

A ppartenances •



Association Appartenances Vaud

The mission of the association Appartenances (*Belongings in English*) is to promote the wellbeing and autonomy of migrants, and facilitate their reciprocal integration into local society, based on relations of equality.

Its multicultural team of qualified professionals, including both salaried staff and volunteers, strive to provide cross-disciplinary responses to the many needs of migrants experiencing psychological and social difficulties. Training, research and community interpretation services are also intended for professionals involved in this area of work.

Regardless of their status (asylum seekers, refugees or migrants workers...), their country of origin or their religious beliefs, everyone is welcomed at Appartenances as a human being who, at a particular moment in their life, may be in need of healthcare, training or support.

Appartenances

Rue des Terreaux 10
1003 Lausanne
Tel. 021 341 12 50
Fax 021 341 12 52
info@appartenances.ch

Donations

CCP 14-373401-8

Psychotherapeutic Consultation for Migrants

The psychotherapeutic consultation service for migrants (CPM) offers specialised psychotherapeutic and psychiatric help to people suffering from the psychological consequences of their migratory experience and/or of war, torture or any form of collective violence. It provides three consultation centres, in Lausanne, Vevey and Yverdon-les-Bains.

The CPM is one of four consultation services in Switzerland for victims of torture and war (CTG) supported by the Red Cross. It is a member of the French-speaking network for the healthcare and support of victims of torture and political violence living in exile (RESEDA) and of the European Network of Rehabilitation Centres for Survivors of Torture.

Its multidisciplinary teams (psychologists, psychiatrists, physiotherapists) offer: individual, couples, family or group therapies, with the help of community interpreters where necessary; counselling and liaison consultations; training and supervisory activities, both internal and external; psychosocial support in partnership with Appartenances' other sectors.

Social spaces

The social spaces at Appartenances provide a personalised welcome to migrants and their children living in situations of social, economic, psychological or physical insecurity. Teams of professionals, both salaried staff and volunteers, provide a range of individual and collective activities aimed at facilitating the process of reciprocal integration within Swiss society. These include training courses, community meetings and support groups.

CPM Lausanne

Appartenances
Rue des Terreaux 10
1003 Lausanne
Tel. 021 341 12 50
Fax 021 341 12 52
cpm@appartenances.ch

CPM Vevey

Appartenances
Rue des Communaux 2A
1800 Vevey
Tel. 021 922 45 22
Fax 021 922 45 33
cpm-vevey@appartenances.ch

CPM Yverdon-les-Bains

Appartenances
Place de l'Ancienne-Poste 2
1400 Yverdon-les-Bains
Tel. 024 425 06 65
Fax 024 425 06 67
cpm-yverdon@appartenances.ch



Centre Femmes – Lausanne

Le Centre Femmes (Women's Centre) is a place where migrant women, whose living conditions are insecure or unstable, can come and meet or participate in training activities, accompanied by their preschool aged children. The activities proposed by the centre are aimed at allowing each participant to increase her power of action over her own life and in the context of her family and social environment. Through learning and exchanges with other women, participants strengthen their skills and capacities, acquire new knowledge and know-how and develop greater self-confidence, all of which contribute to the integration process.

Le Centre Femmes offers: a reception and social orientation, French and sewing courses, community meetings, ad-hoc activities, outings and visits. A child-care centre is available for participants' children.

Centre Femmes

Appartenances
Rue des Terreaux 10
1003 Lausanne
Tel. 021 351 28 80
centre.femmes@appartenances.ch

Espace Mozaïk – Lausanne

Situated in the heart of the city of Lausanne, *l'Espace Mozaïk* provides a personalised reception service to migrants with precarious living conditions. It is a space for socialisation, integration and reconstruction of identity, which aims at preventing and fighting against psychosocial insecurity. Its team provides training, exchange and support activities, aimed at facilitating the construction of social bonds. The fundamental values of *Espace Mozaïk* are sharing, reciprocity, respect and generosity between all participants.

L'Espace Mozaïk offers: a reception and social advice service, beginners and intermediate French language workshops, psychosocial support, sociocultural activities.

Espace Mozaïk

Appartenances
Avenue Alexandre-Vinet 19
1004 Lausanne
Tel. 021 320 01 31
espace.mozaik@appartenances.ch

Espace Femmes Riviera – Vevey

L'Espace Femmes Riviera (Women's Space Riviera) provides a space for socialising and training for migrant women with precarious living conditions in the Riviera and Chablais regions of the Canton of Vaud, as well as for their preschool aged children. Its main objective is to allow migrant women to acquire the tools necessary for developing their autonomy, by means of the association's internal activities or by orienting them towards other partners in the local network. Its approach places value on participants' personal resources, in order to provide them with the opportunity of regaining self-confidence, acquiring new skills and creating social bonds.

L'Espace Femmes Riviera offers: reception service, social support, French language and basic literacy courses, community meetings, outings and visits. A child-care centre is available for participants' children.

Espace Femmes Riviera

Appartenances
Rue des Communaux 2A
1800 Vevey
Tel. 021 922 45 22
Fax 021 922 45 33
ef.riviera@appartenances.ch

Espace Femmes Yverdon – Yverdon-les-Bains

L'Espace Femmes Yverdon (Women's Space Yverdon) proposes a range of workshops to migrant women and their children, aimed at facilitating exchanges and intercultural dialogue in a convivial and open setting. These workshops, meetings and outings provide the women with an opportunity for practising French, immersing themselves in local culture and getting to know the town of Yverdon-les-Bains. Particular attention is paid to the enhancement of participants' resources, to the development of their various means of expression and to their wellbeing.

L'Espace Femmes Yverdon offers: socialisation and outings, community meals, introduction to movement, gardening workshop, a mother and child workshop and an expression workshop for children.

Espace Femmes Yverdon

Activities venue
Espace Traits d'Union
Rue du Collège 4
1400 Yverdon-les-Bains

Information and enrolment

Appartenances
Place de l'Ancienne-Poste 2
1400 Yverdon-les-Bains
Tel. 024 425 06 65
Fax 024 425 06 67
ef.yverdon@appartenances.ch



Community interpreting

The Intermedia service at Appartenances trains, employs and supervises community interpreters who intervene on request to facilitate work in institutional settings, notably in the areas of education, social work and health in the Canton of Vaud. These interpreters facilitate mutual understanding between interlocutors from different languages and cultural backgrounds. Each interpreter has received initial certified training – Swiss Certificate or Federal Diploma in community interpreting – as well as in-service training and supervision.

The objectives of the Community interpreting sector are: to allow migrants the possibility of expressing themselves in their mother tongue and thus improve their access to existing services; to provide both interpreters and other professionals with the opportunity to train and establish a dynamic of regular exchanges; to work for the recognition of the professional status of community interpreters.

Training

Appartenances offers a broad range of in-service training programmes around issues linked to migration, interculturality and organised violence. The transdisciplinary methodology of these training programmes promotes reflection on professional practice as well as drawing parallels with personal experiences. Our courses target professionals from the fields of education, health care, social work and community interpreting, volunteers working in the association sector and anyone with an interest in these issues.

The Training service publishes a catalogue of courses, seminars and conferences (order a copy or consult it on our website www.appartenances.ch), as well as made to measure training programme, aimed at meeting the specific needs of institutions or associations.

Community interpreting

Appartenances
Rue des Terreaux 10
1003 Lausanne
Tel. 021 341 12 50
Fax 021 341 12 52
interpretariat@appartenances.ch

To request an interpreter

Request form on the website
www.appartenances.ch
intermedia@appartenances.ch
Tel. 021 341 12 47

Intermedia service

Monday from 14:00 à 17:00
Tuesday to Friday from 9:00 to 12:00

Training service

Appartenances
Rue des Terreaux 10
1003 Lausanne
Tel. 021 341 12 50
Fax 021 341 12 52
formation@appartenances.ch

Support our work!

Appartenances is only partially financed by public subsidies and contributions from private organisations. Every private donation, however modest, contributes to increasing our association's independence, flexibility, and effectiveness in its work of providing support to migrants and their families.

By giving some of your time

Whatever your skills, come and join the many volunteers who support our activities. Contact us by phone on 021 341 12 50 or by e-mail: info@appartenances.ch to find out more.

By making a donation

You can make a donation online at www.appartenances.ch, send your valuable contribution to our Post Cheque account **CCP 14-373401-8** or contact us by phone on 021 341 12 50 or by e-mail: info@appartenances.ch in order to request a deposit slip. The association is recognised as an organisation working in the public interest and so your donations are fully deductible for income tax purposes, within the limits prescribed by law.

Thank you in advance!

With the support of the Canton of Vaud and local communes, the City of Lausanne, the Swiss Confederation, the United Nations High Commissioner for Human Rights, the Swiss Red Cross and private donors.

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