



Citad'elles

Le lieu pour les femmes
victimes de violences



02 40 41 51 51

nantescitadelles.fr



THE PLACE FOR WOMEN VICTIMS OF VIOLENCE

- Permanent, secure reception
- Open to all women and their children
- Free and confidential
- Caring environment

WHEN CAN THE CENTRE BE CONTACTED?

The centre is accessible 24 hours a day 7 days a week. A trained professional team is present day and night to provide physical and telephone reception, with or without an appointment.

WHAT PROTECTION ?

Special attention is paid to security. There are access controls on the building's ground floor and 7th floor.

Security staff are on duty 24 hours a day, and there are badge-reader turnstiles, entry and exit videophones and armoured doors. 11 surveillance cameras round off the system inside Citad'elles, with 33 cameras across the site as a whole.

AND ACCOMMODATION?

- 3 housing units providing women and their children with temporary safe havens ;
- dedicated assistance in finding more permanent solutions.

02 40 41 51 51 | contact@nantescitadelles.fr | 8 boulevard Vincent Gâche
 TRAM 2 et 3 : arrêt Vincent Gâche | BUSWAY 4 : arrêt Tripode ou Île de Nantes
 CHRONOBUS 5 : arrêt Fonderies
www.nantescitadelles.fr



VIOLENCE, WHAT ARE WE TALKING ABOUT?

Violence can take place in any sphere of life, including personal, conjugal, intra- and extra-familial, professional, public space, cyberviolence and gynaecological... and take such forms as verbal, psychological, physical, sexual, economic and, administrative violence... It may occur sporadically or over long periods of time.

The seriousness and multiplicity of acts of violence against women, the complexity of victims' pathways towards obtaining assistance and asserting their rights, requires a comprehensive approach.

Citad'elles takes care of people, listening to what they have to say and seeking redress through provision of care and assistance. Women are supported and accompanied by a multidisciplinary team and via action by partner organisations, which coordinate their efforts throughout the victim's pathway.

It is also possible simply to benefit from a time of respite in a place you can trust.



THE CENTRE'S DIRECTOR

"Citad'elles is a secure place whose closed doors protect women. The centre provides them with a safe haven. It enables them to open new doors, feel valued for who they are and what they can do to rebuild themselves"



THE CENTRE'S OBJECTIVES

Citad'elles' aim is to assist women victims in their pathway out of violence.

Citad'elles is tasked with :

- > **Assessing women's situations**, any eventual endangerment, and their and their children's vulnerability. The pathway requires regular reassessment of the situation so that readjustments can be made in line with the woman's wants and needs
- > **Listening to, supporting and accompanying** women throughout their pathway out of violence
- > **Alerting the competent authorities** in the event of immediate danger to the woman and/or child(ren)
- > **Fostering women's personal journeys** in relation to their pathway out of violence
- > **Enabling children to express their experiences and emotions** and understand the situation they find themselves in
- > **Helping mothers take account of the repercussions that violence has on their children**
- > **Directing women to common law operators and actors** and ensuring coordination of responses they provide
- > **Liaising with the competent services with regard to emergency sheltering and finding housing or accommodation**



A MULTIDISCIPLINARY TEAM

> DOF PATHWAY COORDINATORS, DAY AND NIGHT

They welcome, accompany and orientate women, liaising with the team as a whole and with territorial operators and actors. They facilitate women's pathways' by avoiding ruptures and duplication.

> READY TO LISTEN AND INFORM

They are responsible for the initial physical, phone or email contact and manage requests for information and care for victims.

> A SOCIO-EDUCATIONAL ASSISTANT FOR THE CHILDREN

Made available by Loire-Atlantique Départemental Council, she listens to what mothers and children have to say and works with them to decide on priority actions to undertake as regards parenting support.

> AN ACCESS TO RIGHTS OFFICER

She meets with women of foreign origin in order to inform them of their rights. She is also tasked with facilitating access to housing and accommodation.

> A MIDWIFE

Made available by Loire-Atlantique Départemental Council, she oversees women's general health, identifies risk situations and liaises with other healthcare actors.

> A PSYCHIATRIST

Made available by the University Hospital Centre (CHU), he intervenes in support of the Centre's team, and participates in individual interviews with women in order to assess needs for psychological assistance.

> A MANAGEMENT TEAM,

It works to ensure the Centre's proper operation and development.

WHAT ORGANISATIONS ARE ON HAND TO ACCOMPANY WOMEN AND THEIR CHILDREN ?

> ANIMOUPS

Collective animal mediation workshops, fostering reassurance and wellbeing.

> L'ASSOCIATION TERRITORIALE POUR LE DÉVELOPPEMENT DE L'EMPLOI ET DES COMPÉTENCES (ATDEC)

Individual interviews to assist with finding employment and training opportunities, help remove obstacles and foster women's self-sufficiency.

> LA CAISSE D'ALLOCATIONS FAMILIALES (CAF) DE LOIRE-ATLANTIQUE

Personalised information delivered by a social worker, covering the financial, organisational and interpersonal issues involved in separation, and implementation of actions ensuring good parenting.

> LE CENTRE D'INFORMATION POUR LE DROIT DES FEMMES ET DES FAMILLES DE LOIRE-ATLANTIQUE (CIDFF)

Lawyers providing first-level legal information on civil law.

> L'ÉCOLE DES PARENTS ET LES PÂTES AU BEURRE

Psychologists providing preventive therapeutic consultations supporting the mother-child bond.

> L'ÉTAPE

Social workers providing assistance to women accommodated in Citad'elles housing units.



> FRANCE VICTIMES 44 NANTES

- Lawyers providing first-level legal information on criminal law.
- Psychologists providing counselling in the context of criminal proceedings.

> HELENE MENANTEAU - ATELIER MONOTYPE

An art workshop focusing on the monotype technique as a means of creative expression and wellbeing.

> L'ORDRE DES AVOCATS

Lawyers providing women with assistance in their legal procedures.

> LE PLANNING FAMILIAL 44

Marriage and family counsellors organising individual interviews and thematic group workshops on questions of sexual health.

> LA POLICE NATIONALE ET LA GENDARMERIE NATIONALE

Officers from specialised units with whom you can lodge complaints onsite and who monitor interventions.

> QUESTION CONFIANCE

An art therapy workshop and osteopathy sessions helping women to regain their self-confidence and reconnect with their bodies.

> RESONANTES

Group workshops on slam, dance and boxing, to express yourself through body and words alike.

> SOS INCESTE ET VIOLENCES SEXUELLES

Psychologists for psychological consultations.





8 boulevard Vincent Gâche • Nantes

contact@nantescitadelles.fr

A PROJET



WITH FINANCIAL SUPPORT

