



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: 03/07/2025

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

[Soliguide.fr](https://soliguide.fr)

Aspet

1. CCAS d'Aspet

Pl. de la République, 31160 Aspet

Monday: 9h to 12h

Tuesday: 9h to 11h30

Wednesday to Friday: 9h to 12h

Unconditional welcome

Accessible to people with reduced mobility

Other details: /!\ Appointment according to request

05 61 88 40 22

mairie@mairie-aspet31.fr

Services: Social support, administrative counselling, aid for the disabled, housing assistance, budget advice,

domiciliation, counselling for parents, food voucher/check

<https://soliguide.fr/en/fiche/28463>

Aucamville

1. CCAS d'Aucamville

3 Rue des Écoles, 31140 Aucamville

Monday to Tuesday: 8h30 to 12h - 13h30 to 16h30

Wednesday: 8h30 to 12h

Thursday to Friday: 8h30 to 12h - 13h30 to 16h30

Unconditional welcome

By appointment only: Make an appointment by phone

Accessible to people with reduced mobility

05 34 27 03 58

ccas@ville-aucamville.fr

Services: Social support, administrative counselling, aid for the disabled, domiciliation, housing assistance, budget advice, food basket, food voucher/check

<https://soliguide.fr/en/fiche/34485>

Aurignac

1. Permanence Centre Intercommunal d'Action Sociale (CIAS) - Aurignac

Saint-Joseph, 31420 Aurignac

Tuesday: 8h30 to 11h30

Unconditional welcome

Accessible to people with reduced mobility

05 61 98 73 40

Numéro du siège: 05 62 00 96 20

Services: Social support, domiciliation, housing assistance, administrative counselling, budget advice, food voucher/check, aid for the disabled

<https://soliguide.fr/en/fiche/33251>

Aussonne

1. CCAS d'Aussonne

200 Rte de Merville (Le lien social), 31840 Aussonne

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

Friday: 9h to 12h

Unconditional welcome

By appointment only: By moving directly or by telephone

Accessible to people with reduced mobility

05 62 13 47 28

ccas@aussonne.fr

Services: Social support, budget advice, housing assistance, aid for the disabled, domiciliation, job-seeking assistance, counselling for parents, transport with driver, various leisure, food distribution, social and solidarity grocery stores, solidarity garden

<https://soliguide.fr/en/fiche/27623>

Auterive

1. Restos du cœur - Centre d'Activité d'Auterive

23 Rue Anatole France, 31190 Auterive

Monday: 14h to 16h

Thursday: 14h to 16h

Unconditional welcome

By appointment only

On registration: Registration by appointment on Monday and Thursday from 10 a.m. to 11:30 a.m. and from 2 p.m. to 4 p.m.

05 61 50 58 00

ad31.auterive@restosducoeur.org

Services: Food basket, information and orientation point
<https://soliguide.fr/en/fiche/9071>

Avignonet-Lauragais

1. CCAS d'Avignonet-Lauragais

1 Pl. de la République (Dans la Mairie), 31290
Avignonet-Lauragais

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

Unconditional welcome

Accessible to people with reduced mobility

Other details: Possibility to go there without an appointment
but depends on whether someone is present to receive you

Possibility also by appointment

05 61 81 63 67

mairie@avignonet-lauragais.fr

Services: Information and orientation point,
administrative counselling, aid for the disabled, housing
assistance, food distribution

<https://soliguide.fr/en/fiche/27625>

Ayguesvives

1. CCAS d'Ayguésvives

Pl. du Fort, 31450 Ayguésvives

Temporary Message: from 13/07/2025 to 01/09/2025

Permanence d'été: La mairie d'Ayguésvives (qui accueille
le CCAS) reste ouverte pendant l'été. Les agents se
relaient pour maintenir les services pendant les périodes
de congés, certaines démarches pourront toutefois être
décalées.

Temporary closure: on 14/07/2025
férié

Monday to Tuesday: 14h to 18h

Wednesday: 9h to 12h - 14h to 18h

Thursday to Friday: 14h to 18h

Unconditional welcome adapted to in a regular situation,
isolated people, couples.

Other useful informations: For people attached to the
municipal territory of Ayguésvives

By appointment only: make an appointment by phonecall
07 86 57 05 63

ccas@ayguesvives.fr

Services: Social support, administrative counselling, aid
for the disabled, domiciliation, housing assistance, food
voucher/check

<https://soliguide.fr/en/fiche/28182>

Bagnères-de-Luchon

1. Restos du cœur - Centre d'Activité de Bagnères-de-Luchon

Rue Laity, 31110 Bagnères-de-Luchon

Friday: 14h to 16h

Unconditional welcome

By appointment only

On registration: Registration is by appointment on Friday
from 2 p.m. to 4 p.m.

09 86 56 01 04

ad31.luchon@restosducoeur.org

Services: Food basket, information and orientation point,
budget advice, administrative counselling, job-seeking
assistance

<https://soliguide.fr/en/fiche/26195>

Balma

1. CCAS de Balma

4 All. de l'appel du 18 juin 1940, 31130 Balma

Monday to Friday: 8h30 to 17h

Unconditional welcome adapted to in a regular situation.

Other useful informations: For people attached to the Balma
municipal territory

Accessible to people with reduced mobility

05 62 80 49 09

ccas@mairie-balma.fr

Services: Social support, administrative counselling, aid
for the disabled, domiciliation, housing assistance, food
distribution, budget advice

<https://soliguide.fr/en/fiche/28185>

Bazège

1. CCAS de Bazège

25 Chemin des Ecoliers, 31450 Bazège

Temporary schedules: since 19/06/2025

Monday: 13h to 17h30

Tuesday: 8h30 to 12h - 15h to 18h

Thursday: 15h to 17h30

Friday: 8h30 to 12h30

Temporary closure: from 18/07/2025 to 11/08/2025

Fermeture annuelle congés d'été

Monday: 13h to 17h30

Tuesday: 8h30 to 12h - 15h to 18h

Thursday: 15h to 17h30

Friday: 8h30 to 12h30

Unconditional welcome adapted to in a regular situation,

isolated people, couples.

Other useful informations: For people attached to the municipal territory of Baziège

Other details: Exception: Mondays and Fridays make an appointment

05 61 81 89 85

ccas@ville-baziege.fr

Services: Social support, administrative counselling, aid for the disabled, domiciliation, housing assistance, budget advice, counselling for parents, food voucher/check
<https://soliguide.fr/en/fiche/28186>

Beauzelle

1. CCAS de Beauzelle

19 Rue des Rossignols, 31700 Beauzelle

Temporary schedules: since 01/07/2025

Monday: 13h30 to 17h

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

Thursday: 9h to 12h30 - 14h to 19h

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

Monday: 13h30 to 17h

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

Thursday: 8h to 12h30 - 14h to 19h

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

Unconditional welcome adapted to in a regular situation, isolated people, couples, in a situation of addiction, disabled, hiv carrier, lgbt+, outgoing from prison, people in prostitution situations, victim of violence.

Other useful informations: For people attached to the municipal territory of Beauzelle

By appointment only: Make an appointment at the reception or by phone

05 62 21 40 50

centre.social@mairie-beauzelle.fr

Services: Social support, administrative counselling, aid for the disabled, domiciliation, housing assistance, food distribution, french language courses
<https://soliguide.fr/en/fiche/28187>

Bessières

1. Restos du cœur - Centre d'Activité de Bessières

192 Rue du Grand Pastellie, 31660 Bessières

Tuesday: 10h to 12h30 - 13h30 to 16h

Unconditional welcome

By appointment only

On registration: Registration by appointment on Tuesday from 1:30 p.m. to 3:30 p.m.,

05 34 52 31 46

ad31.bessieres@restosducoeur.org

Services: Food distribution, information and orientation point, budget advice, administrative counselling
<https://soliguide.fr/en/fiche/26197>

2. CCAS/CIAS de Bessières

39 All. des Écoles, 31660 Bessières

Temporary closure: from 14/08/2025 to 01/09/2025

Fermeture Estivale

Monday to Wednesday: 9h30 to 12h30 - 13h30 to 17h

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

Unconditional welcome adapted to in a regular situation, isolated people, couples.

Other useful informations: For people attached to the municipal territory of Bessières

05 61 63 45 12

06 22 76 55 48

cias3@valaigo.fr

Services: Social support, administrative counselling, aid

for the disabled, domiciliation, housing assistance, budget advice, food voucher/check

<https://soliguide.fr/en/fiche/28189>

Blagnac

1. Restos du cœur - Centre d'Activité de Blagnac

Imp. des Alouettes (Restos du Cœur), 31700 Blagnac

Thursday: 11h to 12h - 14h to 17h

Unconditional welcome

By appointment only: 09 h 00 - 11 h 30 : Aide à la personne.

On registration: Les inscriptions se font le jeudi de 9 h à 11 h 30 et de 14 h à 16 h.

05 62 85 26 31

ad31.blagnac@restosducoeur.org

Services: Information and orientation point, administrative counselling, budget advice, food basket
<https://soliguide.fr/en/fiche/26198>

2. Secours Catholique Ariège-Garonne - Blagnac

5 Imp. des Alouettes, 31700 Blagnac

Temporary closure: from 01/08/2025 to 20/08/2025

FERMETURE ÉTÉ

Thursday: 14h to 16h

Unconditional welcome

07 80 05 76 23

blagnac@secours-catholique.org

Services: Social support, food basket, french language courses

<https://soliguide.fr/en/fiche/26817>

3. L'épicerie Solidaire d'Interem

Tuesday: 15h30 to 18h

Wednesday: 9h30 to 12h30 - 13h30 to 18h

Thursday: 13h30 to 18h

Friday: 9h30 to 13h

Unconditional welcome adapted to in a regular situation.

Other useful informations: Sur critères sociaux

By appointment only: Taken by the association, by telephone

On registration: Access to the grocery store upon registration

Orientation only: Orientation by the social worker, then

appointment with the association by telephone

Financial participation required: L'épicerie vend les produits autour de 30% de leur valeur

Accessible to people with reduced mobility

Other details: Building a dossier (social assessment)

05 61 78 89 38

g.paris@interem.fr

Services: Social and solidarity grocery stores

<https://soliguide.fr/en/fiche/27809>

Bouloc

1. Le Trèfle à 4 feuilles

Saturday: 8h to 13h

Exclusive welcome: in a regular situation.

Other useful informations: People accompanied by social services

By appointment only

Orientation only: Les personnes doivent passer par le CCAS ou la maison des Solidarités de Bouloc

Financial participation required: 2€ pour la première personne, 50 centimes par personne supplémentaire

Accessible to people with reduced mobility

07 77 73 70 18

trefle.bouloc31@gmail.com

Services: Food basket, social and solidarity grocery stores

<https://soliguide.fr/en/fiche/27050>

Boulogne-sur-Gesse

1. Permanence Centre Intercommunal d'Action Sociale (CIAS) - Boulogne sur Gesse

4 Bd Raymond Bergougnan (Maison des Services), 31350

Boulogne-sur-Gesse

Wednesday to Thursday: 9h to 12h - 13h30 to 16h30

Unconditional welcome

By appointment only

Accessible to people with reduced mobility

05 61 94 74 40

Accueil siège: 05 62 00 96 20

l.germain@la5c.fr

Services: Social support, domiciliation, housing assistance, administrative counselling, budget advice, food voucher/check, aid for the disabled

<https://soliguide.fr/en/fiche/33252>

2. Restos du Cœur - Centre d'activités de Boulogne-sur-Gesse

Avenue du Comminges, 31350 Boulogne-sur-Gesse

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

Unconditional welcome

On registration: Registration on Wednesday from 9:30 a.m. to 11 a.m.

09 74 30 07 78

Services: Family area, food basket, information and orientation point

<https://soliguide.fr/en/fiche/49709>

Brax

1. CCAS de Brax

9 Rue de la Mairie (Mairie), 31490 Brax

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

Thursday: 9h to 12h

Unconditional welcome

Accessible to people with reduced mobility

05 62 13 06 70

accueil@mairie-brax.fr

Services: Food voucher/check, social support, domiciliation, administrative counselling, aid for the disabled, counselling for parents, housing assistance, budget advice, job-seeking assistance, food distribution, transport with driver

<https://soliguide.fr/en/fiche/35668>

Bruguères

1. CCAS de Bruguères

Pl. de la République, 31150 Bruguères

Monday to Friday: 9h to 12h - 14h to 17h30

Unconditional welcome

Accessible to people with reduced mobility

05 62 22 99 33

carine.martinez@mairie-bruguieres.fr

Services: Domiciliation, aid for the disabled, public letter-writer, housing assistance, legal advice, administrative counselling, food basket, digital training

<https://soliguide.fr/en/fiche/28318>

Buzet-sur-Tarn

1. CCAS de Buzet-sur-Tarn

96 Rue des Écoles (Dans la Mairie), 31660 Buzet-sur-Tarn

Temporary schedules: from 01/08/2025 to 24/08/2025

Tuesday to Friday: 8h30 to 12h

Saturday: 10h to 12h

Monday: 14h to 17h

Tuesday to Wednesday: 8h30 to 12h - 14h to 17h

Thursday: 8h30 to 12h

Friday: 8h30 to 12h - 14h to 17h

Saturday: 10h to 12h

Unconditional welcome

Accessible to people with reduced mobility

05 34 26 50 82

etaticivil@buzet-sur-tarn.fr

Services: Budget advice, food basket

<https://soliguide.fr/en/fiche/29932>

Cadours

1. Secours Catholique Ariège-Garonne - Cadours /Grenade-sur-Garonne

15 Cr du Midi, 31480 Cadours

Temporary closure: from 17/07/2025 to 31/08/2025

FERMETURE ÉTÉ

Wednesday: 14h30 to 17h

Unconditional welcome

06 82 47 06 82

ariegegaronne@secours-catholique.org

Services: Social support, food basket

<https://soliguide.fr/en/fiche/26855>

2. CCAS de Cadours

2 Rue Dastarat (Mairie), 31480 Cadours

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

Tuesday: 9h to 12h - 13h30 to 18h

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

Thursday: 13h30 to 18h

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

Unconditional welcome

Accessible to people with reduced mobility

05 61 85 60 01

cadours.accueil@mairie-cadours.fr

Services: Social support, administrative counselling, domiciliation, housing assistance, food distribution, food voucher/check

<https://soliguide.fr/en/fiche/34014>

Carbonne

1. Restos du Cœur -Centre d'Activité de Carbonne

56 rue Lucien Cassagne, 31390 Carbonne

Tuesday: 13h15 to 17h

Unconditional welcome

On registration: Registration takes place on Mondays from

9:00 a.m. to 11:30 a.m.

05 62 01 68 54

ad31.carbonne@restosducoeur.org

Services: Food basket, information and orientation point

<https://soliguide.fr/en/fiche/9160>

2. CCAS de Carbonne

Place Jules Ferry, 31390 Carbonne

Monday to Friday: 8h30 to 12h30 - 13h30 to 17h

Unconditional welcome

Accessible to people with reduced mobility

Other details: Access possible in the afternoon only by

appointment

05 61 87 80 03

ccas@ville-carbonne.fr

Services: Social support, administrative counselling, aid for the disabled, housing assistance, budget advice, domiciliation, food basket, solidarity garden

<https://soliguide.fr/en/fiche/28603>

Castelginest

1. CCAS de Castelginest

18 Gd Pl. du Général de Gaulle, 31780 Castelginest

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

Wednesday: 9h to 12h

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

Friday: 9h to 12h

Unconditional welcome

By appointment only: make an appointment by phonecall

Accessible to people with reduced mobility

05 61 37 75 33

accueil: 05 61 37 75 49

ccas@mairie-castelginest.fr

Services: Social support, administrative counselling, aid for the disabled, domiciliation, various leisure, food voucher/check

<https://soliguide.fr/en/fiche/28319>

Cazères

1. Restos du cœur - Centre d'Activité de Cazères

15 Av. de Labrioulette, 31220 Cazères

Tuesday: 14h to 17h

Unconditional welcome

On registration: Les inscriptions se font le mardis de 14 h à 17 h 00.

05 61 87 54 67

ad31.cazeres@restosducoeur.org

Services: Food distribution, information and orientation point, administrative counselling, budget advice

<https://soliguide.fr/en/fiche/26199>

2. CCAS de Cazères

31220 Pl. de L Hôtel de ville, 31220 Cazères

Temporary closure: from 11/08/2025 to 31/08/2025

Wednesday: 8h30 to 12h

Unconditional welcome adapted to in a regular situation, isolated people, couples.

Other useful informations: For people attached to the municipal territory of Cazères

By appointment only: Make an appointment by phone or email

05 61 98 46 00

ccas@mairie-cazeres.fr

Services: Social support, administrative counselling, aid for the disabled, domiciliation, housing assistance, food basket

<https://soliguide.fr/en/fiche/28601>

3. Maison du Campet -Action sociale - Education et cohésion sociale - CC-Coeur de Garonne

31 Prom. du Campet, 31220 Cazères

Monday to Friday: 8h30 to 12h30 - 13h30 to 17h

Unconditional welcome

05 61 91 94 96

action.sociale@cc-coeurdegaronne.fr

Services: Social support, budget advice, transport with driver, food distribution

<https://soliguide.fr/en/fiche/34614>

Cepet

1. CCAS de Cepet

1 Rue de l'Église, 31620 Cepet

Monday to Friday: 8h30 to 12h

Unconditional welcome

By appointment only: Prendre rendez vous par mail et téléphone

Accessible to people with reduced mobility

05 61 09 53 76

mairie@cepet.fr

Services: Social support, domiciliation, administrative counselling, aid for the disabled, housing assistance, job-seeking assistance, digital training, food distribution, transport with driver

<https://soliguide.fr/en/fiche/29933>

Colomiers

1. Secours Catholique Ariège-Garonne - Colomiers - Accueil

11 Pl. du Cantal, 31770 Colomiers

Temporary closure: from 12/07/2025 to 24/08/2025

FERMETURE ÉTÉ

Monday to Tuesday: 14h to 16h30

Thursday: 14h to 16h

Unconditional welcome

05 61 78 00 21

secourscatholique.colomiers@gmail.com

Services: Social support, food basket, french language courses

<https://soliguide.fr/en/fiche/26784>

2. CCAS de Colomiers

18 Pl. du Languedoc, 31770 Colomiers

Monday: 8h30 to 12h15 - 13h15 to 17h

Tuesday: 8h30 to 12h15 - 17h to 19h

Wednesday to Thursday: 8h30 to 12h15 - 13h15 to 17h

Friday: 8h30 to 14h

Unconditional welcome adapted to in a regular situation, isolated people, couples.

Other useful informations: For people attached to the municipal territory of Colomiers

By appointment only: make an appointment by phonecall 05 61 15 22 26

accueil-ccas@mairie-colomiers.fr

Services: Social support, administrative counselling, aid for the disabled, domiciliation, social and solidarity grocery stores, legal advice, job-seeking assistance

<https://soliguide.fr/en/fiche/27684>

Cornebarrieu

1. CCAS de Cornebarrieu

2 Pl. du Languedoc, 31700 Cornebarrieu

Monday: 14h to 17h

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

Thursday: 9h to 12h

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

Unconditional welcome

By appointment only: Make an appointment by phone or email

Accessible to people with reduced mobility

05 62 13 43 93

ccas@cornebarrieu.fr

Services: Social support, administrative counselling, aid for the disabled, housing assistance, domiciliation, food basket

<https://soliguide.fr/en/fiche/28367>

Cugnaux

1. Restos du Cœur - Centre d'Activité de Cugnaux

3 Rue de la Cressonnière (-!\ 3 BIS), 31270 Cugnaux

Thursday: 13h30 to 17h30

Unconditional welcome

On registration: Registration is by appointment on Mondays from 1:30 p.m. to 4 p.m.

09 86 42 46 36

ad31.cugnaux@restosducoeur.org

Services: Food distribution, information and orientation point

<https://soliguide.fr/en/fiche/9161>

2. Secours Catholique Ariège-Garonne - Villeneuve-Tolosane /Cugnaux /Frouzins

1 Imp. des Violettes (Relais Solidaire), 31270 Cugnaux

Temporary closure: from 05/07/2025 to 31/08/2025

FERMETURE ÉTÉ

Monday: 9h30 to 11h30

Wednesday: 9h30 to 12h

Unconditional welcome

06 45 29 53 70

sc.villeneuve@secours-catholique.org

Services: Social support, food basket, various leisure

<https://soliguide.fr/en/fiche/26734>

3. Association Aide Aux Familles - Cugnaux

1 Imp. des Violettes, 31270 Cugnaux

Temporary closure: from 05/07/2025 to 02/09/2025

Congés d'été

Tuesday: 14h to 17h

Friday: 14h to 17h

Unconditional welcome

Financial participation required

06 75 81 84 17

aideauxfamilles31@gmail.com

Services: Clothes

<https://soliguide.fr/en/fiche/27027>

4. CCAS de Cugnaux

8 Bis Rue du Pré Vicinal, 31270 Cugnaux

Temporary schedules: from 01/07/2025 to 08/07/2025

Monday to Friday: 8h to 15h

Temporary schedules: from 14/07/2025 to 15/08/2025

Monday to Wednesday: 8h to 15h

Friday: 8h to 15h

Temporary Message: from 08/07/2025 to 13/07/2025

Plan Canicule - modification des horaires du CCAS: En cas de canicule, le CCAS passe sur ses horaires d'été (8h-15h).

Fermeture le jeudi. N'hésitez pas à contacter le CCAS en amont.

Temporary Message: from 15/08/2025 to 31/08/2025

Plan Canicule - modification des horaires du CCAS: En cas de canicule, le CCAS passe sur ses horaires d'été (8h-15h).

Fermeture le jeudi. N'hésitez pas à contacter le CCAS en amont.

Monday to Wednesday: 9h to 12h30 - 13h30 to 17h

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

Unconditional welcome adapted to in a regular situation, isolated people, couples.

Other useful informations: For people attached to the municipal territory of Cugnaux

By appointment only: make an appointment by phonecall 05 62 87 30 15

accueil.ccas@mairie-cugnaux.fr

Services: Social support, administrative counselling, aid for the disabled, domiciliation, housing assistance, social and solidarity grocery stores

<https://soliguide.fr/en/fiche/27985>

Eaunes

1. CCAS de Eaunes

1 Place des Champs de Vignes, 31600 Eaunes

Monday to Friday: 8h30 to 12h30 - 13h30 to 17h30

Unconditional welcome

By appointment only: <p>Reception without appointment</p>

Accessible to people with reduced mobility

05 61 08 82 35

service.ccas@mairieaunes.fr

Services: Social support, administrative counselling, aid for the disabled, domiciliation, housing assistance, budget advice, food basket

<https://soliguide.fr/en/fiche/34017>

Escalquens

1. Restos du Cœur - Centre d'Activité d'Escalquens

9 Av. de la Mairie, 31750 Escalquens

Monday: 13h30 to 17h

Friday: 13h to 17h

Unconditional welcome

On registration: Registrations are open Monday and Friday from 1:30 p.m. to 5 p.m.

05 62 52 10 95

ad31.escalquens@restosducoeur.org

Services: Food basket, information and orientation point

<https://soliguide.fr/en/fiche/9164>

Fenouillet

1. Jardins du Ricotier

Monday to Tuesday: 8h to 16h30

Thursday to Friday: 8h to 16h30

Exclusive welcome: adults, in a regular situation.

Other useful informations: Eligible to IAE including RSA beneficiaries

Orientation only: By orientation or spontaneous application on the inclusion platform or directly.

06 11 15 70 79

ricotier@cocagnehautegaronne.org

Services: Integration through economic activity, food basket, various leisure

<https://soliguide.fr/en/fiche/28227>

2. Restos du Cœur - Centre d'Activité de Fenouillet

40 Rue Seveso, 31150 Fenouillet

Thursday: 9h30 to 11h - 13h30 to 16h30

Unconditional welcome

On registration: Registrations are by appointment on Tuesdays.

09 86 60 58 26

ad31.fenouillet@restosducoeur.org

Services: Food basket, information and orientation point

<https://soliguide.fr/en/fiche/29875>

3. Association Femmes du Monde

20 Rue de la Résidence Jean Vilar, 31150 Fenouillet

Temporary closure: from 12/07/2025 to 25/08/2025 congés annuels

Monday to Tuesday: 9h to 12h - 14h to 18h

Thursday to Friday: 9h to 12h - 14h to 18h

Unconditional welcome adapted to women.

Other useful informations: And the children.

05 31 48 50 99

06 27 20 24 70

asso.femmesdumonde@gmail.com

Services: Public letter-writer, job-seeking assistance, social support, french language courses, digital training, food distribution, cooking workshop, various leisure

<https://soliguide.fr/en/fiche/35089>

Fonbeauzard

1. CCAS de Fonbeauzard

Rue Jean Mermoz (Au fond du parking de la salle des fêtes), 31140 Fonbeauzard

Temporary closure: from 04/08/2025 to 16/08/2025 férié

Tuesday: 14h to 18h

Wednesday: 9h to 12h - 14h to 18h

Thursday: 14h to 18h

Friday: 9h to 12h - 14h to 18h

Unconditional welcome

By appointment only: Tuesday and Thursday afternoons

Accessible to people with reduced mobility

05 61 37 12 22

r.foulquie@ville-fonbeauzard.fr

Services: Social support, administrative counselling, aid for the disabled, housing assistance, domiciliation, emergency shelters, food basket

<https://soliguide.fr/en/fiche/29934>

Fonsorbes

1. Restos du cœur - Centre d'Activité de Fonsorbes

2758 Rte de Tarbes, 31470 Fonsorbes

Monday: 13h30 to 17h

Unconditional welcome

On registration: Registration is by appointment on Tuesdays from 9 a.m.

09 83 21 53 69

ad31.fonsorbes@restosducoeur.org

Services: Food basket, information and orientation point, administrative counselling, budget advice

<https://soliguide.fr/en/fiche/26207>

2. Secours Catholique Ariège-Garonne - Fonsorbes

1 Rue de l'Église (Salles maison paroissiale et attenante à l'Eglise), 31470 Fonsorbes

Tuesday: 14h30 to 16h30

Wednesday: 9h30 to 11h30

Unconditional welcome

06 73 90 95 58

sc.fonsorbes@secours-catholique.org

Services: Food basket, various leisure, social support

<https://soliguide.fr/en/fiche/26815>

3. Secours Catholique Ariège-Garonne - Fonsorbes vestiaire

523 Chem. de Capelier, 31470 Fonsorbes

Monday: 14h30 to 16h

Unconditional welcome

Accessible to people with reduced mobility

06 73 90 95 58

sc.fonsorbes@secours-catholique.org

Services: Clothes, information and orientation point

<https://soliguide.fr/en/fiche/27407>

4. CCAS de Fonsorbes

8 Rue Luigi Amadio (près du club de tennis), 31470 Fonsorbes

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

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

Unconditional welcome

Accessible to people with reduced mobility

05 34 47 59 62

06 74 79 65 31

ccas@fonsorbes.fr

Services: Social support, administrative counselling, aid for the disabled, domiciliation, housing assistance, counselling for parents, digital training, job-seeking assistance, food distribution, emergency shelters, solidarity garden

<https://soliguide.fr/en/fiche/29936>

Fronton

1. Restos du cœur - Centre d'Activité de Fronton

Rue du 19 Mars 1962, 31620 Fronton

Thursday: 9h45 to 12h30 - 13h30 to 16h30

Unconditional welcome

On registration: Registrations are on Thursdays from 1:30 p.m. to 4 p.m.

05 62 10 00 13



ad31.fronton@restosducoeur.org

Services: Food basket, information and orientation point, administrative counselling, budget advice

<https://soliguide.fr/en/fiche/26208>

2. CCAS de Fronton

1 Esp. de Marcorelle, 31620 Fronton

Monday: 8h30 to 12h - 14h to 17h30

Tuesday: 8h30 to 12h - 15h to 18h30

Wednesday: 8h30 to 12h - 14h to 17h30

Thursday: 8h30 to 12h - 15h to 18h30

Friday: 8h30 to 12h - 14h to 17h30

Unconditional welcome

By appointment only: make an appointment by email or telephone.

accepted animals

Accessible to people with reduced mobility

Other details: Emergencies without appointment (violence, emergency accommodation, etc.).

05 62 79 92 14

ccas@mairie-fronton.fr

Services: Social support, administrative counselling, aid for the disabled, domiciliation, housing assistance, budget advice, food voucher/check, various leisure, mobility aid, job-seeking assistance, french language courses

<https://soliguide.fr/en/fiche/29938>

Frouzins

1. Antenne Secours Populaire - Frouzins

Rue Guillaume Berdeil (28), 31270 Frouzins

Temporary closure: from 07/07/2025 to 20/07/2025

congé

Temporary closure: from 04/08/2025 to 15/08/2025

congé

Wednesday: 9h30 to 12h

Thursday: 9h to 12h - 14h to 18h

Unconditional welcome

05 62 87 97 85

frouzins@spf31.org

Services: Social and solidarity grocery stores, solidarity shop, clothes, food basket, school tutoring, french language courses, digital training

<https://soliguide.fr/en/fiche/9339>

Gragnague

1. Jardins du Girou

Monday to Tuesday: 8h to 16h30

Thursday to Friday: 8h to 16h30

Exclusive welcome: adults, in a regular situation.

Orientation only: By orientation or spontaneous application on the inclusion platform or directly.

Other details: Eligible to IAE including RSA beneficiaries

05 61 70 11 86

girou@cocagnehautegegaronne.org

Services: Integration through economic activity, food basket

<https://soliguide.fr/en/fiche/26727>

Gratentour

1. CCAS de Gratentour

5 Rue de Cayssials, 31150 Gratentour

Monday to Tuesday: 8h30 to 12h - 14h to 17h30

Wednesday: 8h30 to 12h

Thursday to Friday: 8h30 to 12h - 14h to 17h30

Unconditional welcome

By appointment only: make an appointment by phonecall

Accessible to people with reduced mobility

05 62 79 94 12

ccas@gratentour.fr

Services: Social support, administrative counselling, aid for the disabled, domiciliation, social and solidarity grocery stores

<https://soliguide.fr/en/fiche/29941>

Grenade

1. CCAS de Grenade

17 Av. Lazare Carnot, 31330 Grenade

Monday to Friday: 9h to 12h30 - 14h to 17h

Unconditional welcome

By appointment only: Except for the reception

Accessible to people with reduced mobility

05 61 82 57 66

ccas@mairie-grenade.fr

Services: Social support, domiciliation, social and solidarity grocery stores, clothes, housing assistance, administrative counselling, aid for the disabled, budget advice, digital training, showers, laundry services, phone, computer posts

<https://soliguide.fr/en/fiche/29942>

2. INSERVICES GRENADE

11 Rue Belfort, 31330 Grenade

Temporary schedules: from 07/07/2025 to 31/08/2025

Monday: 9h to 11h

Monday: 9h to 11h

Tuesday: 9h to 14h



Unconditional welcome

By appointment only

On registration: registration is done at 0663396847

Financial participation required: the financial participation or membership is 17 euros per year or 8.5 for 6 months

06 63 39 68 47

inservices.c-sav@outlook.com

Services: Social and solidarity grocery stores

<https://soliguide.fr/en/fiche/32740>

Huos

1. Jardins du Comminges

Monday to Tuesday: 8h to 16h30

Thursday to Friday: 8h to 16h30

Exclusive welcome: adults, refugees.

Other useful informations: Eligible to IAE including RSA beneficiaries

Orientation only: By orientation or spontaneous application on the inclusion platform or directly.

Other details: Professional integration workshop

05 61 89 04 87

comminges@cocagnehautegaronne.org

Services: Integration through economic activity, food basket, various leisure, cooking workshop

<https://soliguide.fr/en/fiche/26725>

Juzet-de-Luchon

1. Entraide des Vallées

Mairie de Juzet-de-luchon, 31110 Juzet-de-Luchon

Temporary closure: from 01/08/2025 to 31/08/2025
congés annuels

Tuesday: 13h30 to 15h30

Unconditional welcome

Other details: To be taken care of, you must complete a file (proof of income) with the volunteers of the association.

07 81 09 19 35

aideauxvallees@gmail.com

Services: Food basket, administrative counselling

<https://soliguide.fr/en/fiche/27258>

L'Isle-en-Dodon

1. Restos du Cœur - Centre d'Activité de L'Isle-en-Dodon

53 Av. des Martiaques, 31230 L'Isle-en-Dodon

Tuesday: 9h to 12h30

Unconditional welcome

By appointment only

On registration: Registration is by appointment on Mondays from 1:30 p.m. to 3 p.m.

05 61 88 74 98

ad31.lisleendodon@restosducoeur.org

Services: Food basket, information and orientation point

<https://soliguide.fr/en/fiche/9170>

2. Permanence Centre Intercommunal d'Action Social (CIAS) - Cœur et Coteaux du Comminges

18 Av. du Commandant Taillefer, 31230 L'Isle-en-Dodon

Monday to Tuesday: 8h30 to 12h - 13h30 to 17h

Wednesday: 8h30 to 12h

Thursday to Friday: 8h30 to 12h - 13h30 to 17h

Unconditional welcome

Accessible to people with reduced mobility

05 62 00 37 51

s.soldeville@la5c.fr

Services: Social support, domiciliation, housing assistance, administrative counselling, budget advice, food voucher/check, aid for the disabled, mobility aid, emergency shelters, food distribution

<https://soliguide.fr/en/fiche/33249>

L'Union

1. Les fées du frigo

55 ZA Loubet, 31240 L'Union

Temporary closure: from 27/07/2025 to 01/09/2025

Tuesday: 13h30 to 16h

Thursday: 13h30 to 16h

Saturday: 13h30 to 16h

Unconditional welcome

By appointment only: To be taken by phone

06 44 16 33 75

lesfeesdufrigo@gmail.com

Services: Food basket, social and solidarity grocery stores

<https://soliguide.fr/en/fiche/27192>

2. CCAS de L'Union

11 Rue du Vignemale (CCAS), 31240 L'Union

Temporary schedules: from 18/07/2025 to 29/08/2025

Monday: 8h30 to 12h - 14h to 17h

Tuesday: 8h30 to 12h - 15h to 18h

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

Thursday: 8h30 to 12h - 14h to 17h

Temporary closure: on 14/07/2025

Jour férié

Monday: 8h30 to 12h - 14h to 17h

Tuesday: 8h30 to 12h - 15h to 18h



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

Thursday to Friday: 8h30 to 12h - 14h to 17h

Unconditional welcome

Accessible to people with reduced mobility

accueil ccas: 05 62 79 86 16

accueil Mairie: 05 62 89 22 89

solidarite@mairie-lunion.fr

Services: Social support, administrative counselling, aid for the disabled, domiciliation, housing assistance, legal advice, digital training, french language courses, computer posts, various leisure, food distribution, solidarity garden

<https://soliguide.fr/en/fiche/30227>

La Salvetat-Saint-Gilles

1. Atout coeur salvetat

6 Avenue Frederic Chopin, 31880 La Salvetat-Saint-Gilles

Temporary Message: from 09/07/2025 to 01/09/2025

En cas d'urgence: Pendant la fermeture d'été, vous pouvez nous contacter par téléphone pour un colis d'urgence au 07 63 85 64 89

Temporary closure: from 09/07/2025 to 01/09/2025

Fermeture annuelle

Tuesday: 14h to 18h

Unconditional welcome

Secrétariat: 07 63 85 64 89

atoutcoeursalvetat31@gmail.com

Services: Food basket, clothes, luggage storage

<https://soliguide.fr/en/fiche/27257>

Labarthe-sur-Lèze

1. Vert Soleil - Labarthe-sur-Lèze

Thursday: 14h to 18h

Unconditional welcome

By appointment only: to pick up the food package

Orientation only: Referral by CCAS.

06 20 46 45 33

vert.soleil@orange.fr

Services: Food basket

<https://soliguide.fr/en/fiche/27062>

2. CCAS de Labarthe-sur-Lèze

490 Av. du Lauragais, 31860 Labarthe-sur-Lèze

Monday: 8h45 to 12h - 14h to 17h

Tuesday: 8h45 to 12h30 - 15h to 19h

Wednesday to Friday: 8h45 to 12h - 14h to 17h

Unconditional welcome

Accessible to people with reduced mobility

Other details: It is advisable to make an appointment

05 62 11 61 36

05 62 11 61 30

ccas@labarthesurleze.com

Services: Social support, administrative counselling, aid for the disabled, domiciliation, social and solidarity grocery stores

<https://soliguide.fr/en/fiche/28605>

Labastide-Saint-Sernin

1. CCAS de Labastide Saint-Sernin

17 Rue Jean Pascal (Mairie), 31620 Labastide-Saint-Sernin

Monday to Thursday: 9h to 12h - 14h to 18h30

Friday: 9h to 12h - 14h to 18h

Unconditional welcome
By appointment only: by phone
Accessible to people with reduced mobility
CCAS: 06 70 28 53 04
Accueil mairie: 05 61 84 95 05
mairie.labastidesaintsernin@orange.fr
Services: Social support, administrative counselling, aid for the disabled, domiciliation, housing assistance, budget advice, food distribution
<https://soliguide.fr/en/fiche/34023>

Launaguet

1. CCAS de Launaguet

95 Chem. des Combes, 31140 Launaguet
Temporary closure: from 11/08/2025 to 14/08/2025
Congés d'été

Monday: 9h to 12h
Wednesday: 9h to 12h
Thursday: 14h to 17h
Friday: 9h to 12h
Unconditional welcome
By appointment only: Make an appointment by phone or email
05 61 37 64 64
ccas@mairie-launaguet.fr

Services: Social support, administrative counselling, aid for the disabled, domiciliation, budget advice, housing assistance, transport with driver, food distribution
<https://soliguide.fr/en/fiche/30233>

Léguévin

1. Restos du Cœur - Centre d'Activité de Léguévin

1 All. de Lattre de Tassigny, 31490 Léguévin

Monday: 14h to 18h

Unconditional welcome
On registration: Registrations by appointment on Friday from 2 p.m. to 4 p.m.
06 68 09 91 42
ad31.leguevin@restosducoeur.org
Services: Food basket, information and orientation point
<https://soliguide.fr/en/fiche/9167>

Lévignac

1. Restos du cœur - Centre d'Activité de Lévignac

1 Rue du Dr Monnerville, 31530 Lévignac
Tuesday: 14h to 17h
Unconditional welcome
On registration: Registrations are on Thursdays from 9 a.m. to 12 p.m.
05 61 49 87 90
ad31.levignac@restosducoeur.org
Services: Food basket, information and orientation point
<https://soliguide.fr/en/fiche/26211>

Mane

1. Restos du cœur - Centre d'Activité de Mane

15 Av. du Comminges (Salle de l'Hôtel communautaire),
31260 Mane
Temporary closure: from 04/08/2025 to 24/08/2025
Fermeture estivale

Tuesday: 14h to 16h
Wednesday: 9h to 12h30

Unconditional welcome
On registration: Registration takes place on Tuesdays from 4:00 p.m. to 5:00 p.m.
05 61 97 45 38
ad31.salies@restosducoeur.org
Services: Food basket, information and orientation point, administrative counselling, budget advice
<https://soliguide.fr/en/fiche/26242>

Merville

1. CCAS de Merville 31

50 Rue du 19 Mars 1962, 31330 Merville

Monday to Friday: 9h to 12h - 14h to 17h
Unconditional welcome
Accessible to people with reduced mobility
05 62 13 40 95
ccas@merville31.fr
Services: Information and orientation point, social support, administrative counselling, domiciliation, budget advice, housing assistance, food basket, digital training, computer posts, various leisure, food distribution, solidarity garden
<https://soliguide.fr/en/fiche/30825>

Montastruc-la-Conseillère

1. CCAS de Montastruc-la-Conseillère

Pl. de la Mairie, 31380 Montastruc-la-Conseillère
Temporary closure: from 01/07/2025 to 22/07/2025

Tuesday: 9h to 12h30
Unconditional welcome
By appointment only: Make an appointment by phone

Accessible to people with reduced mobility
Other details: Other possible appointments if you are not available on this service

05 61 84 21 10

ccas@mairie-montastruc.fr

Services: Social support, administrative counselling, aid for the disabled, housing assistance, budget advice, domiciliation, job-seeking assistance, food basket
<https://soliguide.fr/en/fiche/30827>

Montbrun-Lauragais

1. CCAS de Montbrun-Lauragais

Place René Hébrard, 31450 Montbrun-Lauragais

Monday: 8h to 17h

Friday: 8h to 17h

Unconditional welcome

By appointment only: Make an appointment by phone

Accueil Mairie: 05 31 61 89 70

N° de l'élue en charge Mme Appy: 06 11 87 19 83

ccas@montbrun-lauragais.fr

Services: Social support, domiciliation, administrative counselling, aid for the disabled, housing assistance, budget advice, food distribution
<https://soliguide.fr/en/fiche/30983>

Montrabé

1. CCAS de Montarabé

Pl. François Mitterrand, 31850 Montrabé

Temporary closure: from 03/08/2025 to 15/08/2025
congés été

Monday to Thursday: 8h to 12h - 14h to 17h

Unconditional welcome

By appointment only: make an appointment by phonecall

Accessible to people with reduced mobility

Other details: Free access in the morning By appointment in the afternoon

06 08 85 33 83: 05 61 84 56 37

ccas@mairie-montrabe.fr

Services: Social support, administrative counselling, aid for the disabled, domiciliation, housing assistance, food basket
<https://soliguide.fr/en/fiche/28424>

Montréjeau

1. Restos du cœur - Centre d'Activité de Montréjeau

2 Rue Jeanne d'Arc, 31210 Montréjeau

Tuesday: 9h to 16h

Unconditional welcome

On registration: Registration is on Tuesday from 9 a.m. to 4 p.m.

09 61 34 75 43

ad31.montrajeau@restosducoeur.org

Services: Food basket, information and orientation point, administrative counselling, budget advice
<https://soliguide.fr/en/fiche/26216>

Muret

1. Restos du Cœur - Centre d'Activité de Muret

13 Rue Joseph Cugnot, 31600 Muret

Tuesday: 13h45 to 16h30

Thursday: 13h45 to 16h30

Unconditional welcome

On registration: Registration is on Tuesday and Thursday from 9:15 a.m. to 11:15 a.m.

05 34 46 52 23

ad31.muret@restosducoeur.org

Services: Food basket, information and orientation point
<https://soliguide.fr/en/fiche/9179>

2. Croix-Rouge française - Unite Locale de Muret

Temporary Message: from 02/07/2025 to 02/09/2025

Fermeture d'été: lors de la fermeture de nos services, contactez le CCAS de votre commune

Temporary closure: from 04/08/2025 to 24/08/2025

Voici les dates de fermetures des activités de l'Unité Locale :

Epicerie du 4 au 24/08 Français Langues Etrangères du 2/07 au 02/09 Inclusion numérique du 01/07 au 01/09 Les maraudes seront maintenues si possible

Unconditional welcome

By appointment only

On registration

Orientation only

accepted animals

Accessible to people with reduced mobility

05 61 56 10 08

accueil-ul.muret@croix-rouge.fr

Services: Information and orientation point, french language courses, social and solidarity grocery stores, food basket, digital training
<https://soliguide.fr/en/fiche/26342>

3. Secours Catholique Ariège-Garonne - Muret

83 Av. Bernard IV, 31600 Muret

Temporary closure: from 15/08/2025 to 31/08/2025

FERMETURE ÉTÉ

Monday: 9h30 to 11h30 - 14h to 16h30

Tuesday to Wednesday: 9h30 to 11h45

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

Friday: 9h30 to 11h30

Unconditional welcome

Accessible to people with reduced mobility

05 61 41 77 25

06 44 10 46 87

muret.311@secours-catholique.org

Services: Rest area, food basket, french language courses, various leisure, social support, clothes

<https://soliguide.fr/en/fiche/26704>

4. CCAS de Muret

1 Av. d'Europe, 31600 Muret

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

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

Unconditional welcome

Accessible to people with reduced mobility

05 61 51 90 50

accueil.ccas@mairie-muret.fr

Services: Social support, administrative counselling, aid for the disabled, domiciliation, housing assistance, budget advice, food distribution, food voucher/check, solidarity garden

<https://soliguide.fr/en/fiche/27619>

Pechabou

1. CCAS de Pechabou

6 Rue du Fort, 31320 Pechabou

Monday: 13h30 to 18h



Tuesday: 9h to 12h - 13h30 to 18h

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

Thursday: 9h to 12h - 13h30 to 18h

Friday to Saturday: 9h to 12h

Unconditional welcome

By appointment only: Call to make an appointment

Accessible to people with reduced mobility

05 62 16 78 24

ccas@mairie-pechabou.fr

Services: Social support, administrative counselling, aid for the disabled, domiciliation, housing assistance, food voucher/check

<https://soliguide.fr/en/fiche/28461>

Pibrac

1. Restos du Cœur - Centre d'Activité de Pibrac

29 Rue du 19 Mars 1962, 31820 Pibrac

Tuesday: 9h30 to 12h30 - 13h30 to 16h30

Unconditional welcome

On registration: Registration is on Thursday from 2 p.m. to 4 p.m.

06 68 09 90 33

ad31.pibrac@restosducoeur.org

Services: Food basket, information and orientation point

<https://soliguide.fr/en/fiche/9188>

2. Secours Catholique Ariège-Garonne - Pibrac - Vestiaire

Bd des Écoles, 31820 Pibrac

Temporary closure: from 15/07/2025 to 15/08/2025

FERMETURE ÉTÉ

Tuesday: 13h45 to 16h30

Friday: 13h45 to 16h30

Unconditional welcome

05 61 07 45 73

ariegegaronne@secours-catholique.org

Services: Clothes

<https://soliguide.fr/en/fiche/27855>

3. CCAS de Pibrac

10 Av. du Bois de la Barthe, 31820 Pibrac

Temporary closure: from 04/08/2025 to 15/08/2025

fermeture annuelle congés d'été

Monday to Tuesday: 13h30 to 18h

Thursday: 8h30 to 12h30

Unconditional welcome

Accessible to people with reduced mobility

05 62 13 93 93

ccas@mairie-pibrac.fr

Services: Social support, administrative counselling, aid for the disabled, domiciliation, housing assistance, budget advice, emergency shelters, food voucher/check

<https://soliguide.fr/en/fiche/30186>

Pins-Justaret

1. CCAS de Pins-Justaret

Pl. du Château, 31860 Pins-Justaret

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

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

Unconditional welcome

Accessible to people with reduced mobility

Other details: Make an appointment on Tuesday and Thursday

05 62 11 71 26

ccas@mairie-pinsjustaret.fr

Services: Social support, administrative counselling, aid for the disabled, housing assistance, budget advice, domiciliation, social and solidarity grocery stores, food voucher/check

<https://soliguide.fr/en/fiche/30833>

Plaisance-du-Touch

1. Restos du cœur - Centre d'Activité de Plaisance du Touch

5 Rue d'Estujats, 31830 Plaisance-du-Touch

Monday: 9h30 to 11h - 14h to 16h

Unconditional welcome

By appointment only

On registration: Les inscriptions se font le lundi de 9 h 30 à 11 h et de 14h à 16h.

07 49 91 85 36

ad31.plaisance@restosducoeur.org

Services: Food basket, information and orientation point, administrative counselling, budget advice

<https://soliguide.fr/en/fiche/26220>

2. Secours Catholique Ariège-Garonne - Plaisance-du-Touch

13 Rue François Verdier, 31830 Plaisance-du-Touch

Temporary closure: from 10/07/2025 to 31/08/2025

FERMETURE ÉTÉ

Tuesday to Wednesday: 14h to 16h30

Thursday: 14h to 17h

Unconditional welcome

05 61 86 77 34

sc.plaisance@secours-catholique.org

Services: Food basket, clothes, social support

<https://soliguide.fr/en/fiche/26738>

3. CCAS de Plaisance-du-Touch

3 Rue des Tilleuls (Et 5 rue des Tilleuls (2 entrées)), 31830

Plaisance-du-Touch

Monday: 10h to 12h30 - 13h30 to 17h

Tuesday to Thursday: 8h30 to 12h30 - 13h30 to 17h

Friday: 8h30 to 12h30

Unconditional welcome

Accueil CCAS: 05 61 16 39 62

ccas@plaisancedutouch.fr

Services: Social support, budget advice, aid for the disabled, mobility aid, domiciliation, housing assistance, long-term shelters, job-seeking assistance, legal advice, public letter-writer, food distribution, various leisure

<https://soliguide.fr/en/fiche/30829>

Portet-sur-Garonne

1. Restos du cœur - Centre d'Activité de Portet sur Garonne

All. du Grand Chêne (Ancienne Eglise - Le Récébédou), 31120

Portet-sur-Garonne

Tuesday: 9h30 to 17h

Unconditional welcome

On registration: Registration takes place on Thursdays from 9:00 a.m. to 12:00 p.m.

05 34 48 94 16

ad31.portet@restosducoeur.org

Services: Food basket, information and orientation point, administrative counselling, budget advice

<https://soliguide.fr/en/fiche/26240>

2. CCAS de Portet-sur-Garonne Espace Pierre de Coubertin

1 Av. Pierre de Coubertin (Dans l'Espace Pierre de Coubertin), 31120 Portet-sur-Garonne

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

Unconditional welcome

By appointment only: Il faut prendre rendez-vous par mail ou téléphone

Accessible to people with reduced mobility

05 61 41 40 80

accueil.ccas@portetgaronne.fr

Services: Social support, legal advice, food distribution, information and orientation point

<https://soliguide.fr/en/fiche/28616>

Revel

1. Restos du Cœur - Centre d'Activité de Revel

60 Avenue Notre Dame, 31250 Revel

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

Unconditional welcome

By appointment only

On registration: Registration takes place on Wednesdays from 9 a.m. to 12 p.m. and from 2 p.m. to 4 p.m.

05 34 66 99 49

ad31.revel@restosducoeur.org

Services: Food basket, information and orientation point

<https://soliguide.fr/en/fiche/9434>

Rieumes

1. Restos du Cœur - Centre d'Activités de Rieumes

24 Pl. du Marché À la Volaille, 31370 Rieumes

Thursday: 8h30 to 13h

Unconditional welcome

On registration: Les inscriptions se font le mardi de 9 h à 11 h.
05 61 08 42 77

ad31.rieumes@restosducoeur.org

Services: Food basket, information and orientation point
<https://soliguide.fr/en/fiche/9336>

2. Maison du Tailleur - Action sociale - Education et cohésion sociale - CC-Coeur de Garonne

2 Place du Marché à la Volaille (1er étage), 31370 Rieumes

Temporary closure: from 21/07/2025 to 03/08/2025

Fermeture congés d'été

Monday: 8h15 to 17h

Tuesday: 8h15 to 18h

Wednesday to Thursday: 8h15 to 16h30

Friday: 8h to 16h45

Unconditional welcome

By appointment only

accepted animals

Accessible to people with reduced mobility

Accueil: 05 61 91 94 96

action.sociale@cc-coeurdegaronne.fr

Services: Social support, budget advice, transport with driver, food distribution

<https://soliguide.fr/en/fiche/52882>

Roques

1. Vert Soleil - Roques-sur-Garonne

Wednesday: 14h to 18h

Unconditional welcome

By appointment only: to pick up the package

Orientation only: Referral by CCAS.

06 20 46 45 33

vert.soleil@orange.fr

Services: Food basket

<https://soliguide.fr/en/fiche/27063>

2. CCAS de Roques-sur-Garonne

Pl. Jean Jaurès, 31120 Roques

Temporary Message: from 01/07/2025 to 01/10/2025

TRAVAUX - CCAS Déplacé: Pour cause de travaux le CCAS est déplacé au 2 rue du vieux Colombiers pendant l'été. Il faut vérifier l'adresse au moment de prendre rendez-vous.

Temporary closure: from 04/08/2025 to 08/08/2025 congés d'été

Monday: 14h to 17h

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

Thursday: 14h to 17h

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

Unconditional welcome adapted to in a regular situation, isolated people, couples.

Other useful informations: For people attached to the municipal territory of Roques

05 61 72 83 15

social@mairie-roques.fr

Services: Social support, administrative counselling, aid for the disabled, domiciliation, social and solidarity grocery stores

<https://soliguide.fr/en/fiche/27807>

Roquettes

1. CCAS de Roquettes

6 Rue Clément Ader, 31120 Roquettes

Temporary schedules: from 07/07/2025 to 31/08/2025

Wednesday to Thursday: 9h to 12h

Wednesday: 9h to 12h - 14h to 18h

Thursday: 9h to 12h

Unconditional welcome adapted to in a regular situation, isolated people, couples.

Other useful informations: For people attached to the municipal territory of Roquettes

05 61 72 80 52

ccas@mairie-roquettes.fr

Services: Social support, administrative counselling, aid for the disabled, domiciliation, housing assistance, social and solidarity grocery stores

<https://soliguide.fr/en/fiche/27808>

Saint-Gaudens

1. Restos du cœur - Centre d'Activité de Saint-Gaudens

8 Imp. Alphonse de Lamartine, 31800 Saint-Gaudens

Temporary closure: from 04/08/2025 to 24/08/2025

Fermeture estivale

Tuesday: 13h30 to 17h

Friday: 13h30 to 17h

Unconditional welcome

By appointment only

On registration: Registration is on Tuesday and Friday from 9 a.m. to 11 a.m.

09 62 11 93 18

ad31.saintgaudens@restosducoeur.org

Services: Food basket, information and orientation point, administrative counselling, budget advice

<https://soliguide.fr/en/fiche/26241>

2. Conférence Saint-Gaudens

10 Av. du Maréchal Joffre, 31800 Saint-Gaudens

Temporary closure: from 01/08/2025 to 01/09/2025

Thursday: 14h to 17h

Unconditional welcome

05 61 89 09 51

jeanfarges1@gmail.com

Services: Food voucher/check, various leisure

<https://soliguide.fr/en/fiche/26595>

3. LA CASA

47 Av. de l'Isle, 31800 Saint-Gaudens

Monday to Tuesday: 13h30 to 19h

Wednesday: 13h30 to 18h

Thursday to Friday: 10h to 15h30

Saturday: 9h to 13h30

Unconditional welcome

By appointment only: Make an appointment by phone

Other details: Setting up a file with the association (depending on income)

05 61 89 68 67

accueil.lacasa31800@gmail.com

Services: Social and solidarity grocery stores, various leisure, integration through economic activity

<https://soliguide.fr/en/fiche/27254>

4. Centre Intercommunal d'Action Sociale (CIAS) - Saint-Gaudens

4 Rue de la République, 31800 Saint-Gaudens

Monday to Friday: 8h30 to 12h - 13h30 to 17h

Unconditional welcome

Accessible to people with reduced mobility



05 62 00 96 20

cias@la5c.fr

Services: Social support, domiciliation, housing assistance, administrative counselling, budget advice, food voucher/check, aid for the disabled, mobility aid

<https://soliguide.fr/en/fiche/28366>

5. Femmes de papier 31

41bis Avenue du Marechal Joffre, 31800 Saint-Gaudens

Monday to Thursday: 9h to 17h

Exclusive welcome: women, isolated people, families, pregnant women, victim of violence.

Other useful informations: Femmes de Papier is open to all women.

We nevertheless specialize in supporting women who are victims of violence, particularly domestic violence.

Accessible to people with reduced mobility

Other details: Reception without appointment on Thursday from 9 a.m. to 12 p.m. Reception by appointment from

Monday to Thursday

05 61 89 43 07

association@femmesdepapier.fr

Services: Day shelters, emergency shelters, various leisure

<https://soliguide.fr/en/fiche/35081>

6. Centre social AZIMUT

Espa. Jean Pégot, 31800 Saint-Gaudens

Monday to Friday: 9h to 17h

Unconditional welcome

Financial participation required: To become a member of the Social Center, an annual family contribution will be required.

This membership gives you access to all activities. You will also be offered outings with individual participation.

05 61 94 52 30

Services: Various leisure, information and orientation point, digital training, french language courses, counselling for parents, food basket, legal advice, food voucher/check, social support

<https://soliguide.fr/en/fiche/34933>

7. LOCOMINGES

3 Place du Marechal Juin, 31800 Saint-Gaudens

Temporary Message: from 28/07/2025 to 28/08/2025

Fermeture estivale épicerie Loco'minges: Bonjour, Nous vous informons de la fermeture du Loco'minges les vendredis 1er, 8, 15 et 22 août. Nous vous souhaitons un bel été et vous retrouverons avec joie lors de la réouverture de l'épicerie, qui est prévue le 29 août. A bientôt !L'équipe du Loco'minges

Temporary closure: from 28/07/2025 to 28/08/2025
fermeture annuelle congés d'été

Thursday: 9h to 12h

Friday: 12h30 to 19h

Unconditional welcome

Accessible to people with reduced mobility

Other details: Adhésion à Graines d'Avenir (1€) proposée
07 44 54 85 80

locomings@gmail.com

Services: Social and solidarity grocery stores, cooking workshop

<https://soliguide.fr/en/fiche/54168>

Saint-Jory

1. Secours Catholique Ariège-Garonne - Saint-Jory

2 Rue de Verdun, 31790 Saint-Jory

Temporary closure: from 01/08/2025 to 31/08/2025

FERMETURE ÉTÉ

Tuesday: 14h to 16h

Thursday: 14h to 16h

Unconditional welcome

06 38 89 85 92

secourscatholiquesaintjory@gmail.com

Services: Social support, clothes

<https://soliguide.fr/en/fiche/26825>

Saint-Lys

1. Secours Catholique Ariège-Garonne - Saint-Lys

1 Rue du Béarn, 31470 Saint-Lys

Temporary closure: from 10/08/2025 to 31/08/2025

FERMETURE ÉTÉ

Tuesday: 13h30 to 16h30

Unconditional welcome

06 32 85 25 31

ariegegaronne@secours-catholique.org

Services: Food basket, solidarity shop, social support

<https://soliguide.fr/en/fiche/26714>

2. CCAS de Saint-Lys

16 Rue du 11 Novembre 1918, 31470 Saint-Lys

Monday to Thursday: 8h30 to 12h - 14h to 17h

Friday: 8h30 to 12h - 14h to 16h

Unconditional welcome

Accessible to people with reduced mobility

05 62 14 73 60

ccas@saint-lys.fr

Services: Social support, administrative counselling, aid for the disabled, housing assistance, budget advice, domiciliation, food basket, job-seeking assistance,

solidarity garden

<https://soliguide.fr/en/fiche/30832>

Saint-Sauveur

1. CCAS de Saint-Sauveur

All. d'Orzalis, 31790 Saint-Sauveur

Temporary closure: from 11/08/2025 to 22/08/2025

Monday to Tuesday: 9h to 12h - 14h to 18h

Wednesday: 9h to 12h

Thursday to Friday: 9h to 12h - 14h to 18h

Unconditional welcome

By appointment only: Make an appointment by phone or email

Accessible to people with reduced mobility

05 34 27 92 61

j.lantoine@ville-saint-sauveur.fr

Services: Social support, administrative counselling, aid for the disabled, housing assistance, domiciliation, food basket

<https://soliguide.fr/en/fiche/30986>

Salles-sur-Garonne

1. Jardins du Volvestre

Monday to Tuesday: 8h to 16h30

Thursday to Friday: 8h to 16h30

Exclusive welcome: people at least 15 years old, in a regular situation.

Other useful informations: Eligible to IAE including RSA beneficiaries

Orientation only: By orientation or spontaneous application on the inclusion platform or directly.

05 61 90 71 87

volvestre@cocagnehautegearonne.org

Services: Integration through economic activity, food basket

<https://soliguide.fr/en/fiche/26724>

Saubens

1. CCAS de Saubens

1 Pl. Géraud Lavergne, 31600 Saubens

Temporary closure: on 14/07/2025

Fermeture le lundi 14/07/2025 et le vendredi 15/08/2025. Et fermeture le mercredi après-midi pendant les vacances scolaires

Monday to Wednesday: 8h30 to 12h15 - 13h30 to 17h

Thursday: 8h30 to 12h15 - 14h to 18h30

Friday: 8h30 to 16h

Unconditional welcome

By appointment only: Call for information and direction

Accessible to people with reduced mobility

Other details: /!\ The reception is ONLY by phone, call the number indicated below /!

Accueil: 05 61 56 89 75

contact@mairie-saubens.com

Services: Domiciliation, housing assistance, social and solidarity grocery stores

<https://soliguide.fr/en/fiche/31982>

Thil

1. CCAS de Thil

14 Grand'Rue, 31530 Thil

Monday: 9h to 12h - 14h to 18h

Tuesday: 9h to 12h

Wednesday to Friday: 9h to 12h - 14h to 18h

Unconditional welcome

By appointment only: Make an appointment by email or phone

Accessible to people with reduced mobility

05 61 85 42 88

ccas@mairie-thil.fr

Services: Social support, administrative counselling, aid for the disabled, domiciliation, food voucher/check

<https://soliguide.fr/en/fiche/30988>

Toulouse

1. Douches municipales de Bonnefoy

13 Rue Dr Paul Pujos, 31500 Toulouse

Temporary schedules: from 01/07/2025 to 31/08/2025

Tuesday to Friday: 8h to 15h

Saturday: 8h to 14h15

Tuesday to Friday: 8h30 to 15h15

Saturday: 8h30 to 14h45

Unconditional welcome

05 61 11 87 31

Services: Showers, toilets, laundry services

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

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

Chem. du Raisin, 31200 Toulouse

Temporary closure: from 01/07/2025 to 31/08/2025

Fermeture estivale

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.

05 34 40 12 12

ad31.accueil@restosducoeur.org

Services: Food distribution

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

3. Secours Catholique Ariège-Garonne - Toulouse - Ostalada

22 Pl. Arnaud Bernard, 31000 Toulouse

Monday to Saturday: 8h30 to 11h30

Unconditional welcome

Accepted animals

Accessible to people with reduced mobility

06 85 62 61 58

andrew.nguyen@secours-catholique.org

Services: Day shelters, food distribution, social support, showers, toilets, laundry services, shared kitchen, wifi, power/electricity plugs

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

4. Boutique Solidarité - ARPADE

48 Rue Michel Ange, 31200 Toulouse

Monday to Friday: 9h to 12h

Unconditional welcome adapted to adults.

Accepted animals

Accessible to people with reduced mobility

06 99 11 40 49

cpva.boutique@arpade.org

Services: Rest area, food distribution, toilets, well-being, social support, laundry services, luggage storage, psychology, computer posts, wifi, phone, power/electricity plugs, sport, various leisure, care

products

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

5. Restos du cœur - Centre d'Activité de Toulouse Négogousses

63 Rue de Négogousses, 31300 Toulouse

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

Saturday: 9h to 12h

Unconditional welcome

On registration: Registrations are on Monday from 9 a.m. to 12 p.m. and on Wednesday from 1:30 p.m. to 3 p.m.

09 83 85 29 35

ad31.lesarenes@restosducoeur.org

Services: Food basket, information and orientation point, administrative counselling, budget advice, care products

<https://soliguide.fr/en/fiche/26244>

6. Restos du cœur - Centre d'Activité de Toulouse Malepère

286 Rte de Revel, 31400 Toulouse

Monday: 9h30 to 11h30 - 13h30 to 15h30

Tuesday: 9h30 to 11h30 - 14h to 16h

Wednesday: 9h30 to 11h30

Saturday: 9h to 11h

Unconditional welcome

On registration: Registration is Monday from 9:30 a.m. to 11:30 a.m. and 1:30 p.m. to 3:30 p.m., Tuesday from 9:30 a.m. to 11:30 a.m. and 2 p.m. to 4 p.m., Wednesday from 9:30 a.m. to 11 a.m. 30.

09 83 98 46 19

ad31.malepere@restosducoeur.org

Services: Food basket, information and orientation point, administrative counselling, budget advice, care products

<https://soliguide.fr/en/fiche/26245>

7. Restos du Cœur - Centre d'Activité de Toulouse Grande-Bretagne

268 Av. de Grande Bretagne, 31300 Toulouse

Temporary closure: from 09/08/2025 to 28/08/2025

Fermeture estivale

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

Unconditional welcome

By appointment only

On registration: Les inscriptions se font le jeudi de 9 h à 12 h et de 14 h à 15 h.

05 62 87 23 52

ad31.casselardit@restosducoeur.org

Services: Food basket, information and orientation point, administrative counselling, budget advice, care products

<https://soliguide.fr/en/fiche/26243>

8. Camion du Cœur - Camion de ville des Minimes

42 Avenue Frédéric Estèbe, 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.

05 34 40 12 12

ad31.accueil@restosducoeur.org

Services: Food distribution

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

9. Camion du Cœur - Camion de Ville du Site Avenue de Rangueil

42 Av. de Rangueil, 31400 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.

05 34 40 12 12

ad31.accueil@restosducoeur.org

Services: Food distribution

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

10. GAF-Ateliers Jammes

13 Rue du Professeur Jammes, 31200 Toulouse

Temporary closure: from 07/07/2025 to 14/07/2025
congés annuels

Monday to Wednesday: 8h30 to 17h

Friday to Saturday: 8h30 to 17h

Sunday: 8h30 to 13h

Exclusive welcome: adults.

Other useful informations: Adults

Financial participation required

accepted animals

05 61 57 95 20

jammesateliers@gmail.com

Services: Day shelters, food distribution, sport, various leisure, digital training, cooking workshop

<https://soliguide.fr/en/fiche/26483>

11. Restos Bébé Toulouse

7 Gd Rue Saint-Nicolas, 31300 Toulouse

Temporary Message: on 16/07/2025

Ouverture exceptionnelle: Restos bébé sera ouvert exceptionnellement le mardi 16 juillet de 13h30 à 16h.

Temporary closure: from 01/08/2025 to 31/08/2025

Monday: 13h30 to 16h

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

Friday: 14h to 16h30

Exclusive welcome: people up to 1 years old, families, couples, pregnant women.

Other useful informations: For children aged 0 to 18 months

On registration: Il est nécessaire de s'inscrire la première fois par téléphone ou lors d'une permanence.

Other details: Constitution d'un dossier d'évaluation sociale lorsque prise en charge par l'association. Il faut apporter un certificat d'hébergement et un certificat de naissance pour s'inscrire. Le cas échéant un certificat de la caf est nécessaire.

05 61 42 96 13

restobebe31@gmail.com

Services: Baby package, social support, clothes

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

12. Conférence jeunes à Toulouse

45 Rue Pierre-Paul Riquet, 31000 Toulouse

Temporary schedules: since 01/07/2023

Temporary closure: from 01/07/2025 to 01/09/2025

Wednesday: 19h30 to 23h

Exclusive welcome: students.

On registration: send an email

No phone number given

ssvp31cd@gmail.com

Services: Food basket, clothes, sport, various leisure

<https://soliguide.fr/en/fiche/26592>

13. Épicerie Solidaire « Graine2Vie »

12 Rue de Fenouillet, 31200 Toulouse

Temporary closure: from 26/07/2025 to 02/09/2025

Congés

Tuesday: 14h to 17h

Friday: 14h to 17h

Saturday: 10h to 12h30

Unconditional welcome

By appointment only: make an appointment by phonecall

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: 06 74 70 27 82

secretariat@maintendue31.org

Services: Social and solidarity grocery stores, cooking workshop, various leisure, social support, counselling for parents

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

14. Soliciaie

9B Rue Louis Vestrepaïn, 31100 Toulouse

Monday to Tuesday: 14h to 17h

Thursday to Friday: 14h to 17h

Unconditional welcome

By appointment only: The reception of the public benefiting from our services, is done by appointment

On registration: For any registration request, contact the social service of the association.

Financial participation required: between 10% to 30% of their market value.

Accessible to people with reduced mobility

Other details: A social service dedicated to requests for information and registration takes place every Tuesday from 10 a.m. to 1 p.m. (without appointment) excluding public holidays and exceptional closing days.

standard: 09 80 79 36 71

soliciaie@gmail.com

Services: Information and orientation point, social and solidarity grocery stores, social support, various leisure

<https://soliguide.fr/en/fiche/26598>

15. Conférence Saint Vincent de Paul - Toulouse Paul Riquet

45 Rue Pierre-Paul Riquet, 31000 Toulouse

Temporary closure: from 01/07/2025 to 10/09/2025

Wednesday: 8h30 to 10h

Unconditional welcome

05 61 25 65 32

c.elisabelar@libertysurf.fr

Services: Food basket

<https://soliguide.fr/en/fiche/26593>

16. InServices - Toulouse

47 Av. de Grande Bretagne, 31300 Toulouse

Temporary Message: from 01/07/2025 to 15/09/2025

Fortes chaleurs: En cas de fortes chaleurs, l'épicerie est susceptible de fermer plus tôt l'après-midi. Si possible venez plutôt le matin ou en début d'après-midi.

Monday to Wednesday: 8h30 to 16h

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.)

Direction - partenariats: 06 58 13 15 50

Accueil - services courants pour les usagers: 06 63 39 68 47
inservices.c-sav@outlook.com

Services: Social and solidarity grocery stores, french

language courses

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

17. Conférence Saint Vincent de Paul - Toulouse

45 Rue du Faubourg Bonnefoy (45 bis), 31500 Toulouse

Temporary closure: from 08/07/2025 to 01/09/2025

Tuesday: 16h30 to 18h

Unconditional welcome

By appointment only: Go to a permanence to make an appointment

Financial participation required: 6€ per month and 1€ per additional person

Other details: Living in Faubourg Bonnefoy

05 61 26 36 22

sandrin.muriel@gmail.com

Services: Food basket

<https://soliguide.fr/en/fiche/26596>

18. Armée du Salut - Poste de Toulouse

111 Rue de Negreneys, 31200 Toulouse

Temporary closure: since 20/12/2024

Fermeture temporaire le temps de la réorganisation

Tuesday: 9h to 12h

Wednesday: 12h to 14h - 14h to 17h30

Thursday to Friday: 12h to 14h

Unconditional welcome

05 61 62 96 63

postetoulouse@armeedusalut.fr

Services: Food distribution, food basket, various leisure

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

19. Association D'Entraide Aidons Nous

38 Bd des Récollets, 31400 Toulouse

Temporary Message: from 15/07/2025 to 30/08/2025

Distribution de fruits et légumes au Grand Ramier pour le personnes inscrites à AIDONS NOUS: Du 15 juillet au 30 août, les personnes inscrites à AIDONS-NOUS peuvent récupérer des fruits et légumes au grand Ramier. (5 av du grand ramier, 31400 Toulouse).

Temporary closure: from 02/07/2025 to 28/08/2025

Tuesday: 14h to 17h

Friday: 14h to 17h

Unconditional welcome

Other details: Constitution of a file with proof of resources and expenses

05 61 52 96 60

aidonsnous@hotmail.fr

Services: Food basket, clothes

<https://soliguide.fr/en/fiche/26632>

20. 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.

06 95 85 21 69

contact@maintendue31.org

Services: Day shelters, food distribution, administrative counselling

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

21. Secours Catholique Ariège-Garonne - Toulouse Centre-ville - Maraude pedestres

22 Pl. Arnaud Bernard, 31000 Toulouse

Wednesday: 13h30 to 16h

Saturday: 13h30 to 16h

Unconditional welcome

06 85 62 61 58

andrew.nguyen@secours-catholique.org

Services: Food distribution, information and orientation point

<https://soliguide.fr/en/fiche/26749>

22. Secours Catholique Ariège-Garonne - Toulouse Petits Dej'

Rue Pierre Cazeneuve, 31200 Toulouse

Monday to Sunday: 7h to 9h

Unconditional welcome

06 85 62 61 58

andrewnguyen@secours-catholique.org

Services: Food distribution, rest area, information and orientation point

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

23. Secours Catholique Ariège-Garonne - Toulouse - Quartiers Mirail /Pradettes /Reynerie/Bellefontaine

20 Av. Winston Churchill, 31100 Toulouse

Temporary closure: from 01/07/2025 to 31/08/2025

FERMETURE ÉTÉ

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

Unconditional welcome

06 75 93 35 37

ariegegaronne@secours-catholique.org

Services: Information and orientation point, food basket, french language courses

<https://soliguide.fr/en/fiche/26754>

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

56 Rue de Périole, 31500 Toulouse

Temporary closure: from 01/07/2025 to 15/09/2025

FERMETURE ÉTÉ

Monday: 9h to 12h - 14h to 17h - 18h to 20h

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

Wednesday: 9h to 12h - 14h to 18h

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

Friday: 10h to 13h - 14h to 17h

Saturday: 9h to 15h30 - 15h30 to 18h

Sunday: 14h to 17h30

Unconditional welcome

05 67 06 22 30

mas.bonnefoy@gmail.com

Services: Information and orientation point, french language courses, digital training, school tutoring, social and solidarity grocery stores, various leisure

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

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

6bis Boulevard Maréchal Leclerc, 31000 Toulouse

Temporary schedules: since 17/06/2025

ouvert tous les jours de semaine de 8h30 à 12h30

Monday to Friday: 8h30 to 12h30

Temporary closure: from 04/08/2025 to 25/08/2025

Congés d'été

Monday to Friday: 8h30 to 12h30

Exclusive welcome: women.

Other useful informations: Children are welcome (boys up to 14 years old only).

09 80 49 29 39

lacasela.311@secours-catholique.org

Services: Food distribution, showers, laundry services, rest area, information and orientation point, family area, shared kitchen, french language courses, cooking workshop, care products

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

26. La Cloche - Toulouse

2 Rue des Jumeaux (Place Commune), 31500 Toulouse

Temporary closure: from 15/08/2025 to 30/08/2025

Fermeture annuelle (congés d'été)

Thursday: 14h to 16h

Unconditional welcome

07 84 77 18 59

toulouse@lacroche.org

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

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

27. Espace social du Grand Ramier

10 Av. du Grand Ramier, 31400 Toulouse

Monday to Friday: 10h30 to 14h

Unconditional welcome

Other details: takeaway lunch (unconditional) Renting families (refusal for evening bags) and for hosted families, make an appointment with the social team to obtain "a family card to take away"

05 61 32 03 24

Services: Food distribution, information and orientation point, various leisure, solidarity garden

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

28. La Traversée



15 Rue de Chambéry (B25), 31500 Toulouse

Temporary closure: from 11/07/2025 to 13/08/2025

FERMETURE ESTIVALE

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

05 61 11 91 00

latraverseetoulouse@gmail.com

Services: Food basket

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

29. Equipe Saint-Vincent Toulouse - Les Amidonniers

2 Rue du Docteur Hervé (Maison d'habitation), 31300 Toulouse

Temporary schedules: from 01/10/2024 to 04/07/2025

Wednesday: 10h to 16h

Thursday: 13h to 16h

Temporary schedules: from 09/07/2025 to 31/08/2025

régime estival : association ouverte le mercredi seulement et une semaine sur deux.

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

Temporary Message: from 09/07/2025 to 31/08/2025
régime estival d'ouverture de notre association: Bonjour, Nous préférons ne pas fermer une longue période et avons choisi d'ouvrir une semaine sur deux et seulement le mercredi à partir du 9 juillet et jusqu'au 31 août. journée d'ouverture : 9/07 23/07 6/08 20/08 Reprise du régime d'ouverture normal à partir des 3 et 4 septembre. Bien cordialement

Temporary closure: from 09/07/2025 to 31/08/2025

régime estival : distribution seulement le mercredi 10h-12h et 14h-16h. Et une semaine sur deux : ouverture les 9/07 - 23/07 - 6/08 - 20/08. Reprise du régime normal les 3 et 4 septembre.

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

Thursday: 13h to 16h

Unconditional welcome

On registration: Send an email to: esv.toulouse@gmail.com

Financial participation required: 3€ for a single person; 4€ if the household includes 2 adults; 5€ beyond that accepted animals

Other details: A person with reduced mobility can be served but on condition that they are accompanied or that we are notified by email because food distribution takes place on the ground floor but a small sidewalk must be climbed to enter the garden. Dogs are welcome provided they are kept on a lead and remain in the garden.

No phone number given

esv.toulouse@gmail.com

Services: Food basket, clothes

<https://soliguide.fr/en/fiche/26908>

30. L'Épi, épicerie solidaire

Temporary closure: from 16/08/2025 to 31/08/2025

Monday: 9h to 17h

Tuesday: 9h to 14h

Thursday: 9h to 17h

Friday: 9h to 14h

Unconditional welcome

By appointment only: by phone

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

06 77 34 41 90

epi.pradettes@gmail.com

Services: Social and solidarity grocery stores

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

31. 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

Exclusive welcome: in a regular situation.

On registration: Inscriptions sur place le vendredi matin de 10h à 12h

Financial participation required

Accessible to people with reduced mobility

Other details: Les inscriptions se font sur conditions de ressources (pièces d'identité de la famille, ressources de la famille, quittance de loyer, avis d'imposition).

06 87 52 15 55

johnson.ndukwe@orange.fr

Services: Social and solidarity grocery stores

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

32. La Main à la Pâte

62 Rue de Nîmes, 31400 Toulouse

Temporary closure: from 24/07/2025 to 25/08/2025

Monday: 10h to 17h30

Tuesday to Wednesday: 8h30 to 18h30

Thursday: 10h to 17h30

Unconditional welcome

By appointment only: Make an appointment by tel (Monday and Thursday hours)

05 61 62 66 51

asso.lamap@gmail.com

Services: Social and solidarity grocery stores, various leisure

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

33. Cantine solidaire - Saveurs d'Exil

22 Rue de Périole (À l'itinéraire bis), 31500 Toulouse

Temporary closure: since 11/12/2024

Fermure - date de réouverture communiquée ultérieurement

Wednesday to Thursday: 12h to 14h

Unconditional welcome

No phone number given

saveursdexil@gmail.com

Services: Food distribution

<https://soliguide.fr/en/fiche/27193>

34. AlimEco - Distribution Alimentaire

Temporary closure: from 29/07/2025 to 02/09/2025

Tuesday: 14h to 16h30

Unconditional welcome

On registration: Access to a food package depends on the place of residence (Bagatelle, Faourette, Papus) and the remaining living expenses of the household (2€ / day / person in the household)

Orientation only: Some of the families welcomed are guided by local social partners

Accessible to people with reduced mobility

Other details: People who feel the need to have a package must come on Tuesday afternoon to arrange an appointment. The aim of this meeting is to discuss and assess the family

situation.

06 03 49 73 29

info@alimeco.org

Services: Food basket

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

35. Le blé de l'espoir

Place Ausone, 31200 Toulouse

Temporary closure: from 01/07/2025 to 31/07/2025
fermeture d'été

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

Unconditional welcome

By appointment only: prendre rdv pour s'inscrire à l'épicerie

Other details: Constitution of a file (social assessment)

06 70 56 96 21

lebledelespoir31@gmail.com

Services: Social and solidarity grocery stores

<https://soliguide.fr/en/fiche/27182>

36. Le relais de Jocelyne

2 Chem. de Ribaute, 31400 Toulouse

Temporary closure: from 25/07/2025 to 03/09/2025

Wednesday to Friday: 14h to 17h30

Unconditional welcome

05 61 34 06 06

adim.relaisdejocelyne@hotmail.com

Services: Various leisure, cooking workshop, administrative counselling, food basket, computer posts

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

37. Entr'Act Solidarité

8 Imp. André Marestan, 31100 Toulouse

Temporary closure: from 11/08/2025 to 24/08/2025
fermeture estivale

Tuesday: 14h to 17h30

Wednesday: 8h30 to 18h

Thursday to Friday: 14h to 17h30

Unconditional welcome

By appointment only: make an appointment by phone or email

Other details: An appointment for a social assessment (creation of a file + development of a project)

07 81 92 92 21

entractsolidarite@gmail.com

Services: Social and solidarity grocery stores

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

38. Alternative Entr'Act

148 Av. de Fronton, 31200 Toulouse

Monday to Tuesday: 13h30 to 18h15

Thursday to Friday: 13h30 to 18h15

Saturday: 13h30 to 17h15

Unconditional welcome

By appointment only: By phone or email

Other details: Access to groceries is subject to a social assessment carried out by the social and family economy advisor (CESF). Proof of income and expenses are requested for the constitution of the registration file.

06 30 19 31 26

entractalternative@gmail.com

Services: Social and solidarity grocery stores

<https://soliguide.fr/en/fiche/27802>

39. AGEMP - Accueil Action Sociale

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>

06 50 35 83 98

solidarite@agemp.org

Services: Food basket, information and orientation point
<https://soliguide.fr/en/fiche/27998>

40. Autour de la Table - Association AVEC

9 Pl. André Daste (rez de chaussée - porte vitrée), 31400 Toulouse

Tuesday: 10h to 13h - 14h to 17h

Thursday: 9h30 to 12h30 - 13h30 to 16h30

Friday: 9h30 to 12h30

Unconditional welcome

On registration: call 06 50 55 23 92 for information and registration

Other details: No financial participation is required for beneficiaries

06 50 55 23 92

contact@assoavec.org

Services: Cooking workshop, food distribution
<https://soliguide.fr/en/fiche/28089>

41. Trait d'Union - Association AVEC

10 Pl. André Daste (Rez-de-chaussée de l'immeuble), 31400 Toulouse

Tuesday: 14h to 16h30

Wednesday: 10h to 12h30

Unconditional welcome

Accessible to people with reduced mobility

06 84 29 87 76

contact@assoavec.org

Services: Clothes

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

42. UT1-Esope

2T Rue des Puits Creusés, 31000 Toulouse

Temporary Message: from 18/07/2025 to 25/08/2025

Fermeture estivale contrainte par la fermeture de l'université: Bonjour,

En raison de la fermeture de l'université, l'épicerie UT1-ESOPE sera également fermée durant cette période.

Du 1er juillet au 31 août, des distributions de repas auront lieu tous les soirs, sans inscription, au 10 avenue du Grand-Ramier, 31400 Toulouse. Par ailleurs, vous pouvez consulter d'autres dispositifs d'aide sur Soliguide. À très vite !

Temporary closure: from 18/07/2025 to 25/08/2025

Fermeture estivale contrainte par la fermeture de l'université

Monday: 14h to 19h

Tuesday to Friday: 12h30 to 19h

Exclusive welcome: students.

Other useful informations: Reserved for students AND apprentices

By appointment only: Appointment to be made after acceptance of the file

On registration: Register via this link:

<https://ut1-esope.fr/inscription/>

Accessible to people with reduced mobility

Other details: /!\ Please note that you must create your account and create your file exclusively online

06 44 93 31 25

contact@ut1-esope.fr

Services: Social and solidarity grocery stores

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

43. Restos du Cœur - Centre d'Activité de Toulouse Séminaire

27 Chem. du Séminaire, 31200 Toulouse

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

Wednesday: 9h to 12h - 13h30 to 16h

Saturday: 9h to 12h

Unconditional welcome

By appointment only

On registration: Registrations take place on Thursdays from 9 a.m. to 12 p.m.

05 34 40 16 35

ad31.seminaire@restosducoeur.org

Services: Food basket, french language courses, information and orientation point

<https://soliguide.fr/en/fiche/29837>

44. Linkee - Toulouse - Les 500 Cartoucherie

1 Place de la Charte des Libertés Communales (Les 500 - Tram La Cartoucherie), 31300 Toulouse

Monday: 18h30 to 20h

Unconditional welcome adapted to students.

Other useful informations: Student.

On registration: <https://linkee.fillout.com/inscriptions>
accepted animals

Accessible to people with reduced mobility

Other details: On presentation of a student card or school certificate

06 49 74 58 74

etudiant.toulouse@linkee.co

Services: Food basket, care products, various leisure

<https://soliguide.fr/en/fiche/33121>

45. Centre social Bellefontaine



3 Imp. François Foulquier (Espace Enfance et Famille Claude Nougaro), 31100 Toulouse

Temporary closure: from 14/07/2025 to 31/08/2025

Monday: 13h30 to 16h45

Tuesday to Friday: 8h30 to 12h30 - 13h30 to 16h45

Unconditional welcome

Financial participation required: To become a member of the social center, you must pay an annual fee to the center. This membership gives you access to all activities and outings for all members of your household.

05 62 27 44 20

csocial-belfon@mairie-toulouse.fr

Services: Digital training, administrative counselling, french language courses, public letter-writer, job-seeking assistance, various leisure, food basket, legal advice, solidarity garden

<https://soliguide.fr/en/fiche/34174>

46. Le Camion Douche mixte

42 Avenue Frédéric Estèbe (Maison de la Petanque), 31200 Toulouse

Wednesday: 18h45 to 20h30

Unconditional welcome

06 37 31 45 17

07 83 77 38 17

lecamiondouche@gmail.com

Services: Showers, care products

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

47. Le Camion Douche femmes

Pl. Bernard Lange, 31300 Toulouse

Temporary schedules: from 24/03/2025 to 08/12/2025

Nouvelle sortie Camion Douche Femmes les 2èmes et 4èmes lundis du mois Avenue François Collignon

Monday: 11h30 to 14h

Saturday: 9h to 12h

Saturday: 9h to 12h

Exclusive welcome: women.

06 37 31 45 17

07 83 77 38 17

lecamiondouche@gmail.com

Services: Showers, care products

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

48. Le Camion Douche mixte

39 All. Jules Guesde (Devant le Quai des Savoirs), 31000 Toulouse

Sunday: 9h to 13h

Unconditional welcome

06 37 31 45 17

07 83 77 38 17

lecamiondouche@gmail.com

Services: Showers, care products

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

49. Solidarité Migrants Patte d'Oie - Toulouse

2 Pl. de la Patte d'Oie, 31300 Toulouse

Temporary schedules: from 15/07/2025 to 01/09/2025

Tuesday to Friday: 9h to 12h

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

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

Thursday: 10h to 12h

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

Unconditional welcome adapted to asylum seekers, refugees.

05 36 89 64 87

migrants.pattedoie@gmail.com

Services: Legal advice, french language courses, luggage

storage, clothes

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

50. Linkee - Toulouse - Université Jean Jaurès

5 All. Antonio Machado (📍 Bâtiment La Fabrique à côté du PC Sécurité, dans l'ancienne librairie), 31058 Toulouse

Temporary closure: from 25/06/2025 to 30/09/2025

Fermeture du lieu de distribution pendant l'été.

Tuesday: 18h to 19h30

Unconditional welcome adapted to students.

Other useful informations: Student.

On registration: <https://linkee.fillout.com/inscriptions>

Accessible to people with reduced mobility

Other details: On presentation of a student card or school certificate

06 49 74 58 74

etudiant.toulouse@linkee.co

Services: Food basket, care products, various leisure

<https://soliguide.fr/en/fiche/38733>

51. Association Voisins des rues

Toulouse (31100), 31100 Toulouse

Wednesday: 18h to 20h

Unconditional welcome

06 15 44 61 80

voisinsdesrues@gmail.com

Services: Food basket, care products, clothes, food distribution

<https://soliguide.fr/en/fiche/44602>

52. Coud'Pousse

15 Allées Jean Jaurès, 31000 Toulouse

Temporary closure: from 01/08/2025 to 17/08/2025

congés annuels

Wednesday: 19h30 to 22h30

Friday: 19h30 to 22h30

Unconditional welcome

No phone number given

coudpousse@gmail.com

Services: Food distribution, clothes, care products, administrative counselling

<https://soliguide.fr/en/fiche/49931>

53. Cop1 Toulouse

84 Boulevard Silvio Trentin (Le timbre), 31200 Toulouse

Temporary closure: from 21/06/2025 to 06/09/2025

Fermeture annuelle pour congés d'été

Saturday: 11h to 13h

Unconditional welcome

Accepted animals

Accessible to people with reduced mobility

Other details: Venir à l'heure et le bon jour (sur ton billet)Vérifier le lieu de la distribution sur ton billetRamener ta carte étudiante et/ou ton certificat de scolarité et/ou ta carte d'identité Ramener ton propre sac / caddieAnnuler ta réservation si tu ne viens pas pour laisser ta place à un-e autre étudiant-e/jeuneSi besoin tu peux prendre le panier d'un-e de tes ami-e-s avec la photo de sa carte d'étudiant-e ou d'identité et son billet

Coordinatrice: 06 14 30 12 77

toulouse@cop1.fr

Services: Food basket, various leisure

<https://soliguide.fr/en/fiche/57189>

54. Plan ESTIVAL

10 Avenue du Grand Ramier, 31400 Toulouse

Temporary closure: from 01/09/2025 to 30/06/2026

Dispositif uniquement mis en place durant l'été du 1er

juillet au 31 août

Monday to Sunday: 19h to 20h30

Exclusive welcome: familles, couples, pregnant women.

Other useful informations: Repas assis pour les femmes seules avec ou sans enfant et les familles en situation de précarité.

Accessible to people with reduced mobility

No phone number given

Services: Food distribution

<https://soliguide.fr/en/fiche/58161>

Tournefeuille

1. Restos du Cœur - Centre d'Activité de Tournefeuille

32 Rte de Tarbes, 31170 Tournefeuille

Tuesday: 13h30 to 16h30

Unconditional welcome

On registration: Registrations take place on Thursdays from 9 a.m. to 12 p.m.

06 68 09 98 03

ad31.tournefeuille@restosducoeur.org

Services: Food basket, information and orientation point

<https://soliguide.fr/en/fiche/29876>

Villaudric

1. CCAS de Villaudric

Rue de la Negrette, 31620 Villaudric

Temporary schedules: from 01/07/2025 to 31/08/2025

Tuesday to Wednesday: 9h to 12h

Thursday: 9h to 12h - 14h to 18h

Friday: 9h to 12h

Tuesday to Wednesday: 9h to 12h

Thursday: 9h to 12h - 14h to 18h

Friday to Saturday: 9h to 12h

Unconditional welcome

Accessible to people with reduced mobility

Accueil Mairie: 05 61 82 44 13

N° de l'élue en charge Mme Plas: 06 03 02 34 81

liliane.plas@villaudric.fr

Services: Social support, administrative counselling, domiciliation, computer posts, food voucher/check

<https://soliguide.fr/en/fiche/30990>

Villefranche-de-Lauragais

1. Restos du cœur - Centre d'Activité de Villefranche de Lauragais

132 Rue de la République, 31290 Villefranche-de-Lauragais

Thursday: 13h to 16h30

Unconditional welcome

On registration: Les inscriptions se font le mercredi de 8 h 30 à 12 h et le jeudi de 8 h 30 à 11 h 30.

05 61 80 18 62

ad31.villefranche@restosducoeur.org

Services: Food basket, information and orientation point, administrative counselling, budget advice

<https://soliguide.fr/en/fiche/26247>

2. CCAS de Villefranche de Lauragais

134 Rue de la République (Pôle Social), 31290

Villefranche-de-Lauragais

Monday: 8h30 to 12h30 - 13h30 to 17h30

Tuesday: 13h30 to 17h30

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

Unconditional welcome

By appointment only: Call or send an email to make an appointment

Accessible to people with reduced mobility

05 34 43 31 61

pole.social@mairie-villefranchedelauragais.fr

Services: Social support, administrative counselling, aid for the disabled, housing assistance, budget advice, domiciliation, mobility aid, various leisure, food distribution

<https://soliguide.fr/en/fiche/28468>

Villemur-sur-Tarn

1. Le panier Villemurien

2 Rue des Huguenots (Derrière chez M. Le Maire), 31340 Villemur-sur-Tarn

Temporary closure: from 01/08/2025 to 31/08/2025 congés annuels

Wednesday to Thursday: 9h to 11h45

Unconditional welcome

By appointment only: By phone or email

On registration

06 28 94 41 99

paniervillemurien@gmail.com

Services: Food basket, clothes

<https://soliguide.fr/en/fiche/27692>

2. CCAS/CIAS de Villemur-sur-Tarn

2 Av. Saint-Exupéry 31 340, 31340 Villemur-sur-Tarn

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

Tuesday: 8h30 to 12h30

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

Friday: 8h30 to 12h30 - 13h30 to 16h30

Unconditional welcome

Accessible to people with reduced mobility

05 61 09 91 38

cias4@valaigo.fr

Services: Social support, administrative counselling, aid for the disabled, domiciliation, housing assistance, budget advice, food voucher/check

<https://soliguide.fr/en/fiche/30992>

Villeneuve-Tolosane

1. Association Aide Aux Familles - Villeneuve-Tolosane

2 Rue de l'Esplanade, 31270 Villeneuve-Tolosane

Temporary closure: from 05/07/2025 to 02/09/2025

Congés d'été

Friday: 8h45 to 12h

Unconditional welcome

06 75 81 84 17

aideauxfamilles31@gmail.com

Services: Food basket, clothes

<https://soliguide.fr/en/fiche/27035>

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



Flash me!