de l'Église, 31130 Flourens* **Monday to Friday: 8h30 to 12h - 14h to 18h** *Unconditional welcome
By appointment only: send an email to make an appointment*
*Accessible to people with reduced mobility
0561836019
ccas@flourens.fr*
**Services:** Social support, administrative counselling, aid for the disabled, domiciliation, digital training

**\_\_Fonsorbes\_\_**

**1. Epicerie sociale Croix-Rouge - Fonsorbes**

*2758 Rte de Tarbes, 31470 Fonsorbes* **Wednesday: 9h30 to 12h30** *Unconditional welcome
Orientation only: Please contact CCAS*
*Accessible to people with reduced mobility
No phone number given
ul.colomiers@croix-rouge.fr*
**Services:** Social and solidarity grocery stores

**2. CCAS de Fonsorbes**

*8 Rue Luigi Amadio (près du club de tennis), 31470 Fonsorbes* **Monday to Thursday: 9h to 12h - 14h to 17h**
**Friday: 9h to 12h - 14h to 16h30** *Unconditional welcome
Accessible to people with reduced mobility
0534475962*
*0674796531
ccas@fonsorbes.fr*
**Services:** Social support, administrative counselling, aid for the disabled, domiciliation, housing assistance, counselling for parents, digital training, job-seeking assistance, food distribution, emergency shelters

**3. Permanence Fonsorbes - Mission locale Haute Garonne**

*30 Rue Luigi Amadio (Centre Social), 31470 Fonsorbes*Temporary closure: from 25/12/2023 to 29/12/2023
 **Monday: 9h to 12h - 14h to 17h**
**Thursday: 9h to 12h - 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0534475962*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Fronton\_\_**

**1. Permanence Fronton - Mission locale Haute Garonne**

*51 Av. Adrien Escudier (Bureau Emploi), 31620 Fronton*Temporary closure: from 25/12/2023 to 29/12/2023
 **Thursday: 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0561825657*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Frouzins\_\_**

**1. Protection Maternelle et Infantile (PMI) de la MDS Frouzins**

*94 Bd de la Méditerranée (Résidence Les Cigales), 31270 Frouzins* **Monday: 8h to 12h - 13h30 to 17h**
**Tuesday to Friday: 8h30 to 12h - 13h30 to 17h** *Unconditional welcome adapted to couples, families, pregnant women.
By appointment only: Prendre rdv par téléphone ou par mail*
*Accessible to people with reduced mobility
0534630320
mds.frouzins@cd31.fr*
**Services:** Family planning, pediatrics, counselling for parents, infirmary , general medicine

**2. Maison des Solidarités (MDS) de Frouzins**

*94 Bd de la Méditerranée, 31270 Frouzins* **Monday to Friday: 8h30 to 12h - 13h30 to 17h** *Unconditional welcome
Accessible to people with reduced mobility
0534630320
mds.frouzins@cd31.fr*
**Services:** Social support, housing assistance, administrative counselling, counselling for parents, mst screening, pediatrics, vaccinations, job-seeking assistance, wifi , mobility aid

**3. Maison Départementale de Proximité (MDP) Frouzins - Conseil Départemental**

*8bis Pl. de l'Hôtel de ville Robert Ratier, 31270 Frouzins*Temporary closure: from 22/12/2023 to 26/12/2023
Fermetures exceptionnelles

Temporary closure: on 29/12/2023
Fermeture exceptionnelle
 **Wednesday to Friday: 9h to 12h30 - 13h30 to 17h30** *Unconditional welcome
Accessible to people with reduced mobility*
*Other details: Without an appointment
0534607654
proximite.frouzins@cd31.fr*
**Services:** Administrative counselling, public letter-writer, digital training, computer posts, various leisure

**4. Permanence Frouzins - Mission locale Haute Garonne**

*94 Bd de la Méditerranée (Maison des Solidarités), 31270 Frouzins*Temporary closure: from 25/12/2023 to 29/12/2023
 **Monday: 9h to 12h - 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0534630320*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Gourdan-Polignan\_\_**

**1. Permanence Gourdan-Polignan - Mission locale Haute Garonne**

*Av. de la Gare (Mairie), 31210 Gourdan-Polignan*Temporary closure: from 25/12/2023 to 29/12/2023
 **Tuesday: 9h to 12h**
**Friday: 9h to 12h - 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0561947333*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Gragnague\_\_**

**1. Jardins du Girou**

*1000 Chem. de la Mouyssaguese, 31380 Gragnague*Temporary closure: from 22/12/2023 to 03/01/2024
 **Monday to Tuesday: 8h to 16h30**
**Thursday to Friday: 8h to 16h30** *Exclusive welcome: adults, in a regular situation.
Orientation only: By orientation or spontaneous application on the inclusion platform or directly.*
*Other details: Eligible to IAE including RSA beneficiaries
0561701186
girou@cocagnehautegaronne.org*
**Services:** Integration through economic activity, food packages

**\_\_Gratentour\_\_**

**1. CCAS de Gratentour**

*5 Rue de Cayssials, 31150 Gratentour* **Monday to Tuesday: 8h30 to 12h - 14h to 17h30**
**Wednesday: 8h30 to 12h**
**Thursday to Friday: 8h30 to 12h - 14h to 17h30** *Unconditional welcome
By appointment only: Make an appointment by phone*
*Accessible to people with reduced mobility
0562799412
social@gratentour.fr*
**Services:** Social support, administrative counselling, aid for the disabled, domiciliation, social and solidarity grocery stores

**\_\_Grenade\_\_**

**1. INSERVICES GRENADE**

*11 Rue Belfort, 31330 Grenade* **Tuesday: 9h30 to 17h**
**Friday: 9h30 to 13h** *Unconditional welcome
By appointment only*
*On registration: registration is done at 0663396847*
*Financial participation required: the financial participation or membership is 17 euros per year or 8.5 for 6 months
0663396847
inservices.c-sav@outlook.com*
**Services:** Social and solidarity grocery stores

**2. Maison Départementale de Proximité (MDP) Grenade - Conseil Départemental**

*D29, 31330 Grenade*Temporary closure: from 27/12/2023 to 28/12/2023
Fermetures exceptionnelles
 **Wednesday to Thursday: 9h to 12h30 - 13h30 to 17h30** *Unconditional welcome
Accessible to people with reduced mobility*
*Other details: Without an appointment
0534573484
proximite.grenade@cd31.fr*
**Services:** Administrative counselling, public letter-writer, digital training, computer posts, various leisure

**3. Permanence Grenade - Mission locale Haute Garonne**

*2 All. Alsace Lorraine (Dans le Point information Jeune), 31330 Grenade*Temporary closure: from 25/12/2023 to 29/12/2023
 **Monday: 9h15 to 12h - 14h to 17h**
**Wednesday: 9h15 to 12h**
**Thursday: 9h15 to 12h - 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0562794856*
*0581330262*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Huos\_\_**

**1. Jardins du Comminges**

*4 Rue des Tilleuls, 31210 Huos*Temporary closure: from 22/12/2023 to 03/01/2024
 **Monday to Tuesday: 8h to 16h30**
**Thursday to Friday: 8h to 16h30** *Exclusive welcome: adults, refugees.*
*Other useful informations: Eligible to IAE including RSA beneficiaries
Orientation only: By orientation or spontaneous application on the inclusion platform or directly.*
*Other details: Professional integration workshop
0561890487
comminges@cocagnehautegaronne.org*
**Services:** Integration through economic activity, food packages, various leisure

**\_\_Juzet-de-Luchon\_\_**

**1. Entraide des Vallées**

*Mairie de Juzet-de-luchon, 31110 Juzet-de-Luchon*Temporary closure: from 25/12/2023 to 26/12/2023

Temporary closure: from 01/01/2024 to 02/01/2024
Fermeture pour les fêtes
 **Tuesday: 13h30 to 15h30** *Unconditional welcome
Other details: To be taken care of, you must complete a file (proof of income) with the volunteers of the association.
0688254168
flocyma.cart18@gmail.com*
**Services:** Food packages, administrative counselling

**\_\_L'Isle-en-Dodon\_\_**

**1. Permanence L'Isle-en-Dodon - Mission locale Haute Garonne**

*14 Rte de Toulouse (Maison Des Solidarités), 31230 L'Isle-en-Dodon* **Tuesday: 9h to 12h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: Pour prendre rdv, appeler ou écrivez un mail*
*Accessible to people with reduced mobility
0562009860*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_L'Union\_\_**

**1. Antenne Secours Populaire - L'Union**

*6 Rue du Pic du Midi (6BIS), 31240 L'Union*Temporary closure: from 23/12/2023 to 02/01/2024
 **Thursday to Friday: 14h to 17h30**
**Saturday: 10h to 16h** *Unconditional welcome
0786213051
spf.lunion@gmail.com*
**Services:** Solidarity shop, food packages

**2. Les fées du frigo**

*55 ZA Loubet, 31240 L'Union* **Tuesday: 12h to 14h**
**Thursday: 12h to 14h**
**Saturday: 12h to 14h** *Unconditional welcome
By appointment only: To be taken by phone
0644163375
lesfeesdufrigo@gmail.com*
**Services:** Food packages, social and solidarity grocery stores

**3. CCAS de L'Union**

*11 Rue du Vignemale (CCAS), 31240 L'Union* **Monday: 8h30 to 12h - 14h to 17h**
**Tuesday: 8h30 to 12h - 15h to 18h**
**Wednesday: 8h30 to 12h30 - 13h30 to 17h**
**Thursday to Friday: 8h30 to 12h - 14h to 17h** *Unconditional welcome
Accessible to people with reduced mobility
accueil ccas: 0562798616*
*accueil Mairie: 0562892289
solidarite@mairie-lunion.fr*
**Services:** Social support, administrative counselling, aid for the disabled, domiciliation, housing assistance, legal advice, digital training, french language courses, computer posts, various leisure, food distribution

**4. Permanence L'Union - Mission locale Haute Garonne**

*11 Rue du Vignemale (Maison de l'Action Sociale et de l'Emploi), 31240 L'Union*Temporary closure: from 25/12/2023 to 29/12/2023
 **Thursday: 9h to 12h**
**Friday: 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0562798618*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**5. Service emploi de l'Union**

*11 Rue du Vignemale (CCAS de l'Union), 31240 L'Union* **Monday: 8h30 to 12h - 14h to 17h**
**Tuesday: 8h30 to 12h - 15h to 18h**
**Wednesday: 8h30 to 12h30 - 13h30 to 17h**
**Thursday to Friday: 8h30 to 12h - 14h to 17h** *Unconditional welcome
Accessible to people with reduced mobility
0562798616
emploi@mairie-lunion.fr*
**Services:** Job-seeking assistance, computer posts

**\_\_La Salvetat-Saint-Gilles\_\_**

**1. Antenne Secours Populaire - La Salvetat-Saint-Gilles**

*Rue Jean Ferrat (Attention c'est Place Jean Ferrat), 31880 La Salvetat-Saint-Gilles*Temporary closure: from 22/12/2023 to 09/01/2024
 **Tuesday: 14h to 17h**
**Wednesday: 9h to 12h**
**Thursday: 14h to 17h** *Unconditional welcome
0950200779
salvetat.saint.gilles@spf31.org*
**Services:** Clothes, food packages, various leisure

**2. Atout-Cœur**

*13 Rue du Château d'Eau, 31880 La Salvetat-Saint-Gilles*Temporary closure: from 22/12/2023 to 02/01/2024
 **Tuesday: 14h to 18h** *Unconditional welcome
0689942090
audouy.robert@orange.fr*
**Services:** Food packages, clothes, luggage storage

**3. Permanence La Salvetat-St-Gilles - MDS - Mission locale Haute Garonne**

*Pl. Georges Brassens (Maison des Solidarités), 31880 La Salvetat-Saint-Gilles*Temporary closure: from 25/12/2023 to 29/12/2023
 **Wednesday: 9h to 12h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0562130800*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Labarthe-sur-Lèze\_\_**

**1. Vert Soleil - Labarthe-sur-Lèze**

*905 Rte du Plantaurel, 31860 Labarthe-sur-Lèze*Temporary closure: from 01/01/2024 to 15/01/2024
 **Thursday: 14h to 18h** *Unconditional welcome
By appointment only: to pick up the food package*
*Orientation only: Referral by CCAS.
0620464533
vert.soleil@orange.fr*
**Services:** Food packages

**2. CCAS de Labarthe-sur-Lèze**

*490 Av. du Lauragais, 31860 Labarthe-sur-Lèze* **Monday: 8h45 to 12h - 13h45 to 17h**
**Tuesday: 8h45 to 12h30 - 15h to 19h**
**Wednesday to Friday: 8h45 to 12h - 13h45 to 17h** *Unconditional welcome
Accessible to people with reduced mobility*
*Other details: It is advisable to make an appointment
0562116136*
*0562116130
ccas@labarthesurleze.com*
**Services:** Social support, administrative counselling, aid for the disabled, domiciliation, social and solidarity grocery stores

**3. Permanence Labarthe-sur-Lèze - Mission locale Haute Garonne**

*490 Av. du Lauragais (CCAS de Labarthe-sur-Lèze), 31860 Labarthe-sur-Lèze*Temporary closure: from 25/12/2023 to 29/12/2023
 **Friday: 9h to 12h - 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0562116136*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Labastide-Saint-Sernin\_\_**

**1. CCAS de Labastide Saint-Sernin**

*17 Rue Jean Pascal (Mairie), 31620 Labastide-Saint-Sernin*Temporary closure: from 22/12/2023 to 02/01/2024
 **Monday to Friday: 9h to 18h30** *Unconditional welcome
By appointment only: By telephone*
*Accessible to people with reduced mobility
0670285304
mairie.labastidesaintsernin@orange.fr*
**Services:** Social support, administrative counselling, aid for the disabled, domiciliation, housing assistance, budget advice, food distribution

**\_\_Labège\_\_**

**1. Antenne Labège - Mission locale Haute Garonne**

*25 Rue Pierre Gilles de Gennes bat 10 (Dans L'Espace Emploi Formation), 31670 Labège*Temporary closure: from 25/12/2023 to 29/12/2023
 **Monday: 9h to 12h - 14h to 17h**
**Tuesday: 9h to 12h**
**Wednesday to Friday: 9h to 12h - 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0561287130
mlhg.labege@ml31.org*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Lacroix-Falgarde\_\_**

**1. CCAS de Lacroix Falgarde**

*Av. des Pyrénées, 31120 Lacroix-Falgarde*Temporary Message: from 25/12/2023 to 02/01/2024
accueil téléphonique pendant les vacances scolaires: Le CCAS de Lacroix Falgarde est fermé au public mais reste joignable par téléphone pendant toute la période des vacances scolaires.

Temporary closure: from 25/01/2023 to 02/01/2024
 **Monday to Friday: 9h to 12h - 14h30 to 17h30**
**Saturday: 9h to 12h** *Unconditional welcome
By appointment only: Permanence at the town hall by appointment*
*Accessible to people with reduced mobility
0561762495
contact@lacroixfalgarde.fr*
**Services:** Social support, administrative counselling, aid for the disabled, domiciliation

**\_\_Lagardelle-sur-Lèze\_\_**

**1. Secours Catholique Ariège-Garonne - La Lèze/Labarthe-sur-Lèze/Lagardelle-sur-Lèze/Venerque**

*94 Chem. du Fond des Horts, 31870 Lagardelle-sur-Lèze* **Tuesday: 14h to 16h30** *Unconditional welcome
Accessible to people with reduced mobility
0637052930
sc.laleze31@secours-catholique.org*
**Services:** Food packages, various leisure

**\_\_Lanta\_\_**

**1. CCAS de Lanta**

*2 Rue de la Mairie, 31570 Lanta* **Monday to Friday: 9h to 18h** *Unconditional welcome
By appointment only: Call 07 above to access the CCAS*
*Accessible to people with reduced mobility*
*Other details: The CCAS is only open by appointment
Numéro direct: 0756425117*
*accueil mairie: 0562188200
ccas@lanta.fr*
**Services:** Social support, administrative counselling, aid for the disabled, domiciliation

**2. Maison Départementale de Proximité (MDP) Lanta - Conseil Départemental**

*5 Rue de Crouzelys, 31570 Lanta*Temporary closure: on 29/12/2023
Fermeture exceptionnelle
 **Monday: 9h to 12h30 - 13h30 to 17h30**
**Friday: 9h to 12h30 - 13h30 to 17h30** *Unconditional welcome
Accessible to people with reduced mobility*
*Other details: Without an appointment
0562716356
proximite.lanta@cd31.fr*
**Services:** Administrative counselling, public letter-writer, digital training, computer posts, various leisure

**\_\_Le Fousseret\_\_**

**1. Maison Départementale de Proximité (MDP) Fousseret - Conseil Départemental**

*87 Rte de Cazeres, 31430 Le Fousseret*Temporary closure: from 26/12/2023 to 29/12/2023
Fermetures exceptionnelles
 **Wednesday to Thursday: 9h to 12h30 - 13h30 to 17h30** *Unconditional welcome
Accessible to people with reduced mobility*
*Other details: Without an appointment
0534607651
proximite.lefousseret@cd31.fr*
**Services:** Administrative counselling, public letter-writer, digital training, computer posts, various leisure

**2. Permanence Le Fousseret - Mission locale Haute Garonne**

*136 Rte de Pouy de Touges (A la Maison Pyrénées près du collège), 31430 Le Fousseret*Temporary closure: from 25/12/2023 to 29/12/2023
 **Wednesday: 9h to 12h - 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0624822996*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Lherm\_\_**

**1. Permanence Lherm - Mission locale Haute Garonne**

*2 Av. de Gascogne (Mairie de Lherm), 31600 Lherm*Temporary closure: from 25/12/2023 to 29/12/2023
 **Tuesday: 9h to 12h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0754357781*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Léguevin\_\_**

**1. Maison Départementale de Proximité (MDP) Léguevin - Conseil Départemental**

*1 Rte de Toulouse (Parking de la salle de spectacle "Le Tempo"), 31490 Léguevin*Temporary closure: from 26/12/2023 to 29/12/2023
Fermetures exceptionnelles
 **Monday: 9h to 12h30 - 13h30 to 17h30**
**Tuesday: 14h to 17h30**
**Friday: 9h to 12h30 - 13h30 to 17h30** *Unconditional welcome
Accessible to people with reduced mobility*
*Other details: Without an appointment
0534573483
proximite.leguevin@cd31.fr*
**Services:** Administrative counselling, public letter-writer, digital training, computer posts, various leisure

**2. Permanence Leguevin - Centre Social La Maison des Quartiers - Mission locale Haute Garonne**

*49 Rue Pipet (Au Centre Social "La maison des quartiers"), 31490 Léguevin*Temporary closure: from 25/12/2023 to 29/12/2023
 **Tuesday: 9h to 12h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0561069013*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**3. Permanence Leguevin - MDS - Mission locale Haute Garonne**

*Rue d'Aquitaine (A la Maison Départementale de Proximité), 31490 Léguevin*Temporary closure: from 25/12/2023 to 29/12/2023
 **Tuesday: 9h to 12h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
Les mercredis pairs et les vendredis: 0561866201*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Lévignac\_\_**

**1. CCAS de Lévignac-sur-Save**

*Pl. de la Mairie, 31530 Lévignac* **Tuesday: 9h to 12h**
**Thursday to Friday: 9h to 12h30 - 13h30 to 17h** *Unconditional welcome
By appointment only*
*Accessible to people with reduced mobility
CCAS: 0623829671*
*Mairie: 0561851985
ccas@mairie-levignac.com*
**Services:** Social support, administrative counselling, housing assistance, budget advice, domiciliation

**\_\_Martres-Tolosane\_\_**

**1. Permanence Martres Tolosane - Mission locale Haute Garonne**

*12 Bd de la Magdeleine (A la Mairie de Martres Tolosane), 31220 Martres-Tolosane*Temporary closure: from 25/12/2023 to 29/12/2023
 **Thursday: 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0561988002*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Mazères-sur-Salat\_\_**

**1. Permanence Mazères-sur-Salat - Mission locale Haute Garonne**

*Av. des Pyrénées (Mairie), 31260 Mazères-sur-Salat*Temporary closure: from 25/12/2023
 **Thursday: 9h to 12h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0561974652*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Merville\_\_**

**1. CCAS de Merville 31**

*50 Rue du 19 Mars 1962, 31330 Merville* **Monday to Friday: 9h to 12h - 14h to 17h** *Unconditional welcome
Accessible to people with reduced mobility
0562134095
ccas@merville31.fr*
**Services:** Information and guidance point, social support, administrative counselling, domiciliation, budget advice, housing assistance, food packages, digital training, computer posts, various leisure, food distribution

**2. Permanence Merville - Mission locale Haute Garonne**

*50 Rue du 19 Mars 1962 (Dans le CCAS), 31330 Merville*Temporary closure: from 25/12/2023 to 29/12/2023
 **Wednesday to Thursday: 9h to 12h - 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0534260064*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Mondonville\_\_**

**1. CCAS de Mondonville**

*15 Av. de la République (Mairie de Mondonville), 31700 Mondonville* **Monday to Thursday: 8h30 to 17h30**
**Friday: 8h30 to 16h30** *Unconditional welcome
By appointment only: Call to make an appointment*
*accepted animals*
*Accessible to people with reduced mobility
0561063590
presidentccas@mondonville.fr*
**Services:** Social support, administrative counselling, aid for the disabled, housing assistance, counselling for parents, domiciliation, digital training, various leisure, computer posts, job-seeking assistance, budget advice, french language courses

**2. Permanence Mondonville - Mission locale Haute Garonne**

*15 Av. de la République (Au CCAS), 31700 Mondonville*Temporary closure: from 25/12/2023 to 29/12/2023
 **Monday: 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0561852779*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Montastruc-la-Conseillère\_\_**

**1. CCAS de Montastruc-la-Conseillère**

*Pl. de la Mairie, 31380 Montastruc-la-Conseillère* **Tuesday: 9h to 12h30** *Unconditional welcome
By appointment only: Make an appointment by phone*
*Accessible to people with reduced mobility*
*Other details: Other possible appointments if you are not available on this service
0561842110
ccas@mairie-montastruc.fr*
**Services:** Social support, administrative counselling, aid for the disabled, housing assistance, budget advice, domiciliation, job-seeking assistance, food packages

**2. Maison Départementale de Proximité (MDP) Montastruc-la-Conseillère - Conseil Départemental**

*39 Av. du General Castelnau (derrière la poste, juste avant le portail de l’école élémentaire), 31380 Montastruc-la-Conseillère*Temporary closure: from 26/12/2023 to 02/01/2024
Fermetures exceptionnelles
 **Monday to Tuesday: 9h to 12h30 - 13h30 to 17h30**
**Wednesday: 9h to 12h30** *Unconditional welcome
Accessible to people with reduced mobility*
*Other details: Without an appointment
0534573481
proximite.montastruc@cd31.fr*
**Services:** Administrative counselling, public letter-writer, digital training, computer posts, various leisure

**3. Permanence Montastruc-la-Conseillère - Mission locale Haute Garonne -**

*39 Av. de Castelnau (Au centre médico-social), 31380 Montastruc-la-Conseillère*Temporary closure: from 25/12/2023 to 29/12/2023
 **Thursday: 9h to 12h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0561842033*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Montesquieu-Volvestre\_\_**

**1. Permanence Montesquieu Volvestre - Mission locale Haute Garonne**

*20 Pl. de la Halle (PSAP (Pôle de service au Public)), 31310 Montesquieu-Volvestre*Temporary closure: from 25/12/2023 to 29/12/2023
 **Friday: 9h to 12h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0561984343*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**2. Vestiboutique Montesquieu-Volvestre**

*31310 Montesquieu-Volvestre (5, Rue Mage), 31310 Montesquieu-Volvestre* **Tuesday: 9h to 12h** *Unconditional welcome
Local sur horaire d'ouverture: 0744734658*
*Présidente: 0749821378
ul.carbonne@croix-rouge.fr*
**Services:** Information and guidance point, food packages, clothes

**\_\_Montgiscard\_\_**

**1. Maison Départementale de Proximité (MDP) Montgiscard - Conseil Départemental**

*6Bis, 31450 Montgiscard* **Monday to Tuesday: 9h to 12h30 - 13h30 to 17h30**
**Friday: 9h to 12h30 - 13h30 to 17h30** *Unconditional welcome
Accessible to people with reduced mobility*
*Other details: Without an appointment
0562716359
proximite.montgiscard@cd31.fr*
**Services:** Administrative counselling, public letter-writer, digital training, computer posts, various leisure

**\_\_Montréjeau\_\_**

**1. Maison Départementale de Proximité (MDP) Montréjeau - Conseil Départemental**

*6 Rue du Barry (Hôtel de Lassus au rez-de-chaussée), 31210 Montréjeau*Temporary closure: from 25/12/2023 to 29/12/2023
Fermetures exceptionnelles
 **Monday to Wednesday: 9h to 12h30 - 13h30 to 17h30**
**Friday: 9h to 12h30 - 13h30 to 17h30** *Unconditional welcome
Accessible to people with reduced mobility*
*Other details: Without an appointment
0562002490
proximite.montrejeau@cd31.fr*
**Services:** Administrative counselling, public letter-writer, digital training, computer posts, various leisure

**2. Permanence Montréjeau - Mission locale Haute Garonne**

*6 Rue du Barry (Maison Commune Emploi Formation), 31210 Montréjeau*Temporary closure: from 25/12/2023 to 29/12/2023
 **Wednesday to Thursday: 9h to 12h - 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0561951615*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Muret\_\_**

**1. CCAS de Muret**

*1 Av. d'Europe, 31600 Muret* **Monday to Thursday: 9h to 12h - 13h30 to 17h**
**Friday: 9h to 12h - 13h30 to 16h** *Unconditional welcome
Accessible to people with reduced mobility
0561519050
accueil.ccas@mairie-muret.fr*
**Services:** Social support, administrative counselling, aid for the disabled, domiciliation, housing assistance, budget advice, food packages

**2. Permanence juridique - Muret**

*1 Av. de l'Europe (CCAS de Muret), 31600 Muret*Temporary closure: from 25/12/2023 to 29/12/2023
 **Monday: 14h to 17h** *Unconditional welcome
By appointment only: Call number 05 61 51 90 50
0561519050*
**Services:** Legal advice

**3. AMS Grand Sud - Muret**

*54 Av. Jacques Douzans (BIS), 31600 Muret* **Monday to Friday: 9h to 12h30 - 13h30 to 17h** *Unconditional welcome
0561514452
siege@ams-grandsud.fr*
**Services:** French language courses, digital training, job-seeking assistance

**4. Permanence Muret - Mission locale Haute Garonne**

*187 Av. Jacques Douzans (Pôle Emploi de Muret), 31600 Muret*Temporary closure: from 25/12/2023 to 29/12/2023
 **Monday: 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0754357781*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**5. Antenne Muret Mission locale Haute Garonne**

*18 Rue Adolphine Bonnet, 31600 Muret*Temporary closure: from 25/12/2023 to 29/12/2023
 **Monday: 9h to 12h - 14h to 17h**
**Tuesday: 9h to 12h**
**Wednesday to Friday: 9h to 12h - 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0561515431
mlhg.muret@ml31.org*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Nailloux\_\_**

**1. Antenne Secours Populaire - Nailloux**

*14 Chem. de Cintegabelle, 31560 Nailloux*Temporary Message: from 22/12/2023 to 08/01/2024
Appel possible: Le numéro de téléphone répond quand même pendant les vacances scolaires

Temporary closure: from 22/12/2023 to 08/01/2024
 **Monday to Friday: 14h to 17h** *Unconditional welcome
Other details: Schedules for Mondays, Tuesdays, Wednesdays and Thursdays are by appointment, call the number listed on the form
0641346001
yvetteb3@orange.fr*
**Services:** Social and solidarity grocery stores, clothes, various leisure

**2. France Services - Terres du Lauragais - Nailloux**

*2 Av. de Saint-Léon (Pôle de proximité "Cocagne" - Terres du Lauragais), 31560 Nailloux* **Monday to Tuesday: 13h30 to 17h**
**Wednesday: 8h30 to 12h - 13h30 to 17h**
**Thursday: 13h30 to 17h**
**Friday: 8h30 to 12h - 13h30 to 17h** *Unconditional welcome
0534669164
franceservices.sud@terres-du-lauragais.fr*
**Services:** Administrative counselling, computer posts, legal advice, budget advice, digital training

**3. Maison Départementale de Proximité (MDP) Nailloux - Conseil Départemental**

*2 Av. de Saint-Léon, 31560 Nailloux*Temporary closure: from 27/12/2023 to 29/12/2023
Fermeture exceptionnelle
 **Wednesday to Friday: 9h to 12h30 - 13h30 to 17h30** *Unconditional welcome
Accessible to people with reduced mobility*
*Other details: Without an appointment
0562716355
proximite.nailloux@cd31.fr*
**Services:** Administrative counselling, public letter-writer, digital training, computer posts, various leisure

**4. Permanence Nailloux - Mission locale Haute Garonne**

*4 Av. de Saint-Léon (Dans le France Services), 31560 Nailloux*Temporary closure: from 25/12/2023 to 29/12/2023
 **Tuesday to Wednesday: 9h to 12h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0534669164*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Pechabou\_\_**

**1. CCAS de Pechabou**

*6 Rue du Fort, 31320 Pechabou* **Monday: 13h30 to 18h**
**Tuesday: 9h to 12h - 13h30 to 18h**
**Wednesday: 9h to 12h - 13h30 to 17h**
**Thursday: 9h to 12h - 13h30 to 18h**
**Friday to Saturday: 9h to 12h** *Unconditional welcome
By appointment only: Call to make an appointment*
*Accessible to people with reduced mobility
0562167824
ccas@mairie-pechabou.fr*
**Services:** Social support, administrative counselling, aid for the disabled, domiciliation, housing assistance, food packages

**\_\_Pechbonnieu\_\_**

**1. Permanence Pechbonnieu - Mission locale Haute Garonne**

*23 Rte de Saint-Loup Cammas (Dans la mairie), 31140 Pechbonnieu*Temporary closure: from 25/12/2023 to 29/12/2023
 **Thursday: 9h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0534272200*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Pibrac\_\_**

**1. CCAS de Pibrac**

*10 Av. du Bois de la Barthe, 31820 Pibrac* **Monday to Tuesday: 13h30 to 18h**
**Thursday: 8h30 to 12h30** *Unconditional welcome
Accessible to people with reduced mobility
0562139393
ccas@mairie-pibrac.fr*
**Services:** Social support, administrative counselling, aid for the disabled, domiciliation, housing assistance, budget advice, emergency shelters

**2. Maison Départementale de Proximité (MDP) Pibrac - Conseil Départemental**

*16 Rue Principale (Au 1er étage de la Maison des Citoyens), 31820 Pibrac*Temporary closure: from 26/12/2023 to 28/12/2023
Fermetures exceptionnelles
 **Tuesday: 9h to 12h30**
**Wednesday to Thursday: 9h to 12h30 - 13h30 to 17h30** *Unconditional welcome
Accessible to people with reduced mobility*
*Other details: Without an appointment
0534573486
proximite.pibrac@cd31.fr*
**Services:** Administrative counselling, public letter-writer, digital training, computer posts, various leisure

**3. Permanence Pibrac - Mission locale Haute Garonne**

*10 Av. du Bois de la Barthe (Au CCAS), 31820 Pibrac*Temporary closure: from 25/12/2023 to 29/12/2023
 **Monday: 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0562130095*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Pins-Justaret\_\_**

**1. CCAS de Pins-Justaret**

*Pl. du Château, 31860 Pins-Justaret* **Monday to Thursday: 9h to 12h - 14h to 17h**
**Friday: 9h to 12h - 14h to 16h** *Unconditional welcome
Accessible to people with reduced mobility*
*Other details: Make an appointment on Tuesday and Thursday
0562117126
ccas@mairie-pinsjustaret.fr*
**Services:** Social support, administrative counselling, aid for the disabled, housing assistance, budget advice, domiciliation, social and solidarity grocery stores

**\_\_Pinsaguel\_\_**

**1. Maison Départementale de Proximité (MDP) Pinsaguel- Conseil Départemental**

*1 Rue du Ruisseau, 31120 Pinsaguel*Temporary closure: from 26/12/2023 to 29/12/2023
Fermetures exceptionnelles
 **Monday to Tuesday: 9h to 12h30 - 13h30 to 17h30** *Unconditional welcome
Accessible to people with reduced mobility*
*Other details: Without an appointment
0534607655
proximite.pinsaguel@cd31.fr*
**Services:** Administrative counselling, public letter-writer, digital training, computer posts, various leisure

**\_\_Plaisance-du-Touch\_\_**

**1. Permanence Plaisance-du-Touch - CCAS - Mission locale Haute Garonne**

*5 Rue des Tilleuls (Dans le CCAS), 31830 Plaisance-du-Touch*Temporary closure: from 25/12/2023 to 29/12/2023
 **Friday: 9h to 12h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0561163962*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**2. Permanence Plaisance-du-Touch - Prévention Jeunesse - Mission locale Haute Garonne**

*8 Av. Montaigne (Au Prévention Jeunesse), 31830 Plaisance-du-Touch*Temporary closure: from 25/12/2023 to 29/12/2023
 **Wednesday: 15h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0534571622*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**3. Permanence Plaisance du Touch - MDS - Mission locale Haute Garonne**

*7 Rue d'Estujats, 31830 Plaisance-du-Touch*Temporary closure: from 25/12/2023 to 29/12/2023
 **Tuesday: 9h to 12h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0562136760*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**4. Info Jeunes Plaisance-du-Touch (PIJ)**

*8 Av. Montaigne (Point Information Jeunesse - Cyberbase), 31830 Plaisance-du-Touch* **Monday: 14h to 17h**
**Tuesday: 9h to 12h - 14h to 17h**
**Wednesday: 9h to 12h - 13h to 18h**
**Friday: 9h to 12h - 14h to 17h** *Unconditional welcome adapted to people up to 29 years old.*
*Other useful informations: Unconditional welcome up to 30 years old Specify if you need an appointment in English
Accueil: 0534571615
pij@plaisancedutouch.fr*
**Services:** Information and guidance point, job-seeking assistance, various leisure, digital training, wifi , computer posts

**\_\_Portet-sur-Garonne\_\_**

**1. Permanence Portet-sur-Garonne - Mission locale Haute Garonne**

*8 Rue de l'Hôtel de Ville (Maison Commune Emploi Formation), 31120 Portet-sur-Garonne*Temporary closure: from 25/12/2023 to 29/12/2023
 **Monday: 9h to 12h - 14h to 17h**
**Tuesday: 9h to 12h**
**Thursday: 9h to 12h - 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0534501683*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**2. Permanence Portet-sur-Garonne - Pôle Emploi - Mission locale Haute Garonne**

*6 Rue de l'Hôtel de Ville (Au Pôle Emploi), 31120 Portet-sur-Garonne*Temporary closure: from 25/12/2023 to 29/12/2023
 **Monday: 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0754357781*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Ramonville-Saint-Agne\_\_**

**1. CCAS de Ramonville**

*18 Pl. Marnac (Maison communale de la Solidarité (accès ascenseur), au 2e étage), 31520 Ramonville-Saint-Agne* **Monday to Wednesday: 9h to 12h30 - 14h to 17h**
**Thursday: 14h to 17h**
**Friday: 9h to 12h30 - 14h to 17h** *Unconditional welcome adapted to in a regular situation, isolated people, couples.*
*Other useful informations: For people attached to the municipal territory of Ramonville
0561752128
ccas@mairie-ramonville.fr*
**Services:** Social support, administrative counselling, aid for the disabled, domiciliation, housing assistance

**2. Permanence Ramonville-St-Agne - Mission locale Haute Garonne**

*18 Pl. Marnac (Dans le CCAS), 31520 Ramonville-Saint-Agne*Temporary closure: from 25/12/2023 to 29/12/2023
 **Monday: 9h to 12h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0561752128*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Revel\_\_**

**1. CCAS de Revel**

*2 Bd Jean Jaurès, 31250 Revel* **Monday to Wednesday: 8h30 to 12h - 13h30 to 17h**
**Thursday: 8h30 to 12h**
**Friday: 8h30 to 12h - 13h30 to 17h** *Unconditional welcome
Accessible to people with reduced mobility
0562713271
accueil@ccas-revel.fr*
**Services:** Social support, administrative counselling, aid for the disabled, domiciliation, housing assistance, legal advice, various leisure

**2. Permanence Revel - Mission locale Haute Garonne**

*12 Av. de Castelnaudary (MSAP Comité Bassin Emploi), 31250 Revel*Temporary closure: from 25/12/2023 to 29/12/2023
 **Monday: 9h to 12h - 14h to 17h**
**Wednesday to Friday: 9h to 12h - 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0562713120*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**3. Comité de Bassin d'Emploi Lauragais Revel Sorèzois**

*12 Av. de Castelnaudary, 31250 Revel* **Monday: 9h to 12h - 13h30 to 16h30**
**Tuesday: 9h to 12h**
**Wednesday: 9h to 12h - 13h30 to 16h30**
**Thursday: 9h to 12h**
**Friday: 9h to 12h - 13h30 to 16h30** *Unconditional welcome
Accessible to people with reduced mobility
0562713120
cbe.revel@gmail.com*
**Services:** Information and guidance point, job-seeking assistance, digital training, computer posts, various leisure

**\_\_Rieumes\_\_**

**1. Permanence Rieumes - Mission locale Haute Garonne**

*2 Pl. du Marché À la Volaille (Maison du Tailleur), 31370 Rieumes*Temporary closure: from 25/12/2023 to 29/12/2023
 **Wednesday to Thursday: 9h to 12h - 14h to 16h30** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0754357781*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Rieux-Volvestre\_\_**

**1. Maison Départementale de Proximité (MDP) Rieux-Volvestre - Conseil Départemental**

*13 Pl. du Préau, 31310 Rieux-Volvestre*Temporary closure: from 26/12/2023 to 29/12/2023
Fermetures exceptionnelles
 **Monday to Tuesday: 9h to 12h30 - 13h30 to 17h30**
**Friday: 9h to 12h30 - 13h30 to 17h30** *Unconditional welcome
Accessible to people with reduced mobility*
*Other details: Without an appointment
0534607652
proximite.rieuxvolvestre@cd31.fr*
**Services:** Administrative counselling, public letter-writer, digital training, computer posts, various leisure

**\_\_Roques\_\_**

**1. Vert Soleil - Roques-sur-Garonne**

*Pl. Jean Jaurès, 31120 Roques*Temporary closure: from 01/01/2024 to 15/01/2024
 **Wednesday: 14h to 18h** *Unconditional welcome
By appointment only: to pick up the package*
*Orientation only: Referral by CCAS.
0620464533
vert.soleil@orange.fr*
**Services:** Food packages

**2. CCAS de Roques-sur-Garonne**

*Pl. Jean Jaurès, 31120 Roques* **Monday: 14h to 17h**
**Tuesday to Wednesday: 9h to 12h - 14h to 17h**
**Thursday: 14h to 17h**
**Friday: 9h to 12h - 14h to 17h** *Unconditional welcome adapted to in a regular situation, isolated people, couples.*
*Other useful informations: For people attached to the municipal territory of Roques
0561728315
social@mairie-roques.fr*
**Services:** Social support, administrative counselling, aid for the disabled, domiciliation, social and solidarity grocery stores

**\_\_Roquettes\_\_**

**1. CCAS de Roquettes**

*6 Rue Clément Ader, 31120 Roquettes* **Monday: 14h to 18h**
**Wednesday: 9h to 12h - 14h to 18h**
**Thursday: 9h to 12h** *Unconditional welcome adapted to in a regular situation, isolated people, couples.*
*Other useful informations: For people attached to the municipal territory of Roquettes
0561728052
ccas@mairie-roquettes.fr*
**Services:** Social support, administrative counselling, aid for the disabled, domiciliation, housing assistance, social and solidarity grocery stores

**\_\_Saint-Béat-Lez\_\_**

**1. Maison Départementale de Proximité (MDP) Saint-Béat-Lez - Conseil Départemental**

*Av. Général Gallieni, 31440 Saint-Béat-Lez*Temporary closure: from 25/12/2023 to 29/12/2023
Fermetures exceptionnelles
 **Thursday to Friday: 9h to 12h30 - 13h30 to 17h30** *Unconditional welcome
Accessible to people with reduced mobility*
*Other details: Without an appointment
0562002492
proximite.saintbeat@cd31.fr*
**Services:** Administrative counselling, public letter-writer, digital training, computer posts, various leisure

**\_\_Saint-Gaudens\_\_**

**1. Comité Secours Populaire - Saint-Gaudens**

*place de la Libération (Bâtiment derrière le Conseil Départemental Haute-Garonne à gauche), 31800 Saint-Gaudens*Temporary closure: from 18/01/2023 to 02/01/2024
 **Wednesday: 9h to 18h**
**Thursday: 9h to 12h** *Unconditional welcome
By appointment only: Make an appointment by phone
0777968177*
*0561895220
saint.gaudens@spf31.org*
**Services:** Social and solidarity grocery stores, solidarity shop, school tutoring

**2. Permanence de l'Unité Locale Croix-Rouge - Saint-Gaudens**

*1 Rue Jasmin, 31800 Saint-Gaudens

Unconditional welcome
0562001175
ul.stgaudens@croix-rouge.fr*
**Services:** Various leisure

**3. Accueil de Jour et Vestiboutique Croix-Rouge - Saint-Gaudens**

*2 Rue de la République, 31800 Saint-Gaudens* **Monday: 11h to 14h30**
**Tuesday: 11h to 14h30 - 14h30 to 16h30**
**Wednesday: 11h to 14h30**
**Thursday: 11h to 14h30 - 14h30 to 16h30**
**Friday to Saturday: 11h to 14h30** *Unconditional welcome
Accepted animals*
*Accessible to people with reduced mobility
0567488703
ul.stgaudens@croix-rouge.fr*
**Services:** Day shelters, canteens, solidarity shop, luggage storage, showers, laundry services, clothes, toilets, food packages, power/electricity plugs, care products, computer posts, wifi , well-being, pets , phone

**4. Vestiboutique Croix-Rouge - Saint-Gaudens**

*1 Rue Jasmin, 31800 Saint-Gaudens* **Monday: 14h to 15h30**
**Wednesday: 14h to 15h30**
**Friday: 14h to 15h30** *Unconditional welcome
Financial participation required: Low prices
0562001175
ul.stgaudens@croix-rouge.fr*
**Services:** Solidarity shop

**5. LA CASA**

*47 Av. de l'Isle, 31800 Saint-Gaudens* **Monday: 12h to 18h30**
**Tuesday: 10h to 14h**
**Wednesday: 12h to 18h30**
**Thursday to Friday: 10h to 14h**
**Saturday: 10h to 13h** *Unconditional welcome
By appointment only: make an appointment by phone*
*Other details: Setting up a file with the association (depending on income)
0561896867
accueil.lacasa31800@gmail.com*
**Services:** Social and solidarity grocery stores, various leisure, integration through economic activity

**6. Protection Maternelle et Infantile (PMI) de la MDS Saint-Gaudens**

*4 Av. Maréchal Foch, 31800 Saint-Gaudens*Temporary schedules: since 28/11/2023
Monday to Friday: 8h30 to 12h - 13h30 to 17h
 **Monday: 8h to 12h - 13h30 to 17h**
**Tuesday to Friday: 8h30 to 12h - 13h30 to 17h** *Unconditional welcome adapted to couples, families, pregnant women.
By appointment only: Make an appointment by phone or email*
*Accessible to people with reduced mobility
0562009810
mds.saintgaudens@cd31.fr*
**Services:** Family planning, pediatrics, counselling for parents, infirmary , general medicine

**7. Maison des Solidarités (MDS) de Saint-Gaudens**

*4 Av. Maréchal Foch, 31800 Saint-Gaudens* **Monday to Friday: 8h30 to 12h - 13h30 to 17h** *Unconditional welcome
Accessible to people with reduced mobility
0562009810
mds.saintgaudens@cd31.fr*
**Services:** Social support, housing assistance, administrative counselling, counselling for parents, mst screening, pediatrics, vaccinations, job-seeking assistance, wifi , computer posts, mobility aid

**8. Permanence juridique CIDFF - Saint-Gaudens**

*1 Espa. Jean Pégot (Antenne du Conseil Départemental), 31800 Saint-Gaudens*Temporary closure: from 25/12/2023 to 29/12/2023
 **Thursday: 9h30 to 12h30 - 14h to 16h** *Unconditional welcome
By appointment only: Call 05 34 31 23 31
0534312331*
**Services:** Legal advice

**9. Antenne Saint-Gaudens - Mission locale Haute Garonne**

*7 Bd Louis Pasteur, 31800 Saint-Gaudens*Temporary closure: from 25/12/2023 to 29/12/2023
 **Monday: 9h to 12h - 13h30 to 17h**
**Tuesday: 9h to 12h**
**Wednesday to Friday: 9h to 12h - 13h30 to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0561950060
mlhg.st-gaudens@ml31.org*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**10. Femmes de papier 31**

*41 Av. du Maréchal Joffre, 31800 Saint-Gaudens* **Monday to Thursday: 9h to 17h** *Exclusive welcome: women, isolated people, families, pregnant women, victim of violence.*
*Other useful informations: Femmes de Papier is open to all women.*
*We nevertheless specialize in supporting women who are victims of violence, particularly domestic violence.
Accessible to people with reduced mobility*
*Other details: Reception without appointment on Thursday from 9 a.m. to 12 p.m. Reception by appointment from Monday to Thursday
0561894307
association@femmesdepapier.fr*
**Services:** Day shelters, emergency shelters, various leisure

**\_\_Saint-Jean\_\_**

**1. Permanence Saint Jean - Pôle Emploi - Mission locale Haute Garonne**

*6 Chem. du Bois de Saget (Au Pôle Emploi), 31240 Saint-Jean*Temporary closure: from 25/12/2023 to 29/12/2023
 **Tuesday: 9h to 12h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0972723949*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**2. Permanence Saint Jean - Espace Médiation Jeune - Mission locale Haute Garonne**

*1 Chem. de Belbèze (Au dessus de la Police Municipale), 31240 Saint-Jean*Temporary closure: from 25/12/2023 to 29/12/2023
 **Monday: 9h to 12h - 14h to 17h**
**Friday: 9h to 12h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0532096835*
*0532096834*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**3. Permanence Saint Jean - MDS - Mission locale Haute Garonne**

*8 Chem. du Bois de Saget (Dans la MDS), 31240 Saint-Jean*Temporary closure: from 25/12/2023 to 29/12/2023
 **Wednesday: 9h to 12h - 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0534255050*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Saint-Jory\_\_**

**1. Permanence Saint Jory - Mission locale Haute Garonne**

*1 Pl. de la République (Au Service Emploi de la Mairie), 31790 Saint-Jory*Temporary closure: from 25/12/2023 to 29/12/2023
 **Monday: 9h to 12h**
**Thursday: 9h to 12h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0562229187*
*0648521444*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Saint-Lys\_\_**

**1. CCAS de Saint-Lys**

*16 Rue du 11 Novembre 1918, 31470 Saint-Lys* **Monday to Thursday: 8h30 to 12h - 14h to 17h**
**Friday: 8h30 to 12h - 14h to 16h30** *Unconditional welcome
Accessible to people with reduced mobility
0562147360
ccas@saint-lys.fr*
**Services:** Social support, administrative counselling, aid for the disabled, housing assistance, budget advice, domiciliation, food packages, job-seeking assistance

**2. Maison Départementale de Proximité (MDP) Saint-Lys - Conseil Départemental**

*1 Rue des Glycines, 31470 Saint-Lys*Temporary closure: from 26/12/2023 to 02/01/2024
Fermetures exceptionnelles
 **Tuesday to Thursday: 9h to 12h30 - 13h30 to 17h** *Unconditional welcome
Accessible to people with reduced mobility*
*Other details: Without an appointment
0534607650
proximite.saintlys@cd31.fr*
**Services:** Administrative counselling, public letter-writer, digital training, computer posts, various leisure

**3. Permanence Saint-Lys - Mission locale Haute Garonne**

*16 Rue du 11 Novembre 1918 (CCAS de Saint-Lys), 31470 Saint-Lys*Temporary closure: from 25/12/2023 to 29/12/2023
 **Monday: 9h to 12h**
**Wednesday: 14h to 17h**
**Friday: 9h to 12h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0562147360*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Saint-Martory\_\_**

**1. Maison Départementale de Proximité (MDP) Saint-Martory - Conseil Départemental**

*4 Rue du Pont (MDP située à côté de La Poste), 31360 Saint-Martory*Temporary closure: from 25/12/2023 to 27/12/2023
Fermetures exceptionnelles
 **Monday to Wednesday: 9h to 12h30 - 13h30 to 17h30** *Unconditional welcome
Accessible to people with reduced mobility*
*Other details: Without an appointment
0562002491
proximite.saintmartory@cd31.fr*
**Services:** Administrative counselling, public letter-writer, digital training, computer posts, various leisure

**2. Permanence Saint-Martory - Mission locale Haute Garonne**

*Av. Norbert-Casteret (Mairie), 31360 Saint-Martory*Temporary closure: from 25/12/2023 to 29/12/2023
 **Tuesday: 9h to 12h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0561902224*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Saint-Orens-de-Gameville\_\_**

**1. Comité Secours Populaire - Saint Orens de Gameville**

*3 Rue de Partanaïs, 31650 Saint-Orens-de-Gameville* **Monday to Friday: 9h to 12h** *Unconditional welcome
By appointment only*
*Financial participation required
0561390811
spf.st.orens@orange.fr*
**Services:** Clothes, solidarity shop, various leisure, food packages

**2. France Services - Saint-Orens**

*42 Av. Augustin Labouilhe, 31650 Saint-Orens-de-Gameville* **Monday: 13h30 to 17h30**
**Tuesday: 10h to 12h30 - 13h30 to 17h30**
**Wednesday: 13h30 to 17h30**
**Thursday to Friday: 10h to 12h30 - 13h30 to 17h30** *Unconditional welcome
0582083505
mfs@mairie-saint-orens.fr*
**Services:** Administrative counselling, computer posts, legal advice, budget advice

**3. Permanence Saint-Orens - Mission locale Haute Garonne**

*2 Rue Rosa Parks (Au CCAS), 31650 Saint-Orens-de-Gameville*Temporary closure: from 25/12/2023 to 29/12/2023
 **Thursday: 9h to 12h**
**Friday: 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0561395405*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Saint-Sulpice-sur-Lèze\_\_**

**1. Antenne Secours Populaire - Saint-Sulpice sur Lèze**

*Pl. de L Hôtel de ville, 31410 Saint-Sulpice-sur-Lèze*Temporary closure: from 23/12/2023 to 03/01/2024
 **Tuesday: 14h to 16h30**
**Thursday: 14h to 16h30** *Unconditional welcome
0561973052
saint-sulpice@spf31.org*
**Services:** Clothes

**2. CCAS de Saint-Sulpice-sur-Lèze**

*12 Rue de la Poste, 31410 Saint-Sulpice-sur-Lèze* **Monday: 9h to 12h**
**Tuesday: 9h to 12h - 14h to 17h**
**Wednesday: 9h to 12h**
**Thursday: 9h to 12h - 14h to 17h**
**Friday: 9h to 12h** *Unconditional welcome
Accessible to people with reduced mobility*
*Other details: Tuesday and Thursday afternoons by appointment
0561875789
ccas@stsulpicesurleze.fr*
**Services:** Social support, administrative counselling, aid for the disabled, budget advice, housing assistance, domiciliation, wifi

**3. Permanence Saint-Sulpice sur Lèze - Mission locale Haute Garonne**

*12 Rue de la Poste, 31410 Saint-Sulpice-sur-Lèze*Temporary closure: from 25/12/2023 to 29/12/2023
 **Thursday: 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0754357781*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Sainte-Foy-d'Aigrefeuille\_\_**

**1. CCAS de Sainte-Foy-d'Aigrefeuille**

*1 Place de la Mairie, 31570 Sainte-Foy-d'Aigrefeuille* **Monday: 8h to 12h15**
**Tuesday to Thursday: 8h to 12h15 - 13h30 to 17h15**
**Friday: 8h to 12h15 - 13h30 to 16h15** *Unconditional welcome
Accessible to people with reduced mobility
0561837870
saintefoydaigrefeuille.mairie@orange-business.fr*
**Services:** Social support, administrative counselling, aid for the disabled, domiciliation

**\_\_Salies-du-Salat\_\_**

**1. CCAS de Salies-du-Salat**

*35 Bd Jean Jaurès, 31260 Salies-du-Salat* **Monday: 8h to 12h - 13h to 17h**
**Tuesday: 8h to 12h**
**Wednesday: 8h to 12h - 13h to 17h**
**Thursday to Friday: 8h to 12h** *Unconditional welcome
By appointment only: Make an appointment by phone/email*
*Accessible to people with reduced mobility
0561905326
commune@mairie-salies-salat.fr*
**Services:** Information and guidance point, administrative counselling, domiciliation

**2. Maison Départementale de Proximité (MDP) Salies-du-Salat - Conseil Départemental**

*Pl. de L Hôtel de ville, 31260 Salies-du-Salat*Temporary closure: from 25/12/2023 to 27/12/2023
Fermetures exceptionnelles
 **Monday to Wednesday: 9h to 12h30 - 13h30 to 17h30** *Unconditional welcome
Accessible to people with reduced mobility*
*Other details: Without an appointment
0562002493
proximite.saliesdusalat@cd31.fr*
**Services:** Administrative counselling, public letter-writer, digital training, computer posts, various leisure

**3. Permanence Saliès-du-Salat - Mission locale Haute Garonne**

*2 Rue du Stade (Maison des Solidarités), 31260 Salies-du-Salat*Temporary closure: from 25/12/2023 to 29/12/2023
 **Thursday: 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0561980680*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Salles-sur-Garonne\_\_**

**1. Jardins du Volvestre**

*Prom. du Bac, 31390 Salles-sur-Garonne*Temporary closure: from 22/12/2023 to 03/01/2024
 **Monday to Tuesday: 8h to 16h30**
**Thursday to Friday: 8h to 16h30** *Exclusive welcome: people at least 15 years old, in a regular situation.*
*Other useful informations: Eligible to IAE including RSA beneficiaries
Orientation only: By orientation or spontaneous application on the inclusion platform or directly.
0561907187
volvestre@cocagnehautegaronne.org*
**Services:** Integration through economic activity, food packages

**\_\_Saubens\_\_**

**1. CCAS de Saubens**

*1 Pl. Géraud Lavergne, 31600 Saubens* **Monday to Friday: 9h to 12h - 14h to 18h** *Unconditional welcome
By appointment only: Call for information and direction*
*Accessible to people with reduced mobility*
*Other details: /!\ The reception is ONLY by phone, call the number indicated below /!\
0561568975
contact@mairie-saubens.com*
**Services:** Domiciliation, housing assistance, aid for the disabled, administrative counselling, social and solidarity grocery stores

**\_\_Seysses\_\_**

**1. Antenne Secours Populaire - Seysses**

*26 Rue de la République (Local en bas d'un escalier), 31600 Seysses*Temporary closure: from 20/12/2023 to 09/01/2024
 **Tuesday: 10h to 12h - 14h to 16h30** *Unconditional welcome
0562140338*
*0763502139
seysses.spf@gmail.com*
**Services:** Food packages, social and solidarity grocery stores, solidarity shop

**2. Permanence Seysses - Mission locale Haute Garonne**

*10 Place de la Libération (Mairie), 31600 Seysses*Temporary closure: from 25/12/2023 to 29/12/2023
 **Monday: 14h to 17h**
**Thursday: 9h to 12h - 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0562116469*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Toulouse\_\_**

**1. Douches municipales de Bonnefoy**

*13 Rue Dr Paul Pujos, 31500 Toulouse* **Tuesday to Saturday: 8h30 to 15h15** *Unconditional welcome
0561118731*
**Services:** Showers, toilets, laundry services

**2. Camion du Cœur - Camion de Ville du Site du Raisin**

*Chem. du Raisin, 31200 Toulouse* **Monday to Sunday: 19h to 20h30** *Unconditional welcome
Other details: Reception: all ages - Free every evening of the week from 7 p.m. to 8:30 p.m. from September to the end of June. Meal service by Restos du Cœur volunteers.
0534401212
ad31.accueil@restosducoeur.org*
**Services:** Food distribution

**3. Secours Catholique Ariège-Garonne - Toulouse - Ostalada**

*22 Pl. Arnaud Bernard, 31000 Toulouse*Temporary closure: from 18/12/2023 to 26/12/2023
 **Monday to Saturday: 8h30 to 11h30** *Unconditional welcome
Accepted animals*
*Accessible to people with reduced mobility
0685626158
andrewnguyen@secours-catholique.org*
**Services:** Day shelters, canteens, social support, showers, toilets, laundry services, wifi , power/electricity plugs

**4. Boutique Solidarité - ARPADE**

*36 Rue Emile Brouardel, 31000 Toulouse* **Monday: 9h to 12h - 14h to 17h**
**Tuesday: 9h to 12h**
**Wednesday to Thursday: 9h to 12h - 14h to 17h**
**Friday: 9h to 12h** *Unconditional welcome adapted to adults.
Accepted animals*
*Accessible to people with reduced mobility
0534250370
cpva.boutique@arpade.org*
**Services:** Rest area , canteens, toilets, well-being, social support, laundry services, luggage storage, mental health, computer posts, wifi , phone , power/electricity plugs, sport, various leisure

**5. Camion du Coeur - Camion de ville des Minimes/Marché aux cochons**

*Pl. du Marché aux Cochons, 31200 Toulouse* **Monday to Sunday: 19h to 20h30** *Unconditional welcome
Other details: Reception: all ages - Free every evening of the week from 7 p.m. to 8:30 p.m. from September to the end of June. Meal service by Restos du Cœur volunteers.
0534401212
ad31.accueil@restosducoeur.org*
**Services:** Food distribution

**6. Camion du Cœur - Camion de Ville du Site Avenue de Rangueil**

*42 Av. de Rangueil, 31400 Toulouse* **Monday to Saturday: 19h to 20h30** *Unconditional welcome
Other details: Reception: all ages - Free every evening of the week from 7 p.m. to 8:30 p.m. from September to the end of June. Meal service by Restos du Cœur volunteers.
0534401212
ad31.accueil@restosducoeur.org*
**Services:** Food distribution

**7. Unité Locale Croix-Rouge - Toulouse (Accueil)**

*20 Rue Raymond IV, 31000 Toulouse* **Monday to Tuesday: 9h to 12h**
**Thursday to Friday: 9h to 12h** *Unconditional welcome
0561992469
ul.toulouse@croix-rouge.fr*
**Services:** Food packages, french language courses, digital training, day shelters

**8. Boutique Croix-Rouge - Chez Henry Toulouse**

*11 Rue Temponières, 31000 Toulouse* **Tuesday to Saturday: 10h to 19h** *Unconditional welcome
0951097859
chezhenry.toulouse@croix-rouge.fr*
**Services:** Clothes

**9. Épicerie sociale Croix-Rouge - Toulouse Université Jean-Jaurès**

*5 All. Antonio Machado, 31058 Toulouse* **Wednesday to Thursday: 14h to 17h** *Exclusive welcome: students.*
*Other useful informations: The grocery store is for students and university staff.
By appointment only*
*Orientation only: Connect with university social workers*
*Other details: Available only with support from a social worker
0561504141*
**Services:** Social and solidarity grocery stores

**10. Restos Bébé Toulouse**

*7 Gd Rue Saint-Nicolas, 31300 Toulouse*Temporary closure: from 22/12/2023 to 02/01/2024
 **Monday: 13h30 to 16h**
**Wednesday: 10h to 12h - 14h to 16h30**
**Friday: 14h to 16h** *Exclusive welcome: people up to 1 years old, families, couples, pregnant women.
By appointment only: Appointment made by phone. leave a message*
*Other details: Attention no fixed hours because only by appointment
0561429613
restobebe31@gmail.com*
**Services:** Food packages, social support, clothes

**11. Épicerie Solidaire « Graine2Vie »**

*12 Rue de Fenouillet, 31200 Toulouse*Temporary closure: from 20/12/2023 to 31/12/2023
Fermeture hivernale
 **Tuesday: 14h to 17h**
**Friday: 14h to 17h**
**Saturday: 10h to 12h30** *Unconditional welcome
By appointment only: Make an appointment by phone*
*Financial participation required: Between 10 and 30% of the price of the products in commerce.*
*Other details: On File (social assessment)
Numéro réservé pour les inscriptions - mardi et vendredi matin: 0674702782
secretariat@maintendue31.org*
**Services:** Social and solidarity grocery stores, various leisure, social support, counselling for parents

**12. Armée du Salut - Poste de Toulouse**

*111 Rue de Negreneys, 31200 Toulouse* **Tuesday: 9h to 12h**
**Wednesday: 12h to 14h - 14h to 17h30**
**Thursday to Friday: 12h to 14h** *Unconditional welcome
0561629663
postetoulouse@armeedusalut.fr*
**Services:** Food distribution, food packages, various leisure

**13. CAP-Centre Toulouse**

*95 Gd Rue Saint-Michel, 31400 Toulouse*Temporary closure: from 22/12/2023 to 02/01/2024
 **Monday: 14h to 16h**
**Tuesday: 9h to 11h - 14h to 16h**
**Wednesday: 9h to 11h**
**Thursday to Friday: 9h to 11h - 14h to 16h** *Unconditional welcome
On registration: By telephone*
*Financial participation required: 15% of market price
0648507431
cap-centre@orange.fr*
**Services:** Social and solidarity grocery stores

**14. InServices - Toulouse**

*47 Av. de Grande Bretagne, 31300 Toulouse* **Monday: 10h30 to 17h**
**Friday: 10h30 to 17h** *Unconditional welcome
By appointment only: For social assessment*
*On registration: Request for registration by phone on Mondays and Thursdays*
*Financial participation required: Membership: €17 per year or €8.50 for 6 months*
*Other details: Creation of a file with the supporting documents according to the beneficiary's situation (CAF certificate, proof of resources, charges, rent receipt, tax notice, etc.)
0658131550*
*0663396847
inservices.c-sav@outlook.com*
**Services:** Social and solidarity grocery stores, french language courses, various leisure

**15. Resto'Rue**

*76 Chem. du Raisin, 31200 Toulouse* **Sunday: 18h30 to 20h30** *Unconditional welcome
Accepted animals*
*Accessible to people with reduced mobility
0783676843
contact@maintendue31.org*
**Services:** Food distribution

**16. KoKeLiKo**

*12 Rue Claude Perrault, 31500 Toulouse* **Saturday: 14h to 17h** *Unconditional welcome
0769762283
kokeliko@maintendue31.org*
**Services:** Various leisure

**17. Le Solidaribus**

*1 Pl. du Capitole, 31000 Toulouse* **Sunday: 14h30 to 18h30** *Unconditional welcome
By appointment only*
*accepted animals*
*Other details: To request a visit, call or leave a message on 06 95 85 21 69. Or via 115.
0695852169
contact@maintendue31.org*
**Services:** Day shelters, food distribution, administrative counselling

**18. Secours Catholique Ariège-Garonne - Toulouse Petits Dej'**

*76 Chem. du Raisin, 31200 Toulouse* **Monday to Sunday: 7h to 9h** *Unconditional welcome
0685626158
andrewnguyen@secours-catholique.org*
**Services:** Food distribution, rest area , information and guidance point

**19. Secours Catholique Ariège-Garonne - Toulouse Quartier des Minimes - Tous Acteurs**

*36 Rue de la jeunesse, 31200 Toulouse*Temporary closure: from 25/12/2023 to 05/01/2024
 **Monday to Friday: 9h30 to 18h** *Unconditional welcome
0642215620
ariegegaronne@secours-catholique.org*
**Services:** French language courses, school tutoring, public letter-writer, various leisure, information and guidance point, luggage storage

**20. Secours Catholique Ariège-Garonne - Toulouse Quartier Bonnefoy - Maison Caritas**

*56 Rue de Périole, 31500 Toulouse* **Monday: 9h to 12h - 13h45 to 17h**
**Tuesday: 9h to 11h - 14h to 16h**
**Wednesday: 9h to 11h - 14h to 18h**
**Thursday: 9h to 12h30 - 14h to 17h**
**Friday: 14h to 16h**
**Saturday: 14h to 17h**
**Sunday: 14h to 18h** *Unconditional welcome
0567062230
mas.bonnefoy@gmail.com*
**Services:** Information and guidance point, french language courses, digital training, school tutoring, social and solidarity grocery stores, various leisure

**21. Secours Catholique Ariège-Garonne - Toulouse La Casèla (accueil de jour pour femmes)**

*6 Bd Maréchal Leclerc, 31000 Toulouse* **Monday to Tuesday: 8h to 11h30 - 14h to 17h**
**Wednesday: 8h to 11h30**
**Thursday: 8h to 11h30 - 14h to 17h**
**Friday: 8h to 11h30** *Exclusive welcome: women.
0685626158
andrewnguyen@secours-catholique.org*
**Services:** Rest area , food distribution, french language courses, information and guidance point, showers, family area, various leisure

**22. Espace social du Grand Ramier**

*10 Av. du Grand Ramier, 31400 Toulouse* **Monday to Sunday: 10h30 to 14h** *Unconditional welcome
0561329521*
**Services:** Food distribution, canteens, information and guidance point, various leisure

**23. La Traversée**

*15 Rue de Chambéry (B25), 31500 Toulouse* **Thursday: 16h to 19h30** *Unconditional welcome
By appointment only: Call*
*On registration: According to proof of income*
*Financial participation required: €3 to €5 depending on the composition of the family
0561119100
latraverseetoulouse@gmail.com*
**Services:** Food packages

**24. La Cloche - Toulouse**

*27 Rue Adolphe Coll (Entre-sol du Centre d'hébergement La Colline), 31300 Toulouse*Temporary Message: from 21/12/2023 to 08/01/2024
FERMETURE POSSIBLE DE CERTAINS COMMERCANTS DU CARILLON: Lors de ces périodes de fin d'année, il est possible que certains commerçants du Carillon ferment leur porte. Nous vous invitons à regarder sur la liste si tel est le cas, et de vous rapprocher d'un autre commerçant selon vos besoins.
Nous vous remercions de votre compréhension.

Temporary closure: from 22/12/2023 to 02/01/2024
Fermeture de l'association
 **Thursday: 14h to 16h** *Unconditional welcome
0656766590
toulouse@lacloche.org*
**Services:** Day shelters, rest area , public water fountains, toilets, power/electricity plugs

**25. L’Épi, épicerie solidaire**

*42 Chem. des Pradettes (Entrer sur le parking, contourner le bâtiment puis sonner), 31100 Toulouse* **Monday to Tuesday: 9h30 to 14h30**
**Thursday: 13h30 to 17h**
**Friday: 9h30 to 14h30** *Unconditional welcome
By appointment only: By telephone*
*Orientation only: Go through a social worker (public or private)*
*Financial participation required: Between 10 and 30% of the market value of the products*
*Other details: File to be established
0677344190
epi.pradettes@gmail.com*
**Services:** Social and solidarity grocery stores

**26. Boutique solidaire**

*42 Chem. des Pradettes, 31100 Toulouse*Temporary schedules: from 07/12/2023 to 21/12/2023
Ouverture de la Boutique Solidaire ces deux prochaines semaines
Monday to Friday: 10h to 12h
 *Unconditional welcome
On registration: Call to register*
*Other details: Please note: only open occasionally depending on needs
0677344190
epi.pradettes@gmail.com*
**Services:** Solidarity shop

**27. Une autre chance**

*6 Rue du Dr Ferdinand Gendre, 31500 Toulouse* **Monday: 15h to 18h**
**Tuesday: 12h to 15h**
**Wednesday: 15h to 18h**
**Friday: 15h to 18h30** *Unconditional welcome
On registration: On-site registration
0687521555
johnson.ndukwe@orange.fr*
**Services:** Social and solidarity grocery stores

**28. La Main à la Pâte**

*62 Rue de Nîmes, 31400 Toulouse*Temporary closure: from 22/12/2023 to 02/01/2024
 **Monday: 9h30 to 17h30**
**Tuesday: 14h to 18h**
**Wednesday: 10h to 12h - 14h to 18h**
**Thursday: 9h30 to 17h30** *Unconditional welcome
By appointment only: Make an appointment by tel (Monday and Thursday hours)
0561626651
asso.lamap@gmail.com*
**Services:** Social and solidarity grocery stores, various leisure

**29. Epicerie Solys**

*1 Imp. des Vergers, 31100 Toulouse* **Monday: 9h30 to 12h**
**Wednesday: 9h30 to 12h**
**Thursday: 9h30 to 12h - 15h to 17h**
**Friday: 9h to 12h** *Unconditional welcome
By appointment only: By telephone*
*On registration: make an appointment to register
0766090768
epicerie.solys@gmail.com*
**Services:** Social and solidarity grocery stores

**30. Association AlimEco**

*13 Imp. du Bachaga Boualam (\*RUE), 31100 Toulouse*Temporary closure: from 25/12/2023 to 07/01/2024
Fermeture pour la période des fêtes de fin d'année
 **Tuesday: 14h to 17h** *Unconditional welcome
Orientation only
0684407174
info@alimeco.org*
**Services:** Food packages

**31. La maison des citoyens 31**

*36 Rue de la jeunesse, 31200 Toulouse* **Monday to Friday: 9h30 to 12h30 - 13h30 to 16h30** *Unconditional welcome
0983047494*
*0642215620
maisondescitoyens31@gmail.com*
**Services:** Food packages, french language courses, various leisure

**32. Le relais de Jocelyne**

*2 Chem. de Ribaute, 31400 Toulouse*Temporary closure: from 23/12/2023 to 03/01/2024
 **Wednesday to Friday: 14h to 17h30** *Unconditional welcome
0561340606
adim.relaisdejocelyne@hotmail.com*
**Services:** Various leisure, administrative counselling, food packages, computer posts

**33. Entr'Act Solidarité**

*8 Imp. André Marestan, 31100 Toulouse*Temporary closure: from 25/12/2023 to 01/01/2024
congés de fin d'année
 **Tuesday: 14h to 17h30**
**Wednesday: 8h30 to 18h**
**Thursday to Friday: 14h to 17h30** *Unconditional welcome
By appointment only: Make an appointment by phone or email*
*Other details: An appointment for a social assessment (creation of a file + development of a project)
0781929221
entractsolidarite@gmail.com*
**Services:** Social and solidarity grocery stores

**34. Banque Alimentaire Toulouse et sa région**

*197 Av. de Fronton, 31200 Toulouse* **Monday to Friday: 9h to 17h** *Unconditional welcome
Other details: A solidarity contribution is requested from partner structures equivalent to 0.24 cents/Kilogram of foodstuffs EXCEPT FOR: foodstuffs distributed by the FEAD (European Fund for Aid to the Most Deprived) which are obligatorily free.
0561473301
ba310@banquealimentaire.org*
**Services:** Food packages

**35. AGEMP - Accueil Action Sociale**

*132 All. Huguette Delavault (Dans l'Université Paul Sabatier, A droite du Bat Mathématiques, Porte B10-7), 31400 Toulouse

Exclusive welcome: students.
On registration: Complete the registration form available below*
*Orientation only: Complete the registration form to gain access*
*Other details: On File (social evaluation), complete the form available at this link: https://forms.gle/BYi2dvCNT8JekrcV8
0650358398
solidarite@agemp.org*
**Services:** Food packages, information and guidance point

**36. Le petit Sab'lé**

*132 All. Huguette Delavault (Dans l'Université Paul Sabatier, A droite du Bat Mathématiques), 31400 Toulouse* **Monday: 11h to 14h**
**Tuesday: 11h to 18h30**
**Wednesday: 11h to 14h**
**Thursday: 11h to 18h30**
**Friday: 11h to 14h** *Exclusive welcome: students.*
*Other useful informations: We also welcome the student's family (i.e. dependent children, etc.)
Orientation only: Go through the social assistance center (SIMMPS) of the University*
*Other details: Applications are assessed by SIMPPS social work. All students can benefit from it, upon evaluation by a social worker.
Pour s'inscrire: 0561557367*
**Services:** Social and solidarity grocery stores, various leisure

**37. Autour de la Table - Association AVEC**

*9 Pl. André Daste (rez de chaussée - porte vitrée), 31400 Toulouse* **Tuesday: 14h to 17h**
**Thursday: 9h30 to 12h30 - 13h30 to 16h30**
**Friday: 10h to 13h - 14h to 17h** *Unconditional welcome
On registration: call 06 50 55 23 92 for information and registration*
*Other details: No financial participation is required for beneficiaries
0650552392
contact@assoavec.org*
**Services:** Various leisure, food distribution

**38. Trait d'Union - Association AVEC**

*10 Pl. André Daste (Rez-de-chaussée de l'immeuble), 31400 Toulouse* **Wednesday: 10h to 13h** *Unconditional welcome
Accessible to people with reduced mobility
0684298776
contact@assoavec.org*
**Services:** Clothes

**39. Maison Départementale des Adolescent (MDA) Toulouse - Conseil départemental**

*16 Rue Pierre-Paul Riquet, 31000 Toulouse* **Monday to Tuesday: 9h to 12h - 13h to 18h**
**Wednesday: 9h to 18h**
**Thursday: 9h to 12h**
**Friday: 9h to 12h - 13h to 18h** *Unconditional welcome
Accessible to people with reduced mobility*
*Other details: For a first meeting, Reception:  By appointment: on  Monday, Tuesday and Friday from 1 p.m. to 6 p.m. Without appointment: on Wednesday from 1 p.m. to 5 p.m.
0534463764
maisondesadolescents31@cd31.fr*
**Services:** Family area, information and guidance point, various leisure

**40. Protection Maternelle et Infantile (PMI) de la MDS Borderouge - Toulouse**

*4 Rue Françoise d'Eaubonne, 31200 Toulouse*Temporary schedules: from 29/11/2023 to 27/12/2024
Monday to Friday: 8h30 to 12h - 13h30 to 17h
 **Monday: 8h to 12h - 13h30 to 17h**
**Tuesday to Friday: 8h30 to 12h - 13h30 to 17h** *Unconditional welcome adapted to couples, families, pregnant women.
By appointment only: Make an appointment by phone or email*
*Accessible to people with reduced mobility
0534361700
mds.borderouge@cd31.fr*
**Services:** Family planning, pediatrics, counselling for parents, infirmary , general medicine

**41. Protection Maternelle et Infantile (PMI) de la MDS Minimes - Toulouse**

*33 Rue Joseph Jacquard, 31200 Toulouse* **Monday to Friday: 8h30 to 12h - 13h30 to 17h** *Unconditional welcome adapted to couples, families, pregnant women.
By appointment only: Make an appointment by phone or email*
*Accessible to people with reduced mobility
0562727780
mds.minimes@cd31.fr*
**Services:** Family planning, pediatrics, counselling for parents, infirmary , general medicine

**42. Maison des Solidarités (MDS) Borderouge - Toulouse**

*4 Rue Françoise d'Eaubonne, 31200 Toulouse*Temporary closure: on 21/12/2023
Réunion générale MDS - Fermeture uniquement l'après-midi
 **Monday to Friday: 8h30 to 12h - 13h30 to 17h** *Unconditional welcome
Accessible to people with reduced mobility
0534361700
mds.borderouge@cd31.fr*
**Services:** Social support, housing assistance, administrative counselling, counselling for parents, mst screening, pediatrics, vaccinations, job-seeking assistance, wifi , computer posts, mobility aid

**43. Domiciliation Postale Croix-Rouge - Toulouse Grand Ramier**

*10 Av. du Grand Ramier (Etage 1, file d'attente à droite du portail), 31400 Toulouse* **Monday to Friday: 8h30 to 12h30** *Unconditional welcome
Accessible to people with reduced mobility*
*Other details: L'ouverture d'un dossier se fait uniquement sur RDV
No phone number given*
**Services:** Domiciliation

**44. Accueil Santé Social Hygiène Croix-Rouge - Toulouse**

*Pl. Bernard Lange, 31300 Toulouse* **Monday to Friday: 8h30 to 12h** *Unconditional welcome
Accessible to people with reduced mobility
No phone number given*
**Services:** Showers, toilets, general medicine, infirmary

**45. UT1-Esope**

*2T Rue des Puits Creusés, 31000 Toulouse*Temporary schedules: since 28/11/2023
Monday: 14h to 19h
Tuesday to Friday: 12h30 to 19h

Temporary closure: from 21/12/2023 to 10/01/2024
 **Tuesday to Friday: 12h30 to 19h** *Exclusive welcome: students.*
*Other useful informations: Reserved for students AND apprentices
By appointment only: Appointment to be made after acceptance of the file*
*On registration: Register via this link: https://ut1-esope.fr/inscription/*
*Accessible to people with reduced mobility*
*Other details: /!\ Please note that you must create your account and create your file exclusively online
0644933125
contact@ut1-esope.fr*
**Services:** Social and solidarity grocery stores

**46. Retser31 - Mirail Université**

*5 All. Antonio Machado (Deux adresses : Maison des Initiatives Etudiantes OU Bâtiment de l'Arche), 31100 Toulouse* **Wednesday: 16h30 to 18h30** *Unconditional welcome adapted to refugees, asylum seekers.
Accessible to people with reduced mobility
No phone number given
retser31@gmail.com*
**Services:** Administrative counselling

**47. Retser31 - Maison de quartier Bagatelle**

*13 Imp. du Bachaga Boualam (Dans la Maison de Quartier de Bagatelle), 31100 Toulouse

Unconditional welcome adapted to asylum seekers, refugees, in a regular situation.
No phone number given
retser31@gmail.com*
**Services:** French language courses, various leisure

**48. Retser31 - Maison de Quartier La Vache**

*7 Rue Marguerite Duras (Dans la Maison de Quartier La Vache), 31200 Toulouse*Temporary closure: from 18/12/2023 to 02/01/2024
Vacances scolaires
 **Monday: 18h to 20h** *Unconditional welcome adapted to asylum seekers, refugees, in a regular situation.
No phone number given
retser31@gmail.com*
**Services:** French language courses

**49. Structure de Premier Accueil des Demandeurs d'Asile 31 (SPADA) - Toulouse**

*28 Rue Théron de Montaugé, 31200 Toulouse* **Monday to Wednesday: 9h to 12h - 13h to 17h**
**Thursday: 9h to 12h**
**Friday: 9h to 12h - 13h to 17h** *Exclusive welcome: asylum seekers.
Accessible to people with reduced mobility
0531266090
spada31@adelphiteparcvh.com*
**Services:** Administrative counselling, social support, domiciliation, digital training, legal advice, public letter-writer

**50. La Fabrique Solidaire des Minimes - Maison des Chômeurs et Citoyens Solidaire**

*29bis Av. des Mazades (En face du 34 et à coté de la laverie), 31200 Toulouse*Temporary Message: from 21/11/2023 to 31/12/2024
Lieu Convivial et au chaud: Nous proposons du thé et du café à toute personnes poussant la porte et le souhaitant ! Nous ne somme spas en capacité d'accepter les animaux à l'intérieur, cependant la terrasse est leur ouverte !

Temporary closure: from 25/12/2023 to 01/01/2024
Vacances d'hiver
 **Monday: 10h to 12h30 - 14h to 17h**
**Tuesday: 9h30 to 12h30**
**Wednesday to Thursday: 9h30 to 12h30 - 14h to 17h**
**Friday: 9h30 to 12h30** *Unconditional welcome
Accessible to people with reduced mobility
Accueil: 0561253828
accueil@lafabriquesolidaire.org*
**Services:** Job-seeking assistance, computer posts, digital training, social support, public letter-writer, information and guidance point, various leisure

**51. Udaf 31 - Union Départementale des Associations Familiales de la Haute-Garonne**

*57 Rue de Bayard, 31000 Toulouse* **Monday to Friday: 9h to 12h - 14h to 17h** *Unconditional welcome
Accepted animals*
*Accessible to people with reduced mobility
Point Info Famille: 0561131382
udaf31@udaf31.fr*
**Services:** Information and guidance point, public letter-writer, administrative counselling, legal advice, budget advice, mobility aid, counselling for parents, aid for the disabled

**52. Centre d’Information sur les Droits des Femmes et des Familles (CIDFF) de la Haute-Garonne - Siège, Toulouse**

*95 Gd Rue Saint-Michel (1ère porte à droite sous l'arche, premier étage), 31400 Toulouse*Temporary closure: from 25/12/2023 to 29/12/2023
 **Monday to Friday: 8h30 to 12h - 13h30 to 17h** *Unconditional welcome adapted to victim of violence.
By appointment only: call 05 34 31 23 31*
*Financial participation required: All the CIDFF31 services to the public are free except for family mediation, for which a contribution is requested according to income (scale established by the CAF).
siège CIDFF31: 0534312331
cidff31@cidff31.fr*
**Services:** Legal advice, job-seeking assistance, counselling for parents, mental health

**53. Mission Locale Toulouse - Antenne Quartiers Nords**

*2 Rue Ernest Renan, 31200 Toulouse* **Tuesday to Friday: 9h to 12h30 - 13h30 to 17h** *Exclusive welcome: people aged from 16 to 25 years.*
*Other useful informations: for anyone living in the districts of: Lalande, Les Izards, Croix-Daurade, Barrière-de-Paris, Minimes, Sept Deniers, Ginestous
Other details: /!\ Make an appointment to be welcomed in the morning /!\
0561575992*
**Services:** Job-seeking assistance, information and guidance point, social support, administrative counselling, budget advice, housing assistance, digital training, various leisure

**54. Mission Locale Toulouse - Antenne Centre**

*24 Rue Garipuy, 31500 Toulouse* **Tuesday to Friday: 9h to 12h30 - 13h30 to 17h** *Exclusive welcome: people aged from 16 to 25 years.*
*Other useful informations: for anyone residing in the districts of: Amidonniers, Les Chalets, Compans, Arnaud Bernard, Matabiau, Capitole, Carmes, Saint-Georges, Saint-Etienne, Saint-Aubin/Dupuy, Gramont, Roseraie, Bonnefoy, Juncasse-Argoulets, Marengo -Jolimont, Soupetard, Guilhemery, Chateau-de-l'Hers, Côte Pavée
Other details: /!\ Make an appointment to be welcomed in the morning /!\
0562733873*
**Services:** Job-seeking assistance, information and guidance point, social support, administrative counselling, budget advice, housing assistance, digital training, various leisure

**55. Mission Locale Toulouse - Antenne Quartier Est**

*6 Rue Valentina Terechkova, 31400 Toulouse* **Tuesday to Friday: 9h to 12h30 - 13h30 to 17h** *Exclusive welcome: people aged from 16 to 25 years.*
*Other useful informations: for anyone residing in the districts of: Empalot, Saint-Agne, Rangueil, Saint-Michel, Jules Julien, Saouzelong, Pont-des-Demoiselles, La Terrasse, Montaudran, Lesginest, Pouvourville
Other details: /!\ Make an appointment to be welcomed in the morning /!\
0532980713*
**Services:** Job-seeking assistance, information and guidance point, social support, administrative counselling, budget advice, housing assistance, digital training, various leisure

**56. Mission Locale Toulouse - Antenne Rive Gauche**

*35 Rue du Lot, 31100 Toulouse* **Tuesday to Friday: 9h to 12h30 - 13h30 to 17h** *Exclusive welcome: people aged from 16 to 25 years.*
*Other useful informations: for anyone living in the districts of: Casselardit, Patte d'oie, Saint-Cyprien, Fer-à-Cheval, Arènes, La Cépière, Bagatelle, Fontaine-Lestang, La Faourette, Papus, Croix-de-Pierre
Other details: /!\ Make an appointment to be welcomed in the morning /!\
0561413528*
**Services:** Job-seeking assistance, information and guidance point, social support, administrative counselling, budget advice, housing assistance, digital training, various leisure

**57. Mission Locale Toulouse - Antenne Quartiers Ouest**

*4 All. André Maginot, 31100 Toulouse* **Tuesday to Friday: 9h to 12h30 - 13h30 to 17h** *Exclusive welcome: people aged from 16 to 25 years.*
*Other useful informations: for all people residing in the districts: Saint-Martin-du-Touch, Purpan, Lardenne, Les Pradettes, Reynerie, Basso-Cambo, Bellefontaine
Other details: /!\ Make an appointment to be welcomed in the morning /!\
0561417733*
**Services:** Job-seeking assistance, information and guidance point, social support, administrative counselling, budget advice, housing assistance, digital training, various leisure

**58. Antenne Relais Information Orientation Emploi - Toulouse Bagatelle**

*35 Rue du Lot (Dans la mission locale), 31100 Toulouse*Temporary closure: from 25/12/2023 to 05/01/2024
 **Monday to Friday: 9h to 12h30 - 13h30 to 17h** *Unconditional welcome
By appointment only: Call 06 52 94 90 70.
Serge Mercadal, Référent PLIE: 0652949070*
**Services:** Job-seeking assistance

**59. Permanence Insertion professionnelle CIDFF31 - MDO Toulouse Bellefontaine**

*57 All. de Bellefontaine (A la Maison de l'Orientation), 31100 Toulouse*Temporary closure: from 25/12/2023 to 29/12/2023
 **Thursday: 9h30 to 12h30 - 13h30 to 16h** *Unconditional welcome
Orientation only: On internal orientation according to the professional integration project
0534312331*
**Services:** Job-seeking assistance

**60. Permanence Insertion professionnelle CIDFF31 - MDO Toulouse Centre**

*50 Rue des 7 Troubadours (Dans la Maison de l'Orientation), 31000 Toulouse*Temporary closure: from 25/12/2023 to 05/01/2024
 **Thursday: 9h to 12h30 - 13h30 to 16h** *Unconditional welcome
By appointment only: Call 05 34 31 23 31 to make an appointment.
0534312331*
**Services:** Job-seeking assistance

**61. Permanence Médiation familiale - Tribunal Judiciaire de Toulouse**

*2 All. Jules Guesde (Tribunal Judiciaire de Toulouse), 31000 Toulouse*Temporary closure: from 25/12/2023 to 29/12/2023
 **Tuesday: 14h to 17h30** *Unconditional welcome
0534312331*
**Services:** Counselling for parents

**62. AMS Grand Sud - Toulouse Centre**

*70 Bd Matabiau, 31000 Toulouse*Temporary closure: from 25/12/2023 to 31/12/2023
 **Monday to Friday: 9h to 12h30 - 13h30 to 17h** *Unconditional welcome
Accueil siège: 0534411979
siege@ams-grandsud.fr*
**Services:** French language courses, digital training, job-seeking assistance

**63. AMS Grand Sud - Toulouse Nord**

*56 Bd de l'Embouchure, 31200 Toulouse* **Monday to Friday: 9h to 12h30 - 13h30 to 17h** *Unconditional welcome
0536259983
siege@ams-grandsud.fr*
**Services:** French language courses, digital training, job-seeking assistance

**64. AMS - Toulouse Rive Gauche**

*37 Rue Paul Gauguin (37 BIS), 31100 Toulouse* **Monday to Friday: 9h to 12h30 - 13h30 to 17h** *Unconditional welcome
0562869111
siege@ams-grandsud.fr*
**Services:** French language courses, digital training, job-seeking assistance

**65. Permanence juridique - Toulouse Bagatelle Faourette**

*117 Rue Henri Desbals (Centre Social - TOULOUSE BAGATELLE FAOURETTE), 31100 Toulouse*Temporary closure: from 25/12/2023 to 29/12/2023
 **Tuesday: 13h30 to 16h30** *Unconditional welcome
By appointment only: Call 05 67 77 44 42
0567774442*
**Services:** Legal advice

**66. Permanence juridique - Toulouse Izards-Borderouge**

*1 Chem. des Izards (Place Micoulaud - Centre social), 31200 Toulouse*Temporary closure: from 25/12/2023 to 29/12/2023
 **Thursday: 9h to 12h** *Unconditional welcome
By appointment only: Call 05 67 04 14 80
0567041480*
**Services:** Legal advice

**67. Mission Locale Haute-Garonne - Siège Toulouse**

*31200 Toulouse, 31200 Toulouse*Temporary closure: from 25/12/2023 to 29/12/2023
 **Monday: 9h to 12h - 14h to 17h**
**Tuesday: 9h to 12h**
**Wednesday to Friday: 9h to 12h - 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
0562724972
mlhg@ml31.org*
**Services:** Job-seeking assistance, information and guidance point, social support, administrative counselling, budget advice, housing assistance

**68. Info Jeunes Occitanie - Site de Toulouse**

*17 Rue de Metz, 31000 Toulouse* **Monday: 13h30 to 18h**
**Tuesday to Friday: 10h to 12h30 - 13h30 to 18h** *Unconditional welcome
Accessible to people with reduced mobility
Accueil Site Info Jeunes rue de Metz: 0561212020
contact@crij.org*
**Services:** Information and guidance point, digital training, sport

**69. J'accueille by SINGA Toulouse**

*31000 Toulouse, 31000 Toulouse* **Monday to Friday: 9h to 17h** *Unconditional welcome adapted to adults, refugees, displaced from ukraine.*
*Other useful informations: To be accommodated, any minor must be accompanied
On registration: Send an email for more information
No phone number given
toulouse@jaccueille.fr*
**Services:** Citizen accommodation

**70. Fédération des femmes pour l'Europe (FFPE) - Siège de Toulouse**

*1 Rue Léon Jouhaux, 31500 Toulouse*Temporary closure: from 22/12/2023 to 02/01/2024
 **Monday to Tuesday: 9h to 18h**
**Wednesday: 9h to 17h**
**Thursday: 9h to 18h**
**Friday: 9h to 16h** *Unconditional welcome adapted to women.
By appointment only
0534309992
ffpe31@gmail.com*
**Services:** Job-seeking assistance, digital training, social support, mental health, counselling for parents, various leisure

**71. Info Jeunes Toulouse Nord (PIJ Toulouse Nord)**

*1 Rte de Launaguet, 31200 Toulouse*Temporary closure: from 22/12/2023 to 02/01/2024
 **Monday: 14h to 18h**
**Tuesday: 10h to 12h30 - 14h to 18h**
**Wednesday: 14h to 18h**
**Thursday: 10h to 12h30 - 14h to 18h** *Unconditional welcome
Accessible to people with reduced mobility
0562722378
contact@crij.org*
**Services:** Information and guidance point, digital training

**72. Info Jeunes Mirail (PIJ Mirail) Toulouse**

*6 Cheminement Edgard Varèse, 31100 Toulouse*Temporary closure: from 22/12/2023 to 02/01/2024
 **Monday to Tuesday: 14h to 18h**
**Wednesday: 10h to 12h30 - 14h to 18h**
**Thursday: 14h to 18h**
**Friday: 10h to 12h30** *Unconditional welcome
Accessible to people with reduced mobility
0561724537
contact@crij.org*
**Services:** Information and guidance point

**73. Info Jeunes Empalot (PIJ Empalot) Toulouse**

*33 Rue Jean Lebas, 31400 Toulouse*Temporary closure: from 22/12/2023 to 02/01/2024
 **Wednesday: 10h to 12h30**
**Thursday to Friday: 14h to 18h** *Unconditional welcome
0534310948
contact@crij.org*
**Services:** Information and guidance point

**74. Info Jeunes Soupetard (LIJ Soupetard) Toulouse**

*75 Rue Louis Plana, 31500 Toulouse* **Monday: 14h to 18h**
**Wednesday: 14h to 18h**
**Friday: 14h to 18h** *Unconditional welcome
0534245032
contact@crij.org*
**Services:** Information and guidance point

**75. Espace Diversités Laïcité (EDL)**

*38 Rue d'Aubuisson, 31000 Toulouse*Temporary closure: from 25/12/2023 to 01/01/2024
 **Monday to Saturday: 8h30 to 18h** *Unconditional welcome
Accessible to people with reduced mobility
0581917960
accueil.edl@mairie.fr*
**Services:** Social support, information and guidance point, administrative counselling, counselling for parents, mst screening, various leisure, mental health

**76. Le Camion Douche mixte**

*Pl. du Marché aux Cochons, 31200 Toulouse*Temporary Message: from 18/12/2023 to 02/03/2024
Maraudes: Nous continuerons des maraudes de distributions de kits d'hygiène individuels.

Temporary closure: from 18/12/2023 to 02/03/2024
En raison de la vidance du système de douche des Camions, nous devons arrêter les sorties pendant l'hiver pour éviter l'explosion des tuyaux à cause du froid.
 **Wednesday: 19h to 22h** *Unconditional welcome
0637314517*
*0783773817
lecamiondouche@gmail.com*
**Services:** Showers, care products

**77. Le Camion Douche mixte**

*39 All. Jules Guesde (Devant le Quai des Savoirs), 31000 Toulouse*Temporary Message: from 18/12/2023 to 02/03/2024
Maraudes: Nous continuerons des maraudes de distributions de kits d'hygiène individuels

Temporary closure: from 18/12/2023 to 02/03/2024
En raison des vidanges du système de douche des camions, nous devons arrêter les sorties pendant l'hiver afin d'éviter l'implosion des tuyaux.
 **Sunday: 9h to 13h** *Unconditional welcome
0637314517*
*0783773817
lecamiondouche@gmail.com*
**Services:** Showers, care products

**78. Le Camion Douche femmes**

*Pl. Bernard Lange, 31300 Toulouse*Temporary Message: from 18/12/2023 to 02/03/2024
Maraudes: Nous continuerons à intervenir sous forme de maraudes et de distributions de kits d'hygiène individuels.

Temporary closure: from 18/12/2023 to 02/03/2024
En raison de la nécessité de vidange du système de douche des camions, il nous faut faire une pause hivernale afin d'éviter l'implosion des tuyaux à cause du froid.
 **Saturday: 9h to 12h** *Exclusive welcome: women.
0637314517*
*0783773817
lecamiondouche@gmail.com*
**Services:** Showers, care products

**79. Permanence juridique - Toulouse Bellefontaine**

*57 All. de Bellefontaine (Maison de l'orientation), 31100 Toulouse*Temporary closure: from 25/12/2023 to 29/12/2023
 **Wednesday: 14h to 17h** *Unconditional welcome
By appointment only: Call 05 34 31 23 31
0534312331*
**Services:** Legal advice

**80. Permanence juridique - Toulouse Centre**

*50 Rue des 7 Troubadours (Maison de l'orientation), 31000 Toulouse*Temporary closure: from 25/12/2023 to 05/01/2024
 **Wednesday: 14h to 17h** *Unconditional welcome
By appointment only: Call 05 34 31 23 31
0534312331*
**Services:** Legal advice

**81. Soutien psychologique au veuvage - Toulouse Saint-Michel**

*95 Gd Rue Saint-Michel (Centre d'Information sur les Droits des Femmes et des Familles (CIDFF) - 1er étage), 31400 Toulouse*Temporary closure: from 25/12/2023 to 29/12/2023
 **Wednesday: 8h30 to 12h30**
**Friday: 13h to 17h** *Unconditional welcome
By appointment only: Call 05 34 31 23 31
0534312331*
**Services:** Mental health

**82. Solidarité Migrants Patte d'Oie - Toulouse**

*2 Pl. de la Patte d'Oie, 31300 Toulouse*Temporary closure: from 22/12/2023 to 02/01/2024
Vacances
 **Monday to Thursday: 10h to 12h - 14h to 17h**
**Friday: 10h to 12h - 14h to 15h30** *Unconditional welcome adapted to asylum seekers, refugees.
0536896487
migrants.pattedoie@gmail.com*
**Services:** Legal advice, french language courses, luggage storage, clothes

**83. SOS Familles Emmaus Toulouse**

*209 Av. de Castres (Bat G), 31500 Toulouse* **Tuesday: 9h to 12h - 14h to 17h** *Unconditional welcome
Other details: /!\ By appointment on Mondays, Wednesdays, Thursdays and Fridays, click here to make an appointment: https://sosemmauscresus31.fr/formcontact.php
0562471808*
*0666747456
sos-familles.emmaus-toulouse@orange.fr*
**Services:** Budget advice, administrative counselling

**84. Service Interuniversitaire de Médecine Préventive et Promotion de la Santé (SIMPPS) - Université Toulouse Capitole**

*2 Rue du Doyen Gabriel Marty, 31000 Toulouse* **Monday to Friday: 8h30 to 12h - 13h30 to 17h** *Exclusive welcome: students.*
*Other useful informations: Students from Toulouse Capitole University, Toulouse INP-ENSEEIHT, isdaT, Sciences Po Toulouse
Accessible to people with reduced mobility*
*Other details: Subject to current University of Toulouse student card status for the current academic year.
Secrétariat: 0561633725*
**Services:** Administrative counselling, aid for the disabled, mental health, budget advice, infirmary , housing assistance, vaccinations

**85. Service Interuniversitaire de Médecine Préventive et Promotion de la Santé (SIMPPS) - Université Toulouse III (Paul Sabatier)**

*118 Rte de Narbonne (1er étage Forum Louis Lareng campus Toulouse Rangueil (BAT Forum LL) , à côté du métro Paul Sabatier), 31062 Toulouse* **Monday to Friday: 8h30 to 12h - 13h30 to 17h** *Exclusive welcome: students.*
*Other useful informations: Students from Toulouse III University - Paul Sabatier, from Toulouse-INP (ENSAT and ENSIACET), from INSA Toulouse, from ISAE-SUPAERO
Other details: Subject to current University of Toulouse student card status for the current academic year.
Secrétariat: 0561557367*
*Accueil infirmier: 0561557359*
**Services:** Administrative counselling, aid for the disabled, mental health, budget advice, infirmary , housing assistance, vaccinations

**86. Service Interuniversitaire de Médecine Préventive et Promotion de la Santé (SIMPPS) - Université Toulouse Jean Jaurès**

*5 All. Antonio Machado (Maison des solidarités, 1er étage,), 31100 Toulouse* **Monday to Friday: 8h30 to 12h - 13h30 to 17h** *Exclusive welcome: students.*
*Other useful informations: Students from Toulouse University - Jean Jaurès, from Ensa Toulouse, from ENVT
Secrétariat: 0561504141*
*Accueil infirmier: 0561503861*
**Services:** Information and guidance point, administrative counselling, aid for the disabled, mental health, budget advice, infirmary , housing assistance, vaccinations

**87. Les Solidavélos**

*Pl. du Capitole (Les Solidavélos circulent dans tout le centre ville de Toulouse), 31000 Toulouse* **Sunday: 8h to 17h** *Unconditional welcome
Other details: The Solidavélos teams can be reached on 06 95 85 21 69. Leave a message or send an SMS if you need to be visited.
0695852169
contact@maintendue31.org*
**Services:** Information and guidance point, solidarity shop

**\_\_Tournefeuille\_\_**

**1. Comité Secours Populaire - Tournefeuille**

*2 Rue Colbert, 31170 Tournefeuille*Temporary closure: from 25/12/2023 to 07/01/2024
 **Monday: 9h30 to 12h**
**Tuesday: 9h30 to 12h - 14h to 17h**
**Wednesday: 9h30 to 12h**
**Thursday: 9h30 to 12h - 14h to 17h**
**Friday: 9h30 to 12h** *Unconditional welcome
0561155913
secourspop31170@outlook.fr*
**Services:** Solidarity shop, food packages

**2. Maison des Solidarités (MDS) de Tournefeuille**

*6 Rue George Sand, 31170 Tournefeuille* **Monday to Friday: 8h30 to 12h - 13h30 to 17h** *Unconditional welcome
Accessible to people with reduced mobility
0562136780
mds.tournefeuille@cd31.fr*
**Services:** Social support, housing assistance, administrative counselling, counselling for parents, mst screening, pediatrics, vaccinations, job-seeking assistance, wifi , computer posts, mobility aid

**3. Permanence Médiation familiale - Tournefeuille**

*Place (2ème lieu d’accueil : 8 Rue Paul Valery, 31170 Tournefeuille (Maison de quartier de la Paderne)), 31170 Tournefeuille*Temporary closure: from 25/12/2023 to 29/12/2023
 **Monday: 9h to 12h30 - 13h30 to 17h30** *Unconditional welcome
By appointment only: By telephone*
*Financial participation required: The first information interview is free. The sessions are then paid for. Financial participation is requested based on your income and according to a national scale established by Caf.
0561060855*
**Services:** Counselling for parents

**4. Permanence juridique - Tournefeuille**

*Pl. de la Mairie (CCAS - Mairie), 31170 Tournefeuille*Temporary closure: from 25/12/2023 to 29/12/2023
 **Monday: 14h to 17h** *Unconditional welcome
By appointment only: Call 05 62 13 21 09
0562132109*
**Services:** Legal advice

**5. Permanence Tournefeuille - Maison de l'emploi- Mission locale Haute Garonne**

*5 Rue Paul Valery (Dans la Maison de l'Emploi), 31170 Tournefeuille*Temporary closure: from 25/12/2023 to 29/12/2023
 **Thursday: 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0561060855*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**6. Permanence Tournefeuille - MDS - Mission locale Haute Garonne**

*6 Rue George Sand (Dans la Maison des Solidarités), 31170 Tournefeuille*Temporary closure: from 25/12/2023 to 29/12/2023
 **Wednesday: 9h to 12h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0562136780*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**7. Permanence Tournefeuille - Maison de Quartier de Quefets - Mission locale Haute Garonne**

*Bd Alain Savary (Dans la Maison de quartier de Quefets), 31170 Tournefeuille*Temporary closure: from 25/12/2023 to 29/12/2023
 **Monday: 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0561301655*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Vacquiers\_\_**

**1. CCAS de Vacquiers**

*Pl. de la Mairie, 31340 Vacquiers* **Monday: 8h45 to 9h45 - 16h to 19h**
**Tuesday: 8h45 to 12h15**
**Thursday: 8h45 to 9h45 - 16h to 18h**
**Friday: 8h45 to 12h15** *Unconditional welcome
By appointment only: Make an appointment by phone and/or at the city hall*
*Accessible to people with reduced mobility
0561849787
mairie.vacquiers@outlook.fr*
**Services:** Information and guidance point, administrative counselling

**\_\_Verfeil\_\_**

**1. Maison Départementale de Proximité (MDP) Verfeil - Conseil Départemental**

*2 Place François Mitterrand (A coté de la poste), 31590 Verfeil*Temporary closure: from 27/12/2023 to 29/12/2023
Fermetures exceptionnelles
 **Wednesday: 14h to 17h30**
**Thursday to Friday: 9h to 12h30 - 13h30 to 17h30** *Unconditional welcome
Accessible to people with reduced mobility*
*Other details: Without an appointment
0534573480
proximite.verfeil@cd31.fr*
**Services:** Administrative counselling, public letter-writer, digital training, computer posts, various leisure

**\_\_Vernet\_\_**

**1. Permanence Le Vernet - Mission locale Haute Garonne**

*30 Av. de la Mairie (A la Mairie de Le Vernet), 31810 Vernet*Temporary closure: from 25/12/2023 to 29/12/2023
 **Thursday: 9h to 12h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0561085047*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Villariès\_\_**

**1. CCAS de Villariès**

*2 Rue de la Mairie, 31380 Villariès* **Monday: 8h30 to 12h15**
**Tuesday: 8h30 to 12h15 - 16h to 18h**
**Thursday: 8h30 to 12h15**
**Friday: 8h30 to 12h15 - 16h to 19h** *Unconditional welcome
Accessible to people with reduced mobility
0561849890
francoise.roumagnac@villaries.com*
**Services:** Social support, administrative counselling, aid for the disabled, domiciliation

**\_\_Villaudric\_\_**

**1. CCAS de Villaudric**

*Rue de la Negrette, 31620 Villaudric* **Tuesday to Wednesday: 9h to 12h**
**Thursday: 9h to 12h - 14h to 18h**
**Friday to Saturday: 9h to 12h** *Unconditional welcome
Accessible to people with reduced mobility
Accueil Mairie: 0561824413*
*N° de l'élue en charge Mme Plas: 0603023481
liliane.plas@villaudric.fr*
**Services:** Social support, administrative counselling, domiciliation, computer posts

**\_\_Villefranche-de-Lauragais\_\_**

**1. Protection Maternelle et Infantile (PMI) de la MDS Villefranche-de-Lauragais**

*75 Av. de la Fontasse, 31290 Villefranche-de-Lauragais* **Monday: 8h to 12h - 13h30 to 17h**
**Tuesday to Friday: 8h30 to 12h - 13h30 to 17h** *Unconditional welcome adapted to couples, families, pregnant women.
By appointment only: Prendre rdv par téléphone ou par mail*
*Accessible to people with reduced mobility
0562714960
mds.villefranchedelauragais@cd31.fr*
**Services:** Family planning, pediatrics, counselling for parents, infirmary , general medicine

**2. Permanence Villefranche-de-Lauragais- CCAS - Mission locale Haute Garonne**

*134 Rue de la République (Au CCAS), 31290 Villefranche-de-Lauragais*Temporary closure: from 25/12/2023 to 29/12/2023
 **Wednesday: 9h to 12h30** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0768976863*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**3. Permanence Villefranche-de-Lauragais - MDS - Mission locale Haute Garonne**

*75 Av. de la Fontasse (Dans la Maison des Solidarités), 31290 Villefranche-de-Lauragais*Temporary closure: from 25/12/2023 to 29/12/2023
 **Tuesday: 9h to 12h**
**Wednesday: 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0562714960*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Villematier\_\_**

**1. CCAS de Villematier**

*1 Pl. de la Mairie, 31340 Villematier* **Tuesday to Wednesday: 8h30 to 12h - 15h to 18h**
**Friday: 8h30 to 12h - 15h to 18h** *Unconditional welcome
Accessible to people with reduced mobility
0534276820
mairie.villematier@wanadoo.fr*
**Services:** Social support, administrative counselling, aid for the disabled, domiciliation

**\_\_Villemur-sur-Tarn\_\_**

**1. Le panier Villemurien**

*2 Rue des Huguenots (Derrière chez M. Le Maire), 31340 Villemur-sur-Tarn* **Wednesday to Thursday: 9h to 11h45** *Unconditional welcome
By appointment only: By phone or email*
*On registration
0628944199
paniervillemurien@gmail.com*
**Services:** Food packages, clothes

**2. Permanence Villemur-sur-Tarn- MDS - Mission locale Haute Garonne**

*15 Av. du Gén Leclerc (A la Maison des Solidarités), 31340 Villemur-sur-Tarn*Temporary closure: from 25/12/2023 to 29/12/2023
 **Monday: 9h to 12h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0534272970*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**3. Permanence Villemur-sur-Tarn- Espace Emploi Entreprise- Mission locale Haute Garonne**

*2 Av. Saint-Exupéry (A l'Espace Emploi Entreprise de Valaïgo), 31340 Villemur-sur-Tarn*Temporary closure: from 25/12/2023 to 29/12/2023
 **Monday: 14h to 17h**
**Thursday: 9h to 12h - 14h to 17h** *Exclusive welcome: people aged from 16 to 25 years.
By appointment only: To make an appointment, call or e-mail*
*Accessible to people with reduced mobility
0561099092*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, information and guidance point, digital training, various leisure, mental health, computer posts

**\_\_Villeneuve-Tolosane\_\_**

**1. Association Aide Aux Familles - Villeneuve-Tolosane**

*16 Rue de la République, 31270 Villeneuve-Tolosane*Temporary closure: from 23/12/2023 to 08/01/2024
 **Friday: 8h45 to 12h** *Unconditional welcome
0675818417
aideauxfamilles31@gmail.com*
**Services:** Food packages, clothes

**We invite you to check the information directly on Soliguide.fr**

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**Flash me!**