



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: 03/12/2025

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

14 Place de la République, 31160 Aspet

Temporary closure: on 26/12/2025

Fermeture exceptionnelle les vendredi 26/12/2025 et 02/01/2026

Temporary closure: on 02/01/2026

Fermeture exceptionnelle les vendredi 26/12/2025 et 02/01/2026

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, domiciliation, housing assistance, budget advice, food voucher/check, french language courses, transport with driver, food distribution, various leisure

<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. Secours Catholique Ariège-Garonne - Auterive

18 Rue Gambetta, 31190 Auterive

Tuesday: 14h to 18h

Unconditional welcome

06 47 21 72 00

ariegegaronne@secours-catholique.org

Services: Clothes

<https://soliguide.fr/en/fiche/26693>

Avignonet-Lauragais

1. CCAS d'Avignonet-Lauragais

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

Avignonet-Lauragais

Temporary closure: on 26/12/2025

Temporary closure: on 02/01/2026

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'Ayaguesvives

Pl. du Fort, 31450 Ayguesvives

Monday to Tuesday: 14h to 18h

Wednesday: 9h to 12h

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 Ayguesvives

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>

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>

Beauzelle

1. CCAS de Beauzelle

19 Rue des Rossignols, 31700 Beauzelle

Monday: 13h30 to 17h

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

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

Friday: 8h to 12h30 - 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>

Bellegarde-Sainte-Marie

1. Le Village de François - Abbaye du Désert

35 Chemin de Saint-Bernard (Abbaye Sainte Marie du désert),
31530 Bellegarde-Sainte-Marie

Monday to Friday: 9h to 17h

Unconditional welcome

On registration: Les personnes intéressées peuvent s'inscrire directement en ligne :

<https://extranet.levillagedefrancois.com/>

Financial participation required: Une indemnité de logement (participation aux charges incluse -eau, électricité, chauffages, charges) d'environ 330€ est nécessaire, ainsi qu'un coût d'environ 70 € par mois pour les courses alimentaires.

Accessible to people with reduced mobility

Contact et inscription: 06 22 39 92 51

contact@levillagedefrancois.com

Services: Long-terme shelters, food basket, integration through economic activity, solidarity garden

<https://soliguide.fr/en/fiche/63659>

Bessières

1. CCAS/CIAS de Bessières

39 All. des Écoles, 31660 Bessières

Temporary closure: from 29/12/2025 to 04/01/2026

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

Thursday: 9h30 to 12h30

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

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

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

05 61 63 45 12

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. Secours Catholique Ariège-Garonne - Blagnac

5 Imp. des Alouettes, 31700 Blagnac

Wednesday: 10h to 12h

Thursday: 11h to 17h

Unconditional welcome

06 47 33 18 68

blagnac@secours-catholique.org

Services: Social support, food basket, french language courses

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

2. 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: Based on social criteria

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: The grocery store sells the products at around 30% of their value

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>

3. Le RAYON 31 de la CFA

21 Avenue Georges Brassens (En plein cœur du CFA juste à droite après l'entrée), 31700 Blagnac

Temporary closure: from 19/12/2025 to 05/01/2026

Fermeture du CFA

Tuesday to Thursday: 12h30 to 17h45

Exclusive welcome: in a regular situation, students.

Other useful informations: L'épicerie est ouverte à tout.es les étudiant.es/apprenti.es du territoires mais sous conditions de ressources via un calcul de reste à vivre. Pour y accéder il faut

créer un dossier sur notre site

<https://ba31.lerayon.org/je-m-inscris/>

By appointment only: Prise de rdv via

<https://ba31.lerayon.org/je-m-inscris/>

On registration: Inscription sur dossier via

<https://ba31.lerayon.org/je-m-inscris/>

Financial participation required: C'est une épicerie sociale, les produits y sont 70 à 90 % moins cher qu'en supermarché.

Accessible to people with reduced mobility

Responsable: 06 44 09 46 66

ba310.rayon.cfa@banquealimentaire.org

Services: Social and solidarity grocery stores

<https://soliguide.fr/en/fiche/60401>

Bouloc

1. Le Trèfle à 4 feuilles

Saturday: 9h to 12h30

Exclusive welcome: in a regular situation.

Other useful informations: People accompanied by social services

By appointment only

Orientation only: People must go through the CCAS or the Maison des Solidarités in Bouloc.

Financial participation required: €2 for the first person, 50 cents per additional person

Accessible to people with reduced mobility

Accueil: 07 77 73 70 18

treffe.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

Temporary closure: from 26/12/2025 to 01/01/2026

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>

Brax

1. CCAS de Brax

9 Rue de la Mairie (Mairie), 31490 Brax

Temporary closure: on 26/12/2025

Temporary closure: on 31/12/2025

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

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

Temporary closure: on 26/12/2025

Fermeture exceptionnelle le 26/12/2025

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

Unconditional welcome

Accessible to people with reduced mobility

05 62 22 99 33

servicesocial@mairie-bruguieres.fr

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

<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

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

etacivil@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

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. 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.accueil@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>

Castanet-Tolosan

1. Comité Secours Populaire - Castanet Tolosan

6 Rue des Écoles, 31320 Castanet-Tolosan

Temporary closure: from 19/12/2025 to 04/01/2026

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

Unconditional welcome

05 61 27 84 84

spfcastanet@yahoo.fr

Services: Food basket, solidarity shop

<https://soliguide.fr/en/fiche/26176>

Castelginest

1. Secours Catholique Ariège-Garonne - Castelginest

9 Rue Malconseil, 31780 Castelginest

Thursday: 10h to 12h - 13h to 16h

Unconditional welcome

07 86 87 12 91

Services: Social support, food basket

<https://soliguide.fr/en/fiche/26824>

2. 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 phone

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>

Castelnau-d'Estrétefonds

1. CCAS de Castelnau D'Estrétefonds

29 Grande Rue (Maison Lagleyse, au 1er étage), 31620

Castelnau-d'Estrétefonds

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

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

Unconditional welcome

By appointment only

Accessible to people with reduced mobility

05 34 27 66 40

ccas@mairiecastelnau.fr

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

grocery stores, domiciliation, laundry services

<https://soliguide.fr/en/fiche/28320>

Cazères

1. Secours Catholique Ariège-Garonne - Cazères

Pl. d'Armes, 31220 Cazères

Tuesday: 9h30 to 12h

Thursday: 14h30 to 17h

Unconditional welcome

Accessible to people with reduced mobility

07 88 62 18 55

equipes.cazeres@secours-catholique.org

Services: Rest area, social support, cooking workshop, various leisure, food basket

<https://soliguide.fr/en/fiche/26690>

2. CCAS de Cazères

Place de l'Hotel de Ville, 31220 Cazères

Temporary closure: from 20/12/2025 to 28/12/2025

Monday: 13h30 to 17h

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

Friday: 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

contact@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: Make an appointment by email and phone

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. Comité Secours Populaire - Colomiers

Chemin des Ramassiers (Numéro 28), 31770 Colomiers

Monday: 14h to 17h

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

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

Friday: 13h30 to 16h

Unconditional welcome

05 61 78 49 64

contact@colomiers.spf31.org

Services: Food basket, french language courses, information and orientation point, solidarity shop, various leisure

<https://soliguide.fr/en/fiche/8935>

2. Secours Catholique Ariège-Garonne - Colomiers - Accueil

11 Pl. du Cantal, 31770 Colomiers

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>

3. CCAS de Colomiers

18 Pl. du Languedoc, 31770 Colomiers

Temporary closure: on 26/12/2025

Fermeture exceptionnelle les vendredi 26/12/2025 et 02/01/2026

Temporary closure: on 02/01/2026

Fermeture exceptionnelle les vendredi 26/12/2025 et 02/01/2026

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: Information and orientation point, social support, administrative counselling, aid for the disabled, domiciliation, social and solidarity grocery stores, legal advice, various leisure

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

Cornebarrieu

1. CCAS de Cornebarrieu

2 Pl. du Languedoc, 31700 Cornebarrieu

Temporary closure: on 26/12/2025

Fermé exceptionnellement le 26/12/2025

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

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

Monday: 9h30 to 11h30

Wednesday: 9h30 to 12h

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

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>

2. Association Aide Aux Familles - Cugnaux

1 Imp. des Violettes, 31270 Cugnaux

Temporary closure: from 20/12/2025 to 04/01/2026

Fermé pendant les vacances scolaires

Tuesday: 14h to 17h

Friday: 14h to 17h

Unconditional welcome

Financial participation required: Clothing and items at low prices

06 75 81 84 17

aideauxfamilles31@gmail.com

Services: Clothes

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

3. CCAS de Cugnaux

8 Bis Rue du Pré Vicinal, 31270 Cugnaux

Temporary schedules: from 24/12/2025 to 31/12/2025

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

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

Thursday: 9h to 12h30

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

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

Thursday: 9h to 12h30

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, job-seeking assistance

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

4. Relais pitchounets Cugnaux

Avenue Léo Lagrange (La Chartreuse Loubayssens), 31270 Cugnaux

Temporary closure: from 20/12/2025 to 04/01/2026

Fermé pendant les vacances scolaires

Tuesday: 14h to 17h

Friday: 14h to 17h

Unconditional welcome adapted to families, pregnant women.

Other useful informations: Pour les familles en charge d'un jeune enfant (de la naissance jusqu'aux 4 ans).

L'épicerie est réservée aux familles de Cugnaux non imposables.

Financial participation required: Produits, objets et vêtements

à petit prix.

Accueil: 07 52 07 57 54

relaispitchounets.cugnaux@gmail.com

Services: Social and solidarity grocery stores, solidarity shop

<https://soliguide.fr/en/fiche/63399>

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>

Fenouillet

1. Antenne du Secours Populaire Fenouillet

4 Rue Antoine de Saint-Exupéry, 31150 Fenouillet

Friday: 10h to 12h - 14h30 to 17h

Unconditional welcome

05 62 75 03 23

fenouillet@spf31.org

Services: Food basket

<https://soliguide.fr/en/fiche/26177>

2. Jardins du Ricotier

Temporary closure: from 23/12/2025 to 04/01/2026

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 05 46 42 73

ricotier@cocagnehautegaronne.org

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

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

3. Association Femmes du Monde

20 Rue de la Résidence Jean Vilar, 31150 Fenouillet

Temporary closure: from 20/12/2025 to 04/01/2026

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 20/12/2025 to 05/01/2026

Fermé pendant les vacances de Noël (en cas d'urgence s'adresser à la Mairie)

Tuesday to Friday: 8h30 to 12h30 - 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. 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>

2. 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>

3. CCAS de Fonsorbes

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

Temporary Message: from 25/12/2025 to 04/01/2026

Pas d'ateliers entre Noël et le Nouvel an: Interruption des ateliers pour quelques jours puis reprise dès la rentrée

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, transport with driver

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

Fronton

1. 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, 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 19/12/2025 to 04/01/2026

Wednesday: 9h30 to 12h

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

Unconditional welcome

05 62 87 97 85

Mobile: 07 52 68 54 40

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

Temporary closure: from 23/12/2025 to 05/01/2026

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@cocagnehautegaronne.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

social@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, showers, laundry services, phone, computer posts, various leisure

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

2. INSERVICES GRENADE

11 Rue Belfort, 31330 Grenade

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

Temporary closure: from 23/12/2025 to 05/01/2026

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 21/12/2025 to 02/01/2026

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



28 Avenue du Commandant Taillefer, 31230 L'Isle-en-Dodon

Temporary closure: on 26/12/2025

Temporary closure: on 02/01/2026

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

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

L'Union

1. Antenne Secours Populaire - L'Union

6 Rue du Pic du Midi (6BIS), 31240 L'Union

Temporary closure: from 20/12/2025 to 07/01/2026

Thursday to Friday: 14h to 17h30

Saturday: 10h to 16h

Unconditional welcome

07 86 21 30 51

spf.lunion@gmail.com

Services: Solidarity shop, food basket

<https://soliguide.fr/en/fiche/26183>

2. CCAS de L'Union

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

Temporary closure: on 26/12/2025

Temporary closure: on 02/01/2026

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, sport

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

La Salvetat-Saint-Gilles

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

Rue Jean Ferrat (Attention c'est Place Jean Ferrat), 31880 La Salvetat-Saint-Gilles

Temporary closure: from 24/12/2025 to 05/01/2026

Tuesday: 14h to 17h

Wednesday: 9h to 12h

Thursday: 14h to 17h

Unconditional welcome

09 50 20 07 79

salvetat.saint.gilles@spf31.org

Services: Clothes, food basket, various leisure

<https://soliguide.fr/en/fiche/26191>

2. Atout coeur salvetat

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

Temporary closure: from 20/12/2025 to 05/01/2026

En cas d'urgence, nous restons joignables par téléphone ou mail durant cette période.

Tuesday: 14h to 18h

Unconditional welcome

Secrétariat: 07 63 85 64 89

atoutcoeursalvetat31@gmail.com

Services: Food basket, clothes

<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, clothes

<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 12h - 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, legal advice, budget advice, housing assistance, phone

<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: 15h to 18h30

Tuesday: 9h30 to 12h

Wednesday: 15h to 18h30

Thursday: 9h30 to 12h

Friday: 15h to 18h30

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

accueil-mairie@labastidesaintsernin.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. Secours Catholique Ariège-Garonne - Launaguet

22 Rue du 19 Mars 1962, 31140 Launaguet

Monday to Tuesday: 14h to 17h

Wednesday: 9h to 11h30 - 14h to 17h

Unconditional welcome

06 47 35 12 23

sc.launaguet@gmail.com

Services: Social support, clothes

<https://soliguide.fr/en/fiche/26818>

Merville

1. CCAS de Merville 31

50 Rue du 19 Mars 1962, 31330 Merville

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

Tuesday 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 20/12/2025 to 04/01/2026

Fermé pendant les vacances scolaires

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>

Muret

1. Secours Catholique Ariège-Garonne - Muret

83 Av. Bernard IV, 31600 Muret

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>

2. 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>

Nailloux

1. Antenne Secours Populaire - Nailloux

14 Chem. de Cintegabelle, 31560 Nailloux

Temporary closure: from 26/12/2025 to 04/01/2026

Monday to Friday: 14h to 17h

Unconditional welcome

Other details: Schedules for Mondays, Tuesdays, Wednesdays and Thursdays are by appointment, call the number listed on the form

06 41 34 60 01

Jocelyne: 06 80 17 35 17

yvetteb3@orange.fr

Services: Food basket, clothes, various leisure

<https://soliguide.fr/en/fiche/26184>

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. Secours Catholique Ariège-Garonne - Pibrac - Vestiaire

Bd des Écoles, 31820 Pibrac

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>

2. CCAS de Pibrac

10 Av. du Bois de la Barthe, 31820 Pibrac

Temporary closure: from 25/12/2025 to 26/12/2025

Temporary closure: from 01/01/2026 to 02/01/2026

Monday: 14h to 17h

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

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

Unconditional welcome

Accessible to people with reduced mobility

05 62 13 93 93

ccas@mairie-pibrac.fr

Services: Information and orientation point, administrative counselling, aid for the disabled, domiciliation, housing assistance, budget advice,

emergency shelters, food voucher/check, social support
<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. Secours Catholique Ariège-Garonne - Plaisance-du-Touch

13 Rue François Verdier, 31830 Plaisance-du-Touch

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>

2. 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 62 13 52 52

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. Comité Secours Populaire - Portet-sur-Garonne

1 All. du Grand Chêne, 31120 Portet-sur-Garonne

Wednesday: 14h to 17h

Friday: 14h to 17h

Unconditional welcome

By appointment only: Make an appointment by phone or during hotlines

05 62 20 54 43

spfportet@gmail.com

Services: Social and solidarity grocery stores, solidarity shop

<https://soliguide.fr/en/fiche/26186>

2. Secours Catholique Ariège-Garonne - Portet-sur-Garonne/Roques-sur-Garonne/Sauben

s/Pinsaguel/Roquettes

19 Av. de Pradié, 31120 Portet-sur-Garonne

Saturday: 9h to 12h

Unconditional welcome

06 83 21 47 30

sc.5clochers@secours-catholique.org

Services: Food basket, school tutoring, various leisure, digital training, french language courses

<https://soliguide.fr/en/fiche/26723>

Rieux-Volvestre

1. Secours Catholique Ariège-Garonne - Rieux-Volvestre/ Carbonne

Rue de la Bastide (Numéro 12), 31310 Rieux-Volvestre

Friday: 9h to 14h

Unconditional welcome

On registration: Need to inform the team about attendance in order to organize purchases accordingly

Financial participation required: Participation in the meal requested.

Accessible to people with reduced mobility

06 44 10 46 88

volvestre@secours-catholique.org

Services: Food distribution, various leisure

<https://soliguide.fr/en/fiche/26692>

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 closure: on 26/12/2025

Fermeture exceptionnelle

Temporary closure: on 02/01/2026

Fermeture exceptionnelle

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

Tuesday: 9h to 12h

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



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-Alban

1. Association Reto

12 Avenue de Fronton, 31140 Saint-Alban

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

Friday: 9h to 12h30 - 14h to 18h

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

Unconditional welcome

standard: 05 61 45 21 50

retotoulouse@gmail.com

Services: Addiction, long-term shelters, solidarity shop,
food basket

<https://soliguide.fr/en/fiche/60488>

Saint-Gaudens

1. Comité Secours Populaire - Saint-Gaudens

place de la Libération (Bâtiment derrière le Conseil

Départemental Haute-Garonne à gauche), 31800

Saint-Gaudens

Temporary closure: from 20/12/2025 to 04/01/2026

Wednesday: 9h to 18h

Thursday: 9h to 12h

Unconditional welcome

By appointment only: Make an appointment by phone

07 77 96 81 77

05 61 89 52 20

saint.gaudens@spf31.org

Services: Social and solidarity grocery stores, solidarity
shop, school tutoring

<https://soliguide.fr/en/fiche/26187>

2. Conférence Saint-Gaudens

10 Av. du Maréchal Joffre, 31800 Saint-Gaudens

Temporary Message: from 25/12/2025 to 08/01/2026

Janvier 2026 : Distribution reportée au 8: En janvier, la
distribution alimentaire aura lieu exceptionnellement le
2e jeudi du mois

Temporary closure: on 01/01/2026

Fermeture exceptionnelle (Distribution reportée au
08/01/2026)

Thursday: 14h to 17h

Unconditional welcome

05 61 89 09 51

ssvp31cd@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 Wednesday: 13h30 to 18h30

Thursday to Friday: 10h to 18h30

Saturday: 10h to 13h

Unconditional welcome

By appointment only: Make an appointment by phone
Other details: Setting up a file with the association (depending on income)

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

Temporary closure: on 26/12/2025

Temporary closure: on 02/01/2026

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: Walk-in service available on Thursdays from 9am to 12pm Reception by appointment only, Monday to Thursday

05 61 89 43 07

association@femmesdepapier.fr

Services: Day shelters, emergency shelters, various leisure

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

Saint-Jory

1. Secours Catholique Ariège-Garonne - Saint-Jory

2 Rue de Verdun, 31790 Saint-Jory

Tuesday: 13h30 to 16h30

Thursday: 13h30 to 16h30

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

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-Orens-de-Gameville

1. Comité Secours Populaire - Saint Orens de Gameville

5 Rue de Partanais, 31650 Saint-Orens-de-Gameville

Temporary closure: from 25/12/2025 to 04/01/2026

Monday to Friday: 9h to 12h

Unconditional welcome

By appointment only

Financial participation required

05 61 39 08 11

spf.st.orens@orange.fr

Services: Clothes, solidarity shop, various leisure, food basket

<https://soliguide.fr/en/fiche/8950>

Saint-Sauveur

1. CCAS de Saint-Sauveur

All. d'Orzalis, 31790 Saint-Sauveur

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

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

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

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

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

Temporary closure: from 23/12/2025 to 05/01/2026

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@cocagnehautegaronne.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

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>

Seysses

1. Antenne Secours Populaire - Seysses

26 Rue de la République (Local en bas d'un escalier), 31600 Seysses

Temporary closure: from 23/12/2025 to 04/01/2026

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

Unconditional welcome

07 63 50 21 39

seysses.spf@gmail.com

Services: Food basket, social and solidarity grocery stores

<https://soliguide.fr/en/fiche/26189>

Thil

1. CCAS de Thil

14 Grand'Rue, 31530 Thil

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

Tuesday: 9h to 12h

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

Thursday 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

Tuesday to Friday: 8h30 to 15h15

Saturday: 8h30 to 14h45

Unconditional welcome

05 61 22 24 22

Services: Showers, toilets, laundry services

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

2. 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>

3. Secours Populaire Toulouse -Siège Fédération Haute-Garonne

147 Av. des États Unis, 31200 Toulouse

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

Unconditional welcome adapted to adults.

05 34 40 34 40

contact@spf31.org

Services: Information and orientation point, various leisure, social and solidarity grocery stores, legal advice, clothes, food basket, digital training, school tutoring, french language courses, job-seeking assistance

<https://soliguide.fr/en/fiche/26174>

4. GAF-Ateliers Jammes

13 Rue du Professeur Jammes, 31200 Toulouse

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, french language courses, integration through economic activity

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

5. Conférence Saint-Vincent de Paul à Toulouse

23 Rue Valade, 31000 Toulouse

Tuesday: 19h to 20h30

Unconditional welcome

On registration: send an email

Accueil Haute-Garonne: 05 61 26 36 22

ssvp31cd@gmail.com

Services: Food basket, information and orientation point

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

6. Ordre de Malte - Toulouse

33 Av. Jean Rieux, 31500 Toulouse

Thursday: 14h to 17h

Unconditional welcome

06 14 04 21 54

delegation31@ordredemaltefrance.org

Services: Information and orientation point, day shelters

<https://soliguide.fr/en/fiche/26563>

7. InServices - Toulouse

47 Av. de Grande Bretagne, 31300 Toulouse

Monday to Tuesday: 9h to 16h

Thursday to Friday: 9h to 13h

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.usagers31@outlook.com

Services: Social and solidarity grocery stores, french language courses

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

8. Armée du Salut - Poste de Toulouse

111 Rue de Negreneys, 31200 Toulouse

Temporary Message: from 21/12/2025 to 28/12/2025

Repas de Noël et fin d'année: Sur inscription après l'orientation d'un travailler social.

Dimanche 21 décembre 2025 Dimanche 28 décembre 2025

Temporary Message: from 04/12/2025 to 14/12/2025

Permanences: Pour s'inscrire aux colis alimentaires 2026 et aux repas de fin d'année (après orientation d'un travailleur social).

Judi 4 décembre 2025 de 10h à 17hVendredi 5 décembre 2025 de 10h à 17hDimanches 7 et 14 décembre 2025 de 12h30 à 16h

Unconditional welcome

05 61 62 96 63

postetoulouse@armeedusalut.fr

Services: Food basket

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

9. Association D'Entraide Aidons Nous

38 Bd des Récollets, 31400 Toulouse

Temporary closure: on 26/12/2025

Temporary closure: on 02/01/2026

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>

10. Secours Catholique Ariège-Garonne - Toulouse Centre-ville - Maraudeurs pédestres

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>

11. 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>

12. Secours Catholique Ariège-Garonne - Toulouse Quartier Rangueil - Saint Joseph

40 Av. Antoine de Saint-Exupéry, 31400 Toulouse

Friday: 9h30 to 11h30

Unconditional welcome

06 08 70 62 30

secourscatholique.saintjoseph@gmail.com

Services: Clothes, various leisure, food distribution

<https://soliguide.fr/en/fiche/26760>

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

20 Av. Winston Churchill, 31100 Toulouse

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>

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

56 Rue de Périole, 31500 Toulouse

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>

15. 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 24/12/2025 to 02/01/2026

Congés de fin d'année

Monday to Wednesday: 8h30 to 12h30

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

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

la casela.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>

16. Secours Catholique Ariège-Garonne - Toulouse Trinité

195 Rte de Seysses, 31100 Toulouse

Unconditional welcome

06 73 20 55 18

ariegegaronne@secours-catholique.org

Services: Clothes

<https://soliguide.fr/en/fiche/26755>

17. La Cloche - Toulouse

4 Rue du Faubourg Bonnefoy (Centre culturel de Bonnefoy),
31500 Toulouse

Temporary closure: from 24/12/2025 to 04/01/2026

Thursday: 14h to 16h

Unconditional welcome

07 84 77 18 59

toulouse@lacroche.org

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

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

18. CASIT - Boutique Sociale

Temporary closure: from 24/12/2025 to 04/01/2026

Wednesday: 14h to 16h30

Thursday: 10h to 14h

Exclusive welcome: in a regular situation.

On registration

Orientation only: From a social worker (CCAS, departmental
social service, etc.)

Financial participation required: between 10% and 30% of
the market price

05 61 62 88 89

casitoulouse@yahoo.fr

Services: Social and solidarity grocery stores

<https://soliguide.fr/en/fiche/26921>

19. Espace social du Grand Ramier

10 Av. du Grand Ramier, 31400 Toulouse

Monday to Friday: 10h30 to 14h

Unconditional welcome

On registration

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 22 29 61

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

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

20. L'Épi, épicerie solidaire

Temporary closure: from 24/12/2025 to 28/12/2025

Temporary closure: from 31/12/2025 to 04/01/2026

Monday: 9h to 15h30

Tuesday: 9h to 13h

Thursday: 9h to 15h30

Friday: 9h to 13h

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>

21. 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: Registration on site Friday morning from
10am to 12pm

Financial participation required

Accessible to people with reduced mobility

Other details: Registration is subject to income requirements
(family identity documents, family income, rent receipt, tax
notice).

06 87 52 15 55

johnson.ndukwe@orange.fr

Services: Social and solidarity grocery stores

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

22. Equipe Saint-Vincent Toulouse - Les Amidonniers

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

Temporary closure: from 22/12/2025 to 04/01/2026

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>

23. La Traversée

15 Rue de Chambéry (B25), 31500 Toulouse

Thursday: 16h to 19h30

Unconditional welcome

By appointment only: Call

On registration: According to proof of income

Financial participation required: €3 to €5 depending on the composition of the family

05 61 11 91 00

latraverseetoulouse@gmail.com

Services: Food basket

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

24. La Main à la Pâte

62 Rue de Nîmes, 31400 Toulouse

Temporary closure: from 25/12/2025 to 04/01/2026

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>

25. AlimEco - Distribution Alimentaire

Temporary closure: from 19/12/2025 to 04/01/2026

Tuesday: 14h to 16h30

Unconditional welcome

On registration: Access to a food parcel depends on the place of residence (Bagatelle, Faourette, Papus, Tabar and Bordelongue) and the household's remaining income (€4/day/person in the household)

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

Financial participation required: A symbolic amount of €1, €2 or €3 depending on the size of the package.

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>

26. Épicerie solidaire La Manne

3 Cheminement Edgard Varèse (Porte 302), 31100 Toulouse

Temporary closure: from 28/12/2025 to 05/01/2026

Tuesday to Wednesday: 14h15 to 17h

Thursday: 10h30 to 17h

Friday: 10h30 to 14h

Unconditional welcome

On registration: File assembled with proof of income

Financial participation required: Between 10 and 30% of the price of the products

06 25 46 04 99

06 64 86 01 45

asso.bongrenier31@gmail.com

Services: Social and solidarity grocery stores

<https://soliguide.fr/en/fiche/27191>

27. Le blé de l'espoir

Place Ausone, 31200 Toulouse

Temporary closure: from 24/12/2025 to 05/01/2026

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

Unconditional welcome

By appointment only: make an appointment to register at the grocery store

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>

28. Le petit Sab'lé

Temporary Message: from 20/12/2025 to 04/01/2026

Vacances de Noël : ouvert mardi uniquement: Pendant les vacances de Noël, l'épicerie est ouverte uniquement les mardi 23 et 30 décembre 2025.

Temporary closure: from 20/12/2025 to 04/01/2026

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: 05 61 55 88 00

Services: Social and solidarity grocery stores, cooking workshop, various leisure

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

29. Autour de la Table - Association AVEC

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

Temporary closure: on 25/12/2025

Temporary closure: on 01/01/2026

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

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>

30. Trait d'Union - Association AVEC

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

Temporary closure: on 25/12/2025

fermé le 25/12/2024 et le 01/01/2024

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>

31. Ordre de Malte - Petit déjeuner

19 Rue Riguepels (Dans le square à côté de l'Eglise Saint Etienne), 31000 Toulouse

Temporary Message: from 19/11/2025 to 30/04/2026

Ce service reste ouvert: Jusqu'a fin avril 2026

Sunday: 9h to 12h

Unconditional welcome

05 61 53 43 61

06 14 04 21 54

delegation31@ordredemaltefrance.org

Services: Food distribution

<https://soliguide.fr/en/fiche/28548>

32. UT1-Esope

2T Rue des Puits Creusés, 31000 Toulouse

Temporary closure: from 20/12/2025 to 05/01/2026

Monday to Friday: 13h to 18h45

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

ba310.rayon.utc@banquealimentaire.org

Services: Social and solidarity grocery stores

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

33. Le Camion Douche mixte

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

Temporary closure: from 22/12/2025 to 09/03/2026

L'association réalise une trêve hivernale chaque hiver

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>

34. 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

Temporary closure: from 22/12/2025 to 09/03/2026

L'association réalise une trêve hivernale chaque hiver

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>

35. Le Camion Douche mixte

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

Temporary closure: from 22/12/2025 to 09/03/2026
L'association réalise une trêve hivernale chaque hiver

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>

36. Association TO7 (toulouse ouverture)

4 Cheminement Robert Cambert (adresse exacte : 4 bis cheminement Robert Campert, accès par la rue Oum Kalthoum 31100), 31100 Toulouse

Temporary closure: from 18/12/2025 to 04/01/2026

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

Thursday: 9h to 11h30

Unconditional welcome

Accueil: 05 61 44 27 74

to7@to7.org

Services: Day shelters, job-seeking assistance, administrative counselling, digital training, french language courses, computer posts, phone, food distribution, clothes

<https://soliguide.fr/en/fiche/36637>

37. Solidarité Migrants Patte d'Oie - Toulouse

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

Temporary closure: from 20/12/2025 to 04/01/2026

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

Thursday: 9h30 to 12h30

Friday: 9h30 to 12h30 - 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>

38. Grisélidis

4 Rue Bernard Ortet, 31500 Toulouse

Temporary closure: from 19/12/2025 to 04/01/2026

Tuesday: 14h to 17h30

Thursday: 14h to 17h30

Exclusive welcome: people in prostitution situations.

Accueil: 05 61 62 98 61

Ligne dédiée TDS de rue: 06 71 59 27 36

Ligne dédiée escorts (TDS sur internet): 06 88 13 52 66

Services: Information and orientation point, legal advice, sport, mst screening, care products, shared kitchen, food distribution

<https://soliguide.fr/en/fiche/40263>

39. Olympe de Gouges - Savif

3 Place Guy Hersant (Maison des associations - Empalot), 31400 Toulouse

Temporary closure: from 25/12/2025 to 04/01/2026

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

Exclusive welcome: women, victim of violence.

By appointment only: To make an appointment, please call or email: savif@olympe2gouges.org (0626476285)

pour prendre rendez-vous pour un suivi: 06 26 47 62 85

accueil@olympe2gouges.org

Services: Food basket

<https://soliguide.fr/en/fiche/40257>

40. 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>

41. 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: families, 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>

42. Aide à la vieillesse

5 Rue d'Astorg, 31000 Toulouse

Temporary closure: from 23/12/2025 to 04/01/2026

Wednesday to Friday: 14h to 16h30

Unconditional welcome adapted to people at least 65 years old.

On registration: Il faut appeler ou se déplacer sur place pour s'inscrire un mardi ou un jeudi après-midi.

Accessible to people with reduced mobility

Accueil: 05 62 27 02 99

Services: Food basket, food voucher/check

<https://soliguide.fr/en/fiche/60517>

43. GAF - épicerie sociale et solidaire

66 Route de Blagnac (66 bis), 31200 Toulouse

Tuesday: 11h to 13h - 17h to 19h

Unconditional welcome

Financial participation required

Accueil: 05 62 72 86 14

groupe-amitie-fraternite@orange.fr

Services: Social and solidarity grocery stores, solidarity shop

<https://soliguide.fr/en/fiche/63450>

Tournefeuille

1. Comité Secours Populaire - Tournefeuille

2 Rue Colbert, 31170 Tournefeuille

Temporary closure: from 20/12/2025 to 28/12/2025

Monday: 9h30 to 12h

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

Wednesday: 9h30 to 12h

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

Friday: 9h30 to 12h

Unconditional welcome

05 61 15 59 13

secourspop31170@outlook.fr

Services: Solidarity shop, food basket

<https://soliguide.fr/en/fiche/26190>

Villaudric

1. CCAS de Villaudric

Rue de la Negrette, 31620 Villaudric

Temporary closure: from 25/12/2025 to 28/12/2025

Temporary closure: from 01/01/2026 to 05/01/2026

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. CCAS de Villefranche de Lauragais

134 Rue de la République (Pôle Social), 31290

Villefranche-de-Lauragais

Temporary Message: from 20/12/2025 to 04/01/2026

Vacances de Noël : navette le 23/12 après-midi uniquement: Pendant les vacances de Noël, le service de navette sera disponible uniquement le mardi 23 décembre après-midi.

Temporary closure: on 26/12/2025

Fermeture exceptionnelle les vendredi 26/12/2025 et 02/01/2026

Temporary closure: on 02/01/2026

Fermeture exceptionnelle les vendredi 26/12/2025 et 02/01/2026

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: on 25/12/2025

Fermeture exceptionnelle

Temporary closure: on 01/01/2026

Fermeture exceptionnelle

Wednesday to Thursday: 9h to 11h30

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 20/12/2025 to 04/01/2026

Fermé pendant les vacances scolaires

Friday: 8h30 to 12h

Unconditional welcome

06 75 81 84 17

aideauxfamilles31@gmail.com

Services: Food basket

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

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



Flash me!