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.

Appartenances

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.

www.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.

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.

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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 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.

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

Information and enrolment
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Place de l’Ancienne-Poste 2
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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.