



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



Administrative counselling

1. 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

<https://soliguide.fr/en/fiche/26677>

2. 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

By appointment only: prendre rdv par téléphone

0561340606

adim.relaisdejocelyne@hotmail.com

Services: Various leisure, administrative counselling, food packages, computer posts

<https://soliguide.fr/en/fiche/27763>

3. Maison des Solidarités (MDS) Borderouge - Toulouse

4 Rue Française d'Eaubonne, 31200 Toulouse

Temporary closure: on 21/12/2023

Only closed on the afternoon

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

<https://soliguide.fr/en/fiche/29368>

4. 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

<https://soliguide.fr/en/fiche/31796>

5. 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

<https://soliguide.fr/en/fiche/32270>

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

57 Rue de Bayard, 31000 Toulouse

Temporary closure: from 25/12/2023 to 02/01/2024

Monday: 14h to 17h

Wednesday: 14h to 17h

Friday: 9h to 12h - 14h to 16h

Unconditional welcome

By appointment only: Pour prendre rendez-vous, merci de contacter le Point Info Famille 05.61.13.13.82 ou accueilpif@udaf31.fr
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

<https://soliguide.fr/en/fiche/32456>

7. 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

<https://soliguide.fr/en/fiche/33129>

8. 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, Rosaie, 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

<https://soliguide.fr/en/fiche/33132>

9. 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

<https://soliguide.fr/en/fiche/33133>

10. 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

<https://soliguide.fr/en/fiche/33134>

11. 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

<https://soliguide.fr/en/fiche/33135>

12. 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

<https://soliguide.fr/en/fiche/33321>

13. Espace Diversités Laïcité (EDL)

38 Rue d'Aubuisson, 31000 Toulouse

Temporary closure: from 25/12/2023 to 01/01/2024

Wednesday: 18h to 20h

Exclusive welcome: asylum seekers, refugees, lgbt+.

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

<https://soliguide.fr/en/fiche/34951>

14. 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

<https://soliguide.fr/en/fiche/36797>

15. 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-ENSEEIH, isdaT, Sciences Po Toulouse

By appointment only: Appeler pour prendre rendez-vous
Secrétariat: 0561633725

Services: Administrative counselling, aid for the disabled, mental health, budget advice, infirmary, housing assistance, vaccinations

<https://soliguide.fr/en/fiche/37697>

16. 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 Ranguel (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

By appointment only: Appeler pour prendre rendez-vous
Secrétariat: 0561557367

Accueil infirmier: 0561557359

Services: Administrative counselling, aid for the disabled, mental health, budget advice, infirmary, housing assistance, vaccinations

<https://soliguide.fr/en/fiche/37698>

17. 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 ENV
By appointment only: Appeler pour prendre rendez-vous
Secrétariat: 0561504141

Accueil infirmier: 0561503861

Services: Information and guidance point, administrative counselling, aid for the disabled, mental health, budget advice, infirmary, housing assistance, vaccinations

<https://soliguide.fr/en/fiche/37699>



Aid for the disabled

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

57 Rue de Bayard, 31000 Toulouse

Temporary closure: from 25/12/2023 to 08/01/2024

Wednesday: 9h to 12h - 14h to 17h

Unconditional welcome

By appointment only: Pour prendre rendez-vous, merci de contacter le Point Info Famille 05.61.13.13.82 ou

accueilpif@udaf31.fr

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

<https://soliguide.fr/en/fiche/32456>

2. 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-ENSEEIH, isdaT, Sciences Po Toulouse

By appointment only: Appeler pour prendre rendez-vous
Secrétariat: 0561633725

Services: Administrative counselling, aid for the disabled, mental health, budget advice, infirmary, housing assistance, vaccinations

<https://soliguide.fr/en/fiche/37697>

3. 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 Ranguel (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
By appointment only: Appeler pour prendre rendez-vous
Secrétariat: 0561557367

Accueil infirmier: 0561557359

Services: Administrative counselling, aid for the disabled, mental health, budget advice, infirmary, housing assistance, vaccinations

<https://soliguide.fr/en/fiche/37698>

4. 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
By appointment only: Appeler pour prendre rendez-vous
Secrétariat: 0561504141

Accueil infirmier: 0561503861

Services: Information and guidance point, administrative counselling, aid for the disabled, mental health, budget advice, infirmary, housing assistance, vaccinations

<https://soliguide.fr/en/fiche/37699>



Budget advice

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

57 Rue de Bayard, 31000 Toulouse

Temporary closure: from 18/12/2023 to 08/01/2024

Tuesday: 9h to 12h

Thursday: 14h to 17h

Unconditional welcome

By appointment only: Pour prendre rendez-vous, merci de contacter le Point Info Famille 05.61.13.13.82 ou

accueilpif@udaf31.fr

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

<https://soliguide.fr/en/fiche/32456>

2. 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 /!\n0561575992

Services: Job-seeking assistance, information and guidance point, social support, administrative counselling, budget advice, housing assistance, digital training, various leisure

<https://soliguide.fr/en/fiche/33129>

3. 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

<https://soliguide.fr/en/fiche/33132>

4. 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, Pouvoirville
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

<https://soliguide.fr/en/fiche/33133>

5. 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

<https://soliguide.fr/en/fiche/33134>

6. 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

<https://soliguide.fr/en/fiche/33135>

7. 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

<https://soliguide.fr/en/fiche/33321>

8. SOS Familles Emmaus Toulouse

209 Av. de Castres (Bat G), 31500 Toulouse

Tuesday: 9h to 12h - 14h to 17h

Unconditional welcome

Orientation only: Contacter soscredus@mailo.com ou par téléphone: 06 64 05 98 48

Financial participation required: Avance financière sans

frais et sans intérêt possible jusqu'à 1200€ sur 24 mois avec conditions budgétaires.

Other details: /!\ Sur rendez-vous les lundis, mercredis, jeudis et vendredis, cliquez ici pour prendre rendez-vous: <https://sosemmauscresus31.fr/formcontact.php> Demande s : Toute personne envoyée par les travailleurs sociaux
Obtention : Après étude budgétaire complète intégrant l'ensemble des ressources, des charges et du reste à vivre, une avance financière peut être proposée.

0562471808

0666747456

sos-familles.emmaus-toulouse@orange.fr

Services: Budget advice, administrative counselling

<https://soliguide.fr/en/fiche/36797>

9. SOS Familles Emmaus Toulouse

209 Av. de Castres (Bat G), 31500 Toulouse

Tuesday: 9h to 12h - 14h to 17h

Unconditional welcome

Financial participation required: Montant : Minium 300 € / Maximum 5 000 € sur 60 mois

Jusqu'à 8 000 € sur 84 mois dans certains cas particuliers laissés à l'appréciation du Crédit Municipal de Toulouse.

Other details: /!\ Sur rendez-vous les lundis, mercredis, jeudis et vendredis, cliquez ici pour prendre rendez-vous:

<https://sosemmauscresus31.fr/formcontact.php>

0562471808

0666747456

sos-familles.emmaus-toulouse@orange.fr

Services: Budget advice, administrative counselling

<https://soliguide.fr/en/fiche/36797>

10. 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-ENSEEIH, 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

<https://soliguide.fr/en/fiche/37697>

11. 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

<https://soliguide.fr/en/fiche/37698>

12. 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

<https://soliguide.fr/en/fiche/37699>



Canteens

1. 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

Financial participation required: 20 centimes le petit déjeuner

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
<https://soliguide.fr/en/fiche/14036>

2. 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
<https://soliguide.fr/en/fiche/14036>

3. 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
<https://soliguide.fr/en/fiche/14038>

4. Espace social du Grand Ramier

10 Av. du Grand Ramier, 31400 Toulouse
Monday to Friday: 10h30 to 13h45

Unconditional welcome
By appointment only: Prise de RDV sur place ou par tel : 05 61 32 03 24
Accessible to people with reduced mobility
Other details: Appeler le numéro entre 14h et 16h du lundi au vendredi
0561329521
Services: Food distribution, canteens, information and guidance point, various leisure
<https://soliguide.fr/en/fiche/26907>



Care products

1. Le Camion Douche mixte

Pl. du Marché aux Cochons, 31200 Toulouse
Temporary Message: from 18/12/2023 to 02/03/2024
Marauding: We will continue to distribute individual hygiene kits.
Temporary closure: from 18/12/2023 to 02/03/2024
Due to the emptying of the shower system on the trucks, we have to stop the outings during the winter to avoid implosion of the pipes.
Wednesday: 19h to 22h

Unconditional welcome
0637314517
0783773817

lecamiondouche@gmail.com
Services: Showers, care products
<https://soliguide.fr/en/fiche/35695>

2. 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
Marauding: We will continue to distribute individual hygiene kits.
Temporary closure: from 18/12/2023 to 02/03/2024
Due to the emptying of the shower system on the trucks, we have to stop the outings during the winter to avoid implosion of the pipes.
Sunday: 9h to 13h

Unconditional welcome
0637314517
0783773817
lecamiondouche@gmail.com
Services: Showers, care products
<https://soliguide.fr/en/fiche/35696>

3. Le Camion Douche femmes

Pl. Bernard Lange, 31300 Toulouse
Temporary Message: from 18/12/2023 to 02/03/2024
Marauding: We will continue to distribute individual hygiene kits.
Temporary closure: from 18/12/2023 to 02/03/2024
Saturday: 9h to 12h

Exclusive welcome: women.
0637314517
0783773817
lecamiondouche@gmail.com
Services: Showers, care products

<https://soliguide.fr/en/fiche/35697>

Citizen accommodation

1. 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

<https://soliguide.fr/en/fiche/34439>



Clothes

1. Boutique Croix-Rouge - Chez Henry Toulouse

11 Rue Temponières, 31000 Toulouse

Tuesday to Saturday: 10h to 19h

Unconditional welcome

Financial participation required: Petits prix

0951097859

chezhenry.toulouse@croix-rouge.fr

Services: Clothes

<https://soliguide.fr/en/fiche/26353>

2. 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

<https://soliguide.fr/en/fiche/26561>

3. 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

<https://soliguide.fr/en/fiche/28091>

4. 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

Tuesday to Thursday: 9h30 to 12h

Exclusive welcome: asylum seekers.

Other useful informations: se présenter avec le récépissé de

demande d'asile sur place

0536896487

migrants.pattedoie@gmail.com

Services: Legal advice, french language courses, luggage storage, clothes

<https://soliguide.fr/en/fiche/36638>



Computer posts

1. 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

<https://soliguide.fr/en/fiche/14038>

2. 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

<https://soliguide.fr/en/fiche/27763>

3. Maison des Solidarités (MDS) Borderouge - Toulouse

4 Rue Française d'Eaubonne, 31200 Toulouse

Temporary closure: on 21/12/2023

Closed only on afternoon

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

<https://soliguide.fr/en/fiche/29368>

4. 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

Warm and inviting: We offer tea and coffee to everyone who walks through the door! We are not able to accept pets inside, but the terrace is open to them !

Temporary closure: from 25/12/2023 to 01/01/2024

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

<https://soliguide.fr/en/fiche/32280>



Counselling for parents

1. Épicerie Solidaire « Graine2Vie »

12 Rue de Fenouillet, 31200 Toulouse

Temporary closure: from 20/12/2023 to 31/12/2023

Wednesday: 9h to 12h

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

<https://soliguide.fr/en/fiche/26566>

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

4 Rue Française 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

<https://soliguide.fr/en/fiche/29217>

3. 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

<https://soliguide.fr/en/fiche/29221>

4. Maison des Solidarités (MDS) Borderouge - Toulouse

4 Rue Française d'Eaubonne, 31200 Toulouse

Temporary closure: on 21/12/2023

Closed only in the afternoon

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

<https://soliguide.fr/en/fiche/29368>

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

57 Rue de Bayard, 31000 Toulouse

Temporary closure: from 25/12/2023 to 08/01/2024

Monday to Friday: 9h to 12h - 14h to 17h

Unconditional welcome

By appointment only: Pour prendre rendez-vous, merci de contacter le Point Info Famille 05.61.13.13.82 ou

accueilpif@udaf31.fr

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

<https://soliguide.fr/en/fiche/32456>

6. 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

<https://soliguide.fr/en/fiche/32991>

7. 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

<https://soliguide.fr/en/fiche/33192>

8. 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

<https://soliguide.fr/en/fiche/34579>

9. Espace Diversités Laïcité (EDL)

38 Rue d'Aubuisson, 31000 Toulouse

Temporary closure: from 25/12/2023 to 01/01/2024

Tuesday: 19h to 20h

Exclusive welcome: lgbt+.

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

<https://soliguide.fr/en/fiche/34951>



Day shelters

1. 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

<https://soliguide.fr/en/fiche/14036>

2. 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

<https://soliguide.fr/en/fiche/26349>

3. 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

<https://soliguide.fr/en/fiche/26677>

4. 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

POSSIBLE CLOSURE OF CERTAIN CARILLON

SHOPPERS: During the end-of-year period, certain Carillon merchants may close their doors. We invite you to check the list to see if this is the case, and to contact another merchant if you need one.

Thank you for your understanding.

Temporary closure: from 22/12/2023 to 02/01/2024

Thursday: 14h to 16h

Unconditional welcome

0656766590

toulouse@lacroche.org

Services: Day shelters, rest area, public water fountains, toilets, power/electricity plugs

<https://soliguide.fr/en/fiche/26917>



Digital training

1. Unité Locale Croix-Rouge - Toulouse (Accueil)

20 Rue Raymond IV, 31000 Toulouse

Tuesday: 10h to 12h - 14h to 17h

Unconditional welcome

0561992469

ul.toulouse@croix-rouge.fr

Services: Food packages, french language courses, digital training, day shelters

<https://soliguide.fr/en/fiche/26349>

2. Secours Catholique Ariège-Garonne - Toulouse Quartier Bonnefoy - Maison Caritas

56 Rue de Périole, 31500 Toulouse

Monday: 9h to 12h

Wednesday to Thursday: 9h to 12h - 14h to 16h

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

<https://soliguide.fr/en/fiche/26764>

3. 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.

By appointment only

Accessible to people with reduced mobility

0531266090

spada31@adelphiteparcvh.com

Services: Administrative counselling, social support, domiciliation, digital training, legal advice, public letter-writer

<https://soliguide.fr/en/fiche/32270>

4. La Fabrique Solidaire des Minimés - 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

Warm and inviting: We offer tea and coffee to everyone who walks through the door! We are not able to accept pets inside, but the terrace is open to them

Temporary closure: from 16/12/2023 to 01/01/2024

Tuesday: 13h30 to 17h

Friday: 13h30 to 17h

Unconditional welcome

On registration: S'inscrire sur place ou par téléphone

Other details: Un premier RDV sera nécessaire afin d'évaluer votre niveau et de vous présenter toutes notre offre autour de l'apprentissage des outils numériques.

Accueil: 0561253828

accueil@lafabriquesolidaire.org

Services: Job-seeking assistance, computer posts, digital training, social support, public letter-writer, information and guidance point, various leisure

<https://soliguide.fr/en/fiche/32280>

5. 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

Warm and inviting: We offer tea and coffee to everyone who walks through the door! We are not able to accept pets inside, but the terrace is open to them

Temporary closure: from 16/12/2023 to 01/01/2024

Tuesday: 9h to 12h30 - 13h30 to 17h

Wednesday: 13h30 to 17h

Thursday to Friday: 9h30 to 12h30 - 13h30 to 17h

Unconditional welcome

Orientation only: Orientation faite en interne après le premier RDV pris à l'accueil pour élaborer le parcours numérique

Accessible to people with reduced mobility

Other details: Appeler l'accueil pour en savoir plus

Accueil: 0561253828

accueil@lafabriquesolidaire.org

Services: Job-seeking assistance, computer posts, digital training, social support, public letter-writer, information and guidance point, various leisure

<https://soliguide.fr/en/fiche/32280>

6. 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

<https://soliguide.fr/en/fiche/33129>

7. 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

<https://soliguide.fr/en/fiche/33132>

8. 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

<https://soliguide.fr/en/fiche/33133>

9. 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

<https://soliguide.fr/en/fiche/33134>

10. 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

<https://soliguide.fr/en/fiche/33135>

11. 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

<https://soliguide.fr/en/fiche/33197>

12. 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

<https://soliguide.fr/en/fiche/33199>

13. 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

<https://soliguide.fr/en/fiche/33200>

14. 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

By appointment only: pour un RDV : téléphoner au 0561212020

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

<https://soliguide.fr/en/fiche/33997>

15. 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: 13h30 to 16h30

Unconditional welcome adapted to women.

On registration: Par téléphone : 05 34 30 99 92
0534309992

ffpe31@gmail.com

Services: Job-seeking assistance, digital training, social support, mental health, counselling for parents, various leisure

<https://soliguide.fr/en/fiche/34579>

16. 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

On registration: Par téléphone

0534309992

ffpe31@gmail.com

Services: Job-seeking assistance, digital training, social support, mental health, counselling for parents, various leisure

<https://soliguide.fr/en/fiche/34579>

17. 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

<https://soliguide.fr/en/fiche/34640>



Domiciliation

1. Domiciliation Postale Croix-Rouge - Toulouse Grand Ramier

10 Av. du Grand Ramier (Etagé 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

<https://soliguide.fr/en/fiche/29586>

2. 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.

By appointment only: Sans rendez-vous le matin et sur rendez-vous l'après-midi

Accessible to people with reduced mobility

0531266090

spada31@adelphiteparcvh.com

Services: Administrative counselling, social support, domiciliation, digital training, legal advice, public letter-writer

<https://soliguide.fr/en/fiche/32270>



Family Planning

1. 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

<https://soliguide.fr/en/fiche/29217>

2. 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

<https://soliguide.fr/en/fiche/29221>



Family area

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

6 Bd Maréchal Leclerc, 31000 Toulouse

Monday to 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

<https://soliguide.fr/en/fiche/26777>

2. 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

<https://soliguide.fr/en/fiche/28888>



Food distribution

1. 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

<https://soliguide.fr/en/fiche/9104>

2. Camion du Cœur - 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

<https://soliguide.fr/en/fiche/26277>

3. Camion du Cœur - Camion de Ville du Site Avenue de Ranguel

42 Av. de Ranguel, 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

<https://soliguide.fr/en/fiche/26278>

4. Armée du Salut - Poste de Toulouse

111 Rue de Negreneys, 31200 Toulouse

Wednesday to Friday: 12h to 14h

Unconditional welcome

Financial participation required: Déjeuner : 1 euros

0561629663

postetoulouse@armedusalut.fr

Services: Food distribution, food packages, various leisure

<https://soliguide.fr/en/fiche/26607>

5. 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

<https://soliguide.fr/en/fiche/26633>

6. 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

<https://soliguide.fr/en/fiche/26677>

7. 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

<https://soliguide.fr/en/fiche/26756>

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

6 Bd Maréchal Leclerc, 31000 Toulouse

Monday to 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

<https://soliguide.fr/en/fiche/26777>

9. 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

<https://soliguide.fr/en/fiche/26907>

10. 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

<https://soliguide.fr/en/fiche/28089>



Food packages

1. 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

<https://soliguide.fr/en/fiche/26349>

2. 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

<https://soliguide.fr/en/fiche/26561>

3. Armée du Salut - Poste de Toulouse

111 Rue de Negreneys, 31200 Toulouse

Wednesday: 14h to 17h

Unconditional welcome

By appointment only: prendre rdv lors de la permanence du mardi

Financial participation required: 2 euros (si possible après évaluation social)

Other details: Sur entretien évaluation sociale
0561629663

postetoulouse@armedusalut.fr

Services: Food distribution, food packages, various leisure

<https://soliguide.fr/en/fiche/26607>

4. 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

<https://soliguide.fr/en/fiche/26910>

5. Association AlimEco

13 Imp. du Bachaga Boualam (*RUE), 31100 Toulouse

Temporary closure: from 25/12/2023 to 07/01/2024

Tuesday: 14h to 17h

Unconditional welcome

Orientation only

0684407174

info@alimeco.org

Services: Food packages

<https://soliguide.fr/en/fiche/27185>

6. La maison des citoyens 31

36 Rue de la jeunesse, 31200 Toulouse

Monday to Friday: 9h30 to 12h30 - 13h30 to 16h30

Unconditional welcome

On registration: Sur dossier (évaluation sociale)

0983047494

0642215620

maisondescitoyens31@gmail.com

Services: Food packages, french language courses, various leisure

<https://soliguide.fr/en/fiche/27215>

7. 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

By appointment only: prendre rdv par téléphone

Other details: Sur dossier (justificatifs à présenter)

0561340606

adim.relaisdejocelyne@hotmail.com

Services: Various leisure, administrative counselling, food packages, computer posts

<https://soliguide.fr/en/fiche/27763>

8. 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

<https://soliguide.fr/en/fiche/27911>

9. 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

<https://soliguide.fr/en/fiche/27998>



French language courses

1. 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

<https://soliguide.fr/en/fiche/26349>

2. 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

<https://soliguide.fr/en/fiche/26617>

3. 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: 10h to 12h

Tuesday: 10h to 12h - 14h to 16h

Thursday: 10h to 12h

Unconditional welcome

0642215620

ariegegaronne@secours-catholique.org

Services: French language courses, school tutoring,

public letter-writer, various leisure, information and guidance point, luggage storage

<https://soliguide.fr/en/fiche/26757>

4. Secours Catholique Ariège-Garonne - Toulouse Quartier Bonnefoy - Maison Caritas

56 Rue de Périole, 31500 Toulouse

Monday: 14h to 16h

Tuesday to Friday: 9h to 11h - 14h to 16h

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

<https://soliguide.fr/en/fiche/26764>

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

6 Bd Maréchal Leclerc, 31000 Toulouse

Tuesday: 14h to 17h

Friday: 14h to 17h

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

<https://soliguide.fr/en/fiche/26777>

6. La maison des citoyens 31

36 Rue de la jeunesse, 31200 Toulouse

Monday: 10h to 12h

Tuesday: 10h to 12h - 14h to 16h

Thursday to Friday: 10h to 12h

Unconditional welcome

On registration: inscription sur place ou sur rdv (par tel)

Other details: Pour les habitants du 31200

0983047494

0642215620

maisondescitoyens31@gmail.com

Services: Food packages, french language courses, various leisure

<https://soliguide.fr/en/fiche/27215>

7. La maison des citoyens 31

36 Rue de la jeunesse, 31200 Toulouse

Thursday: 14h to 16h

Unconditional welcome

On registration: sur place ou par rdv (tel)

Other details: Pour les habitants du 31200

0983047494

0642215620

maisondescitoyens31@gmail.com

Services: Food packages, french language courses, various leisure

<https://soliguide.fr/en/fiche/27215>

8. Retser31 - Maison de quartier Bagatelle

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

Wednesday to Thursday: 18h30 to 20h30

Unconditional welcome adapted to asylum seekers, refugees, in a regular situation.

No phone number given

retser31@gmail.com

Services: French language courses, various leisure
<https://soliguide.fr/en/fiche/31797>

9. 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

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

<https://soliguide.fr/en/fiche/31798>

10. 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

<https://soliguide.fr/en/fiche/33197>

11. 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

<https://soliguide.fr/en/fiche/33197>

12. 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

<https://soliguide.fr/en/fiche/33197>

13. 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

<https://soliguide.fr/en/fiche/33199>

14. 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

<https://soliguide.fr/en/fiche/33199>

15. 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

<https://soliguide.fr/en/fiche/33199>

16. 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

<https://soliguide.fr/en/fiche/33200>

17. 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

<https://soliguide.fr/en/fiche/33200>

18. 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

<https://soliguide.fr/en/fiche/33200>

19. 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

Monday to Thursday: 10h to 12h - 14h to 17h

Friday: 10h to 12h - 14h to 15h30

Exclusive welcome: asylum seekers.

On registration: s'inscrire avec le récépissé de demande
d'asile sur place

Other details: Venir s'inscrire directement à l'accueil
0536896487

migrants.pattedoie@gmail.com

Services: Legal advice, french language courses,
luggage storage, clothes

<https://soliguide.fr/en/fiche/36638>



General medicine

1. 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 people up to 6 years
old, 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

<https://soliguide.fr/en/fiche/29217>

2. 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 people up to 6 years
old, 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

<https://soliguide.fr/en/fiche/29221>

3. Accueil Santé Social Hygiène Croix-Rouge - Toulouse

Pl. Bernard Lange, 31300 Toulouse

Thursday: 8h30 to 12h

Unconditional welcome

Accessible to people with reduced mobility

No phone number given

Services: Showers, toilets, general medicine, infirmary

<https://soliguide.fr/en/fiche/29588>

Housing assistance

1. Maison des Solidarités (MDS) Borderouge - Toulouse

4 Rue Françoise d'Eaubonne, 31200 Toulouse

Temporary closure: on 21/12/2023

Closed only in the afternoon

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

<https://soliguide.fr/en/fiche/29368>

2. 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 /!\n0561575992

Services: Job-seeking assistance, information and guidance point, social support, administrative counselling, budget advice, housing assistance, digital training, various leisure

<https://soliguide.fr/en/fiche/33129>

3. 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

<https://soliguide.fr/en/fiche/33132>

4. 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, Pouvoirville
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

<https://soliguide.fr/en/fiche/33133>

5. 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

<https://soliguide.fr/en/fiche/33134>

6. 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

<https://soliguide.fr/en/fiche/33135>

7. 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

<https://soliguide.fr/en/fiche/33321>

8. 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-ENSEEIH, 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

<https://soliguide.fr/en/fiche/37697>

9. 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 Ranguel (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

<https://soliguide.fr/en/fiche/37698>

10. 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

<https://soliguide.fr/en/fiche/37699>



Infirmary

1. 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

Exclusive welcome: people up to 6 years old, couples, families, pregnant women.

Other useful informations: Réservé aux enfants jusqu'à 6 ans

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

<https://soliguide.fr/en/fiche/29217>

2. 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

Exclusive welcome: people up to 6 years old, couples, families, pregnant women.

Other useful informations: Réservé aux enfants jusqu'à 6 ans

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

<https://soliguide.fr/en/fiche/29221>

3. 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

<https://soliguide.fr/en/fiche/29588>

4. 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-ENSEEIH, isdaT, Sciences Po Toulouse

*By appointment only: Prendre rendez-vous par téléphone
Secrétariat: 0561633725*

Services: Administrative counselling, aid for the disabled, mental health, budget advice, infirmary, housing assistance, vaccinations

<https://soliguide.fr/en/fiche/37697>

5. 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

*By appointment only: Prendre rendez-vous par téléphone
Secrétariat: 0561557367*

Accueil infirmier: 0561557359

Services: Administrative counselling, aid for the disabled, mental health, budget advice, infirmary, housing assistance, vaccinations

<https://soliguide.fr/en/fiche/37698>

6. 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
By appointment only: Prendre rendez-vous par téléphone*

Secrétariat: 0561504141

Accueil infirmier: 0561503861

Services: Information and guidance point, administrative counselling, aid for the disabled, mental health, budget advice, infirmary, housing assistance, vaccinations

<https://soliguide.fr/en/fiche/37699>



Information and guidance point

1. 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

<https://soliguide.fr/en/fiche/26756>

2. 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

<https://soliguide.fr/en/fiche/26757>

3. Secours Catholique Ariège-Garonne - Toulouse Quartier Bonnefoy - Maison Caritas

56 Rue de Périole, 31500 Toulouse

Monday: 9h to 12h - 13h45 to 17h

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

<https://soliguide.fr/en/fiche/26764>

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

6 Bd Maréchal Leclerc, 31000 Toulouse

Monday to 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

<https://soliguide.fr/en/fiche/26777>

5. Espace social du Grand Ramier

10 Av. du Grand Ramier, 31400 Toulouse

Monday to Friday: 9h to 14h

Unconditional welcome

By appointment only

0561329521

Services: Food distribution, canteens, information and guidance point, various leisure

<https://soliguide.fr/en/fiche/26907>

6. 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

<https://soliguide.fr/en/fiche/27998>

7. 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 adapted to minors (under 18).

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

<https://soliguide.fr/en/fiche/28888>

8. La Fabrique Solidaire des Minimes - Maison des Chômeurs et Citoyens Solidaire

29bis Av. des Mazades (En face du 34 et à côté de la laverie), 31200 Toulouse

Temporary Message: from 21/11/2023 to 31/12/2024

Warm and inviting: We offer tea and coffee to everyone who walks through the door! We are not able to accept pets inside, but the terrace is open to them

Temporary closure: from 25/12/2023 to 01/01/2024

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

<https://soliguide.fr/en/fiche/32280>

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

57 Rue de Bayard, 31000 Toulouse

Temporary closure: from 25/12/2023 to 02/01/2024

Monday: 9h to 12h

Tuesday: 9h to 12h - 14h to 17h

Wednesday: 9h to 12h

Thursday: 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

<https://soliguide.fr/en/fiche/32456>

10. 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
<https://soliguide.fr/en/fiche/33129>

11. 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
<https://soliguide.fr/en/fiche/33132>

12. 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
<https://soliguide.fr/en/fiche/33133>

13. 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
<https://soliguide.fr/en/fiche/33134>

14. 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
<https://soliguide.fr/en/fiche/33135>

15. 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
<https://soliguide.fr/en/fiche/33321>

16. 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

<https://soliguide.fr/en/fiche/33997>

17. 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

<https://soliguide.fr/en/fiche/34640>

18. 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

<https://soliguide.fr/en/fiche/34648>

19. 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

<https://soliguide.fr/en/fiche/34652>

20. 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

<https://soliguide.fr/en/fiche/34655>

21. Espace Diversités Laïcité (EDL)

38 Rue d'Aubuisson, 31000 Toulouse

Temporary closure: from 25/12/2023 to 01/01/2024

Tuesday: 17h to 18h30

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

<https://soliguide.fr/en/fiche/34951>

22. Espace Diversités Laïcité (EDL)

38 Rue d'Aubuisson, 31000 Toulouse

Temporary closure: from 25/12/2023 to 01/01/2024

Monday: 16h30 to 19h30

Tuesday: 9h30 to 12h

Exclusive welcome: *lgbt+, people in prostitution situations, students, victim of violence.*

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

<https://soliguide.fr/en/fiche/34951>

23. Espace Diversités Laïcité (EDL)

38 Rue d'Aubuisson, 31000 Toulouse

Temporary closure: from 25/12/2023 to 01/01/2024

Tuesday: 8h30 to 17h

Thursday: 8h30 to 17h

Exclusive welcome: *lgbt+, hiv carrier, people in prostitution situations, students, victim of violence.*

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

<https://soliguide.fr/en/fiche/34951>

24. Espace Diversités Laïcité (EDL)

38 Rue d'Aubuisson, 31000 Toulouse

Temporary closure: from 25/12/2023 to 01/01/2024

Saturday: 14h to 18h

Exclusive welcome: lgbt+.

Other useful informations: L'association s'adresse aux personnes trans ou aux personnes en questionnement et à leurs proches

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

<https://soliguide.fr/en/fiche/34951>

25. Espace Diversités Laïcité (EDL)

38 Rue d'Aubuisson, 31000 Toulouse

Temporary closure: from 25/12/2023 to 01/01/2024

Saturday: 14h to 18h

Exclusive welcome: people aged from 18 to 26 years, lgbt+, students.

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

<https://soliguide.fr/en/fiche/34951>

26. Espace Diversités Laïcité (EDL)

38 Rue d'Aubuisson, 31000 Toulouse

Temporary closure: from 25/12/2023 to 01/01/2024

Wednesday: 19h30 to 21h45

Exclusive welcome: lgbt+.

On registration: 07 82 75 53 24 /

infos@to-bi-or-not-to-bi.com

0581917960

accueil.edl@mairie.fr

Services: Social support, information and guidance point, administrative counselling, counselling for parents, mst screening, various leisure, mental health

<https://soliguide.fr/en/fiche/34951>

27. 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

<https://soliguide.fr/en/fiche/37699>

28. 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

<https://soliguide.fr/en/fiche/38139>



Job-seeking assistance

1. Maison des Solidarités (MDS) Borderouge - Toulouse

4 Rue Française d'Eaubonne, 31200 Toulouse

Temporary closure: on 21/12/2023

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

<https://soliguide.fr/en/fiche/29368>

2. La Fabrique Solidaire des Minimes - Maison des Chômeurs et Citoyens Solidaire

29bis Av. des Mazades (En face du 34 et à côté de la laverie), 31200 Toulouse

Temporary Message: from 21/11/2023 to 31/12/2024

Warm and inviting: We offer tea and coffee to everyone who walks through the door! We are not able to accept pets inside, but the terrace is open to them

Temporary closure: from 25/12/2023 to 01/01/2024

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

<https://soliguide.fr/en/fiche/32280>

3. La Fabrique Solidaire des Minimes - Maison des Chômeurs et Citoyens Solidaire

29bis Av. des Mazades (En face du 34 et à côté de la laverie), 31200 Toulouse

Temporary Message: from 21/11/2023 to 31/12/2024

Warm and inviting: We offer tea and coffee to everyone who walks through the door! We are not able to accept pets inside, but the terrace is open to them

Temporary closure: from 25/12/2023 to 01/01/2024

Tuesday: 9h30 to 12h30 - 14h to 17h

Thursday: 14h to 17h

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

<https://soliguide.fr/en/fiche/32280>

4. 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

<https://soliguide.fr/en/fiche/32991>

5. 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

<https://soliguide.fr/en/fiche/33129>

6. 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

<https://soliguide.fr/en/fiche/33132>

7. 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, Ranguel, 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

<https://soliguide.fr/en/fiche/33133>

8. 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

<https://soliguide.fr/en/fiche/33134>

9. 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

<https://soliguide.fr/en/fiche/33135>

10. 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

<https://soliguide.fr/en/fiche/33174>

11. 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 02/01/2024

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

<https://soliguide.fr/en/fiche/33175>

12. 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

<https://soliguide.fr/en/fiche/33176>

13. 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

<https://soliguide.fr/en/fiche/33197>

14. 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

<https://soliguide.fr/en/fiche/33199>

15. 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

<https://soliguide.fr/en/fiche/33200>

16. 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

<https://soliguide.fr/en/fiche/33321>

17. 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

Tuesday: 9h to 18h

Thursday: 9h to 12h30

Unconditional welcome adapted to women.

By appointment only: Par téléphone : 05 32 98 01 46

0534309992

ffpe31@gmail.com

Services: Job-seeking assistance, digital training, social support, mental health, counselling for parents, various leisure

<https://soliguide.fr/en/fiche/34579>



Laundry services

1. Douches municipales de Bonnefoy

13 Rue Dr Paul Pujos, 31500 Toulouse

Tuesday to Friday: 8h30 to 14h

Saturday: 8h30 to 13h

Exclusive welcome: adults.

Other useful informations: /!\ Réservee aux personnes à la rue et domiciliées à Toulouse /!\

Uniquement réservé aux personnes titulaires de cartes d'accès délivrées par les assistantes sociales du Grand-Ramier, ainsi que celles du PAIO sur évaluation sociale (personnes à la rue, familles en précarité)

By appointment only: Accès laverie il faut contacter l'équipe sociale du Ramier

Other details: contacter l'équipe sociale au

05-61-32-03-24OU Demander un rendez vous au restaurant social au 10 avenue du grand ramier OU

Présence d'un travailleur social le jeudi matin à la laverie de 8h30-12h30

0561118731

Services: Showers, toilets, laundry services

<https://soliguide.fr/en/fiche/9047>

2. 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

By appointment only: Prendre Rendez-vous par téléphone ou par mail

Financial participation required: 50 centimes par machine 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

<https://soliguide.fr/en/fiche/14036>

3. 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

<https://soliguide.fr/en/fiche/14038>



Legal advice

1. 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.

By appointment only: Sans rendez-vous le matin et sur rendez-vous l'après-midi

Accessible to people with reduced mobility

0531266090

spada31@adelphiteparcvh.com

Services: Administrative counselling, social support, domiciliation, digital training, legal advice, public letter-writer

<https://soliguide.fr/en/fiche/32270>

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

57 Rue de Bayard, 31000 Toulouse

Temporary closure: from 25/12/2023 to 08/01/2024

Tuesday: 12h to 17h

Unconditional welcome

By appointment only: Pour prendre rendez-vous, merci de contacter le Point Info Famille 05.61.13.13.82 ou accueilpif@udaf31.fr

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

<https://soliguide.fr/en/fiche/32456>

3. 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

<https://soliguide.fr/en/fiche/32991>

4. 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

<https://soliguide.fr/en/fiche/33203>

5. 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

<https://soliguide.fr/en/fiche/33208>

6. 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

<https://soliguide.fr/en/fiche/36070>

7. Permanence juridique - Toulouse Centre

50 Rue des 7 Troubadours (Maison de l'orientation), 31000 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

<https://soliguide.fr/en/fiche/36071>

8. 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

Wednesday: 10h to 12h - 14h to 17h

Friday: 10h to 13h30 - 14h to 15h30

Unconditional welcome adapted to asylum seekers, refugees.

By appointment only: prendre RDV par téléphone ou sur place

0536896487

migrants.pattedoie@gmail.com

Services: Legal advice, french language courses, luggage storage, clothes

<https://soliguide.fr/en/fiche/36638>



Luggage storage

1. 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

<https://soliguide.fr/en/fiche/14038>

2. 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

<https://soliguide.fr/en/fiche/26757>

3. 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

Tuesday to Friday: 9h30 to 11h30

Exclusive welcome: asylum seekers.

Other useful informations: se présenter avec le récépissé de demande d'asile sur place

0536896487

migrants.pattedoie@gmail.com

Services: Legal advice, french language courses, luggage storage, clothes

<https://soliguide.fr/en/fiche/36638>



MST Screening

1. Maison des Solidarités (MDS) Borderouge - Toulouse

4 Rue Françoise d'Eaubonne, 31200 Toulouse

Temporary closure: on 21/12/2023

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

<https://soliguide.fr/en/fiche/29368>

2. Espace Diversités Laïcité (EDL)

38 Rue d'Aubuisson, 31000 Toulouse

Temporary closure: from 25/12/2023 to 01/01/2024

Saturday: 14h to 17h

Exclusive welcome: lgbt+, hiv carrier.

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

<https://soliguide.fr/en/fiche/34951>



Mental health

1. Boutique Solidarité - ARPADE

36 Rue Emile Brouardel, 31000 Toulouse

Monday: 9h to 12h - 14h to 16h30

Tuesday: 9h to 12h

Friday: 9h to 12h

Unconditional welcome adapted to adults.

By appointment only: Lundi, jeudi et vendredi matin et

Lundi après-midi.

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

<https://soliguide.fr/en/fiche/14038>

2. 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

Wednesday: 8h30 to 12h - 13h30 to 17h

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

<https://soliguide.fr/en/fiche/32991>

3. 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

Thursday to Friday: 9h to 18h

Unconditional welcome adapted to women.

By appointment only: Par téléphone : 05 34 30 99 92

0534309992

ffpe31@gmail.com

Services: Job-seeking assistance, digital training, social support, mental health, counselling for parents, various leisure

<https://soliguide.fr/en/fiche/34579>

4. Espace Diversités Laïcité (EDL)

38 Rue d'Aubuisson, 31000 Toulouse

Temporary closure: from 25/12/2023 to 01/01/2024

Monday: 14h to 18h

Exclusive welcome: people aged from 18 to 25 years, lgbt+, students.

By appointment only

0581917960

accueil.edl@mairie.fr

Services: Social support, information and guidance point, administrative counselling, counselling for parents, mst screening, various leisure, mental health

<https://soliguide.fr/en/fiche/34951>

5. 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

<https://soliguide.fr/en/fiche/36072>

6. 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-ENSEEIH, isdaT, Sciences Po Toulouse

By appointment only: Appeler pour prendre rdv
Secrétariat: 0561633725

Services: Administrative counselling, aid for the disabled, mental health, budget advice, infirmary, housing assistance, vaccinations

<https://soliguide.fr/en/fiche/37697>

7. 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

By appointment only: Appeler pour prendre rdv

Secrétariat: 0561557367

Accueil infirmier: 0561557359

Services: Administrative counselling, aid for the disabled, mental health, budget advice, infirmary, housing assistance, vaccinations

<https://soliguide.fr/en/fiche/37698>

8. 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

By appointment only: Appeler pour prendre rdv

Secrétariat: 0561504141

Accueil infirmier: 0561503861

Services: Information and guidance point, administrative counselling, aid for the disabled, mental health, budget advice, infirmary, housing assistance, vaccinations

<https://soliguide.fr/en/fiche/37699>

Mobility aid

1. Maison des Solidarités (MDS) Borderouge - Toulouse

4 Rue Française d'Eaubonne, 31200 Toulouse

Temporary closure: on 21/12/2023

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

<https://soliguide.fr/en/fiche/29368>

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

57 Rue de Bayard, 31000 Toulouse

Temporary closure: from 25/12/2023 to 02/01/2024

Monday to Friday: 9h to 12h - 14h to 17h

Unconditional welcome

Accepted animals

Accessible to people with reduced mobility

Other details: Merci de contacter le Point Info Famille de l'Udaf 31 au 05.61.13.13.82 ou accueilpif@udaf31.fr

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

<https://soliguide.fr/en/fiche/32456>



Pediatrics

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

4 Rue Française 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

<https://soliguide.fr/en/fiche/29217>

2. 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

<https://soliguide.fr/en/fiche/29221>

3. Maison des Solidarités (MDS) Borderouge - Toulouse

4 Rue Françoise d'Eaubonne, 31200 Toulouse

Temporary closure: on 21/12/2023

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

<https://soliguide.fr/en/fiche/29368>



Phone

1. 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

<https://soliguide.fr/en/fiche/14038>



Power/Electricity plugs

1. 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

<https://soliguide.fr/en/fiche/14036>

2. 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

<https://soliguide.fr/en/fiche/14038>

3. 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

POSSIBLE CLOSURE OF CERTAIN CARILLON

SHOPPERS: During the end-of-year period, certain Carillon merchants may close their doors. We invite you to check the list to see if this is the case, and to contact another merchant if you need one.

Thank you for your understanding.

Temporary closure: from 22/12/2023 to 02/01/2024

Thursday: 14h to 16h

Unconditional welcome

0656766590

toulouse@lacroche.org

Services: Day shelters, rest area, public water fountains, toilets, power/electricity plugs

<https://soliguide.fr/en/fiche/26917>



Public letter-writer

1. 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 Tuesday: 14h to 16h

Thursday: 14h to 16h

Unconditional welcome

By appointment only

0642215620

ariegegaronne@secours-catholique.org

Services: French language courses, school tutoring, public letter-writer, various leisure, information and guidance point, luggage storage

<https://soliguide.fr/en/fiche/26757>

2. 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.

By appointment only: Sans rendez-vous le matin et sur rendez-vous l'après-midi

Accessible to people with reduced mobility

0531266090

spada31@adelphiteparcvh.com

Services: Administrative counselling, social support, domiciliation, digital training, legal advice, public letter-writer

<https://soliguide.fr/en/fiche/32270>

3. La Fabrique Solidaire des Minimes - Maison des Chômeurs et Citoyens Solidaire

29bis Av. des Mazades (En face du 34 et à côté de la laverie), 31200 Toulouse

Temporary Message: from 21/11/2023 to 31/12/2024

Warm and inviting: We offer tea and coffee to everyone who walks through the door! We are not able to accept pets inside, but the terrace is open to them

Temporary closure: from 25/12/2023 to 01/01/2024

Friday: 10h to 12h - 14h to 16h

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

<https://soliguide.fr/en/fiche/32280>

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

57 Rue de Bayard, 31000 Toulouse

Temporary closure: from 25/12/2023 to 08/01/2024

Thursday: 9h to 12h

Unconditional welcome

By appointment only: Pour prendre rendez-vous, merci de contacter le Point Info Famille 05.61.13.13.82 ou

accueilpif@udaf31.fr

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

<https://soliguide.fr/en/fiche/32456>



Public water fountains

1. 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

POSSIBLE CLOSURE OF CERTAIN CARILLON

SHOPPERS: During the end-of-year period, certain Carillon merchants may close their doors. We invite you to check the list to see if this is the case, and to contact another merchant if you need one.

Thank you for your understanding.

Temporary closure: from 22/12/2023 to 02/01/2024

Thursday: 14h to 16h

Unconditional welcome

0656766590

toulouse@lacroche.org

Services: Day shelters, rest area, public water fountains, toilets, power/electricity plugs

<https://soliguide.fr/en/fiche/26917>



Rest area

1. 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

<https://soliguide.fr/en/fiche/14038>

2. 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

<https://soliguide.fr/en/fiche/26756>

3. 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

<https://soliguide.fr/en/fiche/26777>

4. 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

POSSIBLE CLOSURE OF CERTAIN CARILLON

SHOPPERS: During the end-of-year period, certain Carillon merchants may close their doors. We invite you to check the list to see if this is the case, and to contact another merchant if you need one.

Thank you for your understanding.

Temporary closure: from 22/12/2023 to 02/01/2024

Thursday: 14h to 16h

Unconditional welcome

0656766590

toulouse@lacroche.org

Services: Day shelters, rest area , public water fountains, toilets, power/electricity plugs

<https://soliguide.fr/en/fiche/26917>



School tutoring

1. 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

Saturday: 9h30 to 12h30

Unconditional welcome

0642215620

ariegegaronne@secours-catholique.org

Services: French language courses, school tutoring, public letter-writer, various leisure, information and guidance point, luggage storage

<https://soliguide.fr/en/fiche/26757>

2. Secours Catholique Ariège-Garonne - Toulouse Quartier Bonnefoy - Maison Caritas

56 Rue de Périole, 31500 Toulouse

Monday to Tuesday: 18h to 20h

Wednesday: 14h to 18h

Saturday: 10h to 12h

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

<https://soliguide.fr/en/fiche/26764>



Showers

1. Douches municipales de Bonnefoy

13 Rue Dr Paul Pujos, 31500 Toulouse

Tuesday to Saturday: 8h30 to 15h15

Unconditional welcome

Accessible to people with reduced mobility

*Other details: Cabine de douche accesbile au rez-de-chaussé Pour les personnes à mobilité réduite
0561118731*

Services: Showers, toilets, laundry services

<https://soliguide.fr/en/fiche/9047>

2. 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

Financial participation required: 20 centimes la douche 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

<https://soliguide.fr/en/fiche/14036>

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

6 Bd Maréchal Leclerc, 31000 Toulouse

Monday to Friday: 8h30 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

<https://soliguide.fr/en/fiche/26777>

4. 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

<https://soliguide.fr/en/fiche/29588>

5. Le Camion Douche mixte

Pl. du Marché aux Cochons, 31200 Toulouse

Temporary Message: from 18/12/2023 to 02/03/2024

Marauding: We will continue to distribute individual hygiene kits.

Temporary closure: from 18/12/2023 to 02/03/2024

Due to the emptying of the shower system on the trucks, we have to stop the outings during the winter to avoid implosion of the pipes.

Wednesday: 19h to 22h

Unconditional welcome

0637314517

0783773817

lecamioudouche@gmail.com

Services: Showers, care products

<https://soliguide.fr/en/fiche/35695>

6. 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

Marauding: We will continue to distribute individual hygiene kits.

Temporary closure: from 18/12/2023 to 02/03/2024

Due to the emptying of the shower system on the trucks, we have to stop the outings during the winter to avoid implosion of the pipes.

Sunday: 9h to 13h

Unconditional welcome

0637314517

0783773817

lecamioudouche@gmail.com

Services: Showers, care products

<https://soliguide.fr/en/fiche/35696>

7. Le Camion Douche femmes

Pl. Bernard Lange, 31300 Toulouse

Temporary Message: from 18/12/2023 to 02/03/2024

Marauding: We will continue to distribute individual hygiene kits.

Temporary closure: from 18/12/2023 to 02/03/2024

Saturday: 9h to 12h

Exclusive welcome: women.

0637314517

0783773817

lecamioudouche@gmail.com

Services: Showers, care products

<https://soliguide.fr/en/fiche/35697>



Social and solidarity grocery stores

1. 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

<https://soliguide.fr/en/fiche/26358>

2. Épicerie Solidaire « Graine2Vie »

12 Rue de Fenouillet, 31200 Toulouse

Temporary closure: from 20/12/2023 to 31/12/2023

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

<https://soliguide.fr/en/fiche/26566>

3. 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

<https://soliguide.fr/en/fiche/26608>

4. InServices - Toulouse

47 Av. de Grande Bretagne, 31300 Toulouse

Monday to Tuesday: 14h to 17h30

Unconditional welcome

By appointment only

Financial participation required: Entre 10 et 30 % de la valeur marchande des produits

0658131550

0663396847

inservices.c-sav@outlook.com

Services: Social and solidarity grocery stores, french language courses, various leisure

<https://soliguide.fr/en/fiche/26617>

5. Secours Catholique Ariège-Garonne - Toulouse Quartier Bonnefoy - Maison Caritas

56 Rue de Périole, 31500 Toulouse

Wednesday: 14h to 17h30

Thursday: 9h to 12h30 - 14h to 17h30

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

<https://soliguide.fr/en/fiche/26764>

6. 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

<https://soliguide.fr/en/fiche/26927>

7. 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

Financial participation required: Entre 10 et 30 % de la valeur marchande des produits

Other details: Sur dossier (situation sociale et financière) 0687521555

johnson.ndukwe@orange.fr

Services: Social and solidarity grocery stores

<https://soliguide.fr/en/fiche/26930>

8. La Main à la Pâte

62 Rue de Nîmes, 31400 Toulouse

Temporary closure: from 22/12/2023 to 02/01/2024

Tuesday: 14h to 18h30

Wednesday: 10h to 12h30 - 14h to 18h30

Unconditional welcome

By appointment only

Financial participation required: Entre 10 et 30 % de la valeur marchande des produits

Other details: Création d'un dossier (évaluation sociale) pour avoir accès à l'épicerie

0561626651

asso.lamap@gmail.com

Services: Social and solidarity grocery stores, various leisure

<https://soliguide.fr/en/fiche/27014>

9. 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

On registration

Financial participation required: Entre 10 et 30 % de la valeur marchande des produits

0766090768

epicerie.solys@gmail.com

Services: Social and solidarity grocery stores

<https://soliguide.fr/en/fiche/27015>

10. Entr'Act Solidarité

8 Imp. André Marestan, 31100 Toulouse

Temporary closure: from 25/12/2023 to 01/01/2024

Tuesday: 14h to 17h30

Wednesday: 8h30 to 18h

Thursday to Friday: 14h to 17h30

Unconditional welcome

Financial participation required: Entre 10 et 30 % de la valeur marchande des produits

0781929221

entractsolidarite@gmail.com

Services: Social and solidarity grocery stores

<https://soliguide.fr/en/fiche/27800>

11. Entr'Act Solidarité

8 Imp. André Marestan, 31100 Toulouse

Temporary closure: from 25/12/2023 to 01/01/2024

Wednesday: 9h to 13h

Exclusive welcome: students.

Other useful informations: Résidents 31100 :

Bellefontaine, Lafourquette, Reynerie

By appointment only: Prendre rdv par mail ou téléphone

Other details: par mail : entractetudiants@gmail.com

tel : 06 20 35 02 78 Un rdv pour une évaluation sociale

(constitution d'un dossier + élaboration d'un projet)

0781929221

entractsolidarite@gmail.com

Services: Social and solidarity grocery stores

<https://soliguide.fr/en/fiche/27800>

12. 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.)

Financial participation required: 28 euros (maximum) par mois à dépenser à l'Épicerie

entre 10% à 30% de leur valeur marchande.

Other details: Grille tarifaire différente pour les familles

Pour s'inscrire: 0561557367

Services: Social and solidarity grocery stores, various leisure

<https://soliguide.fr/en/fiche/28053>

13. 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: Rdv à prendre après acceptation du dossier

On registration: Inscription en ligne

Financial participation required: prix de 70% à 90% inférieurs

Accessible to people with reduced mobility

0644933125

contact@ut1-esope.fr

Services: Social and solidarity grocery stores

<https://soliguide.fr/en/fiche/29633>



Social support

1. 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

By appointment only: Prendre Rendez-vous par mail et/ou téléphone

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

<https://soliguide.fr/en/fiche/14036>

2. 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

<https://soliguide.fr/en/fiche/14038>

3. 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

<https://soliguide.fr/en/fiche/26561>

4. Épicerie Solidaire « Graine2Vie »

12 Rue de Fenouillet, 31200 Toulouse

Temporary closure: from 20/12/2023 to 31/12/2023

Tuesday: 14h to 17h

Friday: 14h to 17h

Unconditional welcome

By appointment only: Prendre rdv par mail ou téléphone

Other details: Sur rendez-vous. Pour les personnes inscrites à l'Épicerie Sociale

Numéro de téléphone :

0784199773

Mail : as.sociale@maintendue31.org

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

<https://soliguide.fr/en/fiche/26566>

5. Maison des Solidarités (MDS) Borderouge - Toulouse

4 Rue Française d'Eaubonne, 31200 Toulouse

Temporary closure: on 21/12/2023

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

<https://soliguide.fr/en/fiche/29368>

6. 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.

By appointment only: Sans rendez-vous le matin et sur rendez-vous l'après-midi

Accessible to people with reduced mobility

0531266090

spada31@adelphiteparcvh.com

Services: Administrative counselling, social support, domiciliation, digital training, legal advice, public letter-writer

<https://soliguide.fr/en/fiche/32270>

7. 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

Warm and inviting: We offer tea and coffee to everyone who walks through the door! We are not able to accept pets inside, but the terrace is open to them

Temporary closure: from 25/12/2023 to 01/01/2024

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

By appointment only: Peut être aux Mazades ou à notre autre local au trois cocus

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

<https://soliguide.fr/en/fiche/32280>

8. 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

<https://soliguide.fr/en/fiche/33129>

9. 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

<https://soliguide.fr/en/fiche/33132>

10. 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, Pourville

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

<https://soliguide.fr/en/fiche/33133>

11. 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

<https://soliguide.fr/en/fiche/33134>

12. 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

<https://soliguide.fr/en/fiche/33135>

13. 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

<https://soliguide.fr/en/fiche/33321>

14. 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: 8h30 to 12h30

Thursday: 13h30 to 16h30

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

<https://soliguide.fr/en/fiche/34579>

15. 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

<https://soliguide.fr/en/fiche/34579>

16. Espace Diversités Laïcité (EDL)

38 Rue d'Aubuisson, 31000 Toulouse

Temporary closure: from 25/12/2023 to 01/01/2024

Tuesday: 9h to 12h

Unconditional welcome

By appointment only: 0581917960 /

espace-diversites-laicite@mairie-toulouse.fr

0581917960

accueil.edl@mairie.fr

Services: Social support, information and guidance point, administrative counselling, counselling for parents, mst screening, various leisure, mental health

<https://soliguide.fr/en/fiche/34951>

17. Espace Diversités Laïcité (EDL)

38 Rue d'Aubuisson, 31000 Toulouse

Temporary closure: from 25/12/2023 to 01/01/2024

Tuesday: 8h30 to 17h

Saturday: 8h30 to 17h

Exclusive welcome: lgbt+.

Other useful informations: L'association s'adresse aux personnes trans et intersexes

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

<https://soliguide.fr/en/fiche/34951>



Solidarity shop

1. Boutique solidaire

42 Chem. des Pradettes, 31100 Toulouse

Temporary schedules: from 07/12/2023 to 21/12/2023

Boutique Solidaire opens in the next two weeks

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

<https://soliguide.fr/en/fiche/26928>

2. 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

<https://soliguide.fr/en/fiche/38139>



Sport

1. 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

<https://soliguide.fr/en/fiche/14038>

2. Info Jeunes Occitanie - Site de Toulouse

17 Rue de Metz, 31000 Toulouse

Monday: 13h30 to 18h

Tuesday to Thursday: 10h to 12h30 - 13h30 to 18h

Friday: 10h to 12h30

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

<https://soliguide.fr/en/fiche/33997>



Toilets

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

<https://soliguide.fr/en/fiche/9047>

2. 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

<https://soliguide.fr/en/fiche/14036>

3. 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

<https://soliguide.fr/en/fiche/14038>

4. 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

POSSIBLE CLOSURE OF CERTAIN CARILLON

SHOPPERS: During the end-of-year period, certain Carillon merchants may close their doors. We invite you to check the list to see if this is the case, and to contact another merchant if you need one.

Thank you for your understanding.

Temporary closure: from 22/12/2023 to 02/01/2024

Thursday: 14h to 16h

Unconditional welcome

0656766590

toulouse@lacroche.org

Services: Day shelters, rest area , public water

fountains, toilets, power/electricity plugs

<https://soliguide.fr/en/fiche/26917>

5. 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

<https://soliguide.fr/en/fiche/29588>



Vaccinations

1. Maison des Solidarités (MDS) Borderouge - Toulouse

4 Rue Françoise d'Eaubonne, 31200 Toulouse

Temporary closure: on 21/12/2023

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

<https://soliguide.fr/en/fiche/29368>

2. 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-ENSEEIH, 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

<https://soliguide.fr/en/fiche/37697>

3. 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

<https://soliguide.fr/en/fiche/37698>

4. 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

<https://soliguide.fr/en/fiche/37699>



Various leisure

1. Boutique Solidarité - ARPADÉ

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

<https://soliguide.fr/en/fiche/14038>

2. Épicerie Solidaire « Graine2Vie »

12 Rue de Fenouillet, 31200 Toulouse

Temporary closure: from 20/12/2023 to 31/12/2023

Tuesday: 14h to 17h

Friday: 14h to 17h

Saturday: 10h to 12h30

Unconditional welcome

By appointment only: prendre rdv sur place

Financial participation required: 25% du prix usuel

Other details: Sur dossier (évaluation sociale)

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

<https://soliguide.fr/en/fiche/26566>

3. Épicerie Solidaire « Graine2Vie »

12 Rue de Fenouillet, 31200 Toulouse

Temporary closure: from 20/12/2023 to 31/12/2023

Tuesday: 14h to 17h

Friday: 14h to 17h

Saturday: 10h to 12h30

Unconditional welcome

By appointment only: prendre rdv par téléphone

(0782410832)

Other details: Pour les bénéficiaires de l'Épicerie Sociale

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

<https://soliguide.fr/en/fiche/26566>

4. Armée du Salut - Poste de Toulouse

111 Rue de Negreneys, 31200 Toulouse

Thursday to Friday: 14h to 16h30

Unconditional welcome

0561629663

postetoulouse@armeedusalut.fr

Services: Food distribution, food packages, various leisure

<https://soliguide.fr/en/fiche/26607>

5. Armée du Salut - Poste de Toulouse

111 Rue de Negreneys, 31200 Toulouse

Wednesday: 14h to 17h30

Saturday: 14h to 17h30

Unconditional welcome adapted to women.

0561629663

postetoulouse@armeedusalut.fr

Services: Food distribution, food packages, various leisure

<https://soliguide.fr/en/fiche/26607>

6. InServices - Toulouse

47 Av. de Grande Bretagne, 31300 Toulouse

Monday: 10h30 to 17h

Friday: 10h30 to 17h

Unconditional welcome

By appointment only: Uniquement usagers de l'association

On registration: Demande d'inscriptions par téléphone
Financial participation required: la participation financière est solidaire et dépend de la prestation

0658131550
0663396847

inservices.c-sav@outlook.com

Services: Social and solidarity grocery stores, french language courses, various leisure

<https://soliguide.fr/en/fiche/26617>

7. KoKeLiKo

12 Rue Claude Perrault, 31500 Toulouse

Saturday: 14h to 17h

Unconditional welcome

0769762283

kokeliko@maintendue31.org

Services: Various leisure

<https://soliguide.fr/en/fiche/26676>

8. 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

Tuesday: 14h to 16h

Wednesday: 10h to 12h

Thursday: 17h30 to 19h

Unconditional welcome

0642215620

ariegegaronne@secours-catholique.org

Services: French language courses, school tutoring, public letter-writer, various leisure, information and guidance point, luggage storage

<https://soliguide.fr/en/fiche/26757>

9. 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

Wednesday: 14h to 15h

Unconditional welcome

0642215620

ariegegaronne@secours-catholique.org

Services: French language courses, school tutoring, public letter-writer, various leisure, information and guidance point, luggage storage

<https://soliguide.fr/en/fiche/26757>

10. 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

Wednesday: 15h30 to 16h30

Unconditional welcome

0642215620

ariegegaronne@secours-catholique.org

Services: French language courses, school tutoring, public letter-writer, various leisure, information and guidance point, luggage storage

<https://soliguide.fr/en/fiche/26757>

11. 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

Friday: 10h to 12h

Unconditional welcome

0642215620

ariegegaronne@secours-catholique.org

Services: French language courses, school tutoring, public letter-writer, various leisure, information and guidance point, luggage storage

<https://soliguide.fr/en/fiche/26757>

12. Secours Catholique Ariège-Garonne - Toulouse Quartier Bonnefoy - Maison Caritas

56 Rue de Périole, 31500 Toulouse

Wednesday to Thursday: 9h to 13h

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

<https://soliguide.fr/en/fiche/26764>

13. Secours Catholique Ariège-Garonne - Toulouse Quartier Bonnefoy - Maison Caritas

56 Rue de Périole, 31500 Toulouse

Friday: 9h to 12h

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

<https://soliguide.fr/en/fiche/26764>

14. Secours Catholique Ariège-Garonne - Toulouse Quartier Bonnefoy - Maison Caritas

56 Rue de Périole, 31500 Toulouse

Saturday: 14h to 17h

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

<https://soliguide.fr/en/fiche/26764>

15. Secours Catholique Ariège-Garonne - Toulouse Quartier Bonnefoy - Maison Caritas

56 Rue de Périole, 31500 Toulouse

Sunday: 10h 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

<https://soliguide.fr/en/fiche/26764>

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

6 Bd Maréchal Leclerc, 31000 Toulouse

Monday to Friday: 8h30 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

<https://soliguide.fr/en/fiche/26777>

17. 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

<https://soliguide.fr/en/fiche/26907>

18. 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

On registration: Inscriptions au préalable

Other details: Réservé aux adhérents de l'association

0561626651

asso.lamap@gmail.com

Services: Social and solidarity grocery stores, various leisure

<https://soliguide.fr/en/fiche/27014>

19. La maison des citoyens 31

36 Rue de la jeunesse, 31200 Toulouse

Monday to Friday: 9h30 to 12h30 - 13h30 to 16h30

Unconditional welcome

On registration: sur place ou par téléphone

Other details: Tous les habitants du 31200

0983047494

0642215620

maisondescitoyens31@gmail.com

Services: Food packages, french language courses, various leisure

<https://soliguide.fr/en/fiche/27215>

20. La maison des citoyens 31

36 Rue de la jeunesse, 31200 Toulouse

Tuesday: 10h to 12h - 14h to 16h30

Friday: 14h to 16h30

Unconditional welcome

On registration: sur place ou par téléphone

0983047494

0642215620

maisondescitoyens31@gmail.com

Services: Food packages, french language courses, various leisure

<https://soliguide.fr/en/fiche/27215>

21. La maison des citoyens 31

36 Rue de la jeunesse, 31200 Toulouse

Sunday: 11h to 17h

Unconditional welcome

0983047494

0642215620

maisondescitoyens31@gmail.com

Services: Food packages, french language courses, various leisure

<https://soliguide.fr/en/fiche/27215>

22. 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

<https://soliguide.fr/en/fiche/27763>

23. 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

<https://soliguide.fr/en/fiche/28053>

24. 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

<https://soliguide.fr/en/fiche/28053>

25. 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

<https://soliguide.fr/en/fiche/28089>

26. 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

<https://soliguide.fr/en/fiche/28888>

27. 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

<https://soliguide.fr/en/fiche/31797>

28. 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

Warm and inviting: We offer tea and coffee to everyone who walks through the door! We are not

able to accept pets inside, but the terrace is open to them

Temporary closure: from 18/12/2023 to 01/01/2024

Sunday: 9h30 to 12h30

Unconditional welcome

On registration: S'inscrire sur place ou par téléphone

Other details: L'inscription se fait à l'accueil soit par téléphone soit en présentiel.

Accueil: 0561253828

accueil@lafabriquesolidaire.org

Services: Job-seeking assistance, computer posts, digital training, social support, public letter-writer, information and guidance point, various leisure

<https://soliguide.fr/en/fiche/32280>

29. La Fabrique Solidaire des Minimes - Maison des Chômeurs et Citoyens Solidaire

29bis Av. des Mazades (En face du 34 et à côté de la laverie), 31200 Toulouse

Temporary closure: from 16/12/2023 to 01/01/2024

Friday: 14h to 15h30

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

<https://soliguide.fr/en/fiche/32280>

30. 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

<https://soliguide.fr/en/fiche/33129>

31. 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, Soupertard, Guilhemery, Château-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

<https://soliguide.fr/en/fiche/33132>

32. 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, Pourville

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

<https://soliguide.fr/en/fiche/33133>

33. 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

<https://soliguide.fr/en/fiche/33134>

34. 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

<https://soliguide.fr/en/fiche/33135>

35. 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

<https://soliguide.fr/en/fiche/34579>

36. Espace Diversités Laïcité (EDL)

38 Rue d'Aubuisson, 31000 Toulouse

Temporary closure: from 25/12/2023 to 01/01/2024

Saturday: 14h 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

<https://soliguide.fr/en/fiche/34951>



Well-being

1. 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

<https://soliguide.fr/en/fiche/14038>



WiFi

1. 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

<https://soliguide.fr/en/fiche/14036>

2. 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

<https://soliguide.fr/en/fiche/14038>

3. Maison des Solidarités (MDS) Borderouge - Toulouse

4 Rue Françoise d'Eaubonne, 31200 Toulouse

Temporary closure: on 21/12/2023

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

<https://soliguide.fr/en/fiche/29368>

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