Soliguide

# Social Emergency Hérault Winter 2025

**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: 05/12/2025

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

**"Pensez à contacter les structures avant de vous déplacer en particulier les jeudis 25 décembre et 1er janvier".**

## Abeilhan

### 1. CCAS d'Abeilhan

*11 Av. Georges Guynemer (Mairie d'Abeilhan), 34290 Abeilhan*

**Monday to Friday: 9h to 12h - 14h to 18h**
*Unconditional welcome adapted to isolated people, couples.*
*Other useful informations: Inhabitants of the town of Abeilhan*
*By appointment only*
*Accueil de la Mairie: 04 67 39 00 21*
*contact@ville-abeilhan.fr*
**Services:** Administrative counselling, housing assistance, domiciliation, aid for the disabled, food voucher/check
https://soliguide.fr//en/fiche/23363

## Agde

### 1. Secours Catholique - Agde

*2 Imp. André Chassefières, 34300 Agde*
Temporary closure: from 23/12/2025 to 05/01/2026

**Tuesday: 14h to 17h**
**Thursday: 14h to 17h**
*Unconditional welcome*
*Other details: Remaining to live daily less than 10 euros per day per person.*
*No phone number given*
**Services:** Social support, solidarity shop, clothes
https://soliguide.fr//en/fiche/19847

### 2. Comité du Secours Populaire - Agde

*7 Rue Berthelot, 34300 Agde*
Temporary closure: from 20/12/2025 to 04/01/2026

**Monday: 9h to 11h30**
**Wednesday: 9h to 11h30**
**Friday: 9h to 11h30**
*Unconditional welcome*
*04 67 01 76 73*
*Cours de français: 06 74 06 47 20*
*agde@spf34.org*
**Services:** Food basket, social and solidarity grocery stores, various leisure, french language courses, clothes
https://soliguide.fr//en/fiche/20077

## Aniane

### 1. Espace de Vie Sociale (EVS) - Vivre à Aniane

*3 Rue Neuve, 34150 Aniane*
Temporary closure: from 21/12/2025 to 26/12/2025

**Monday: 10h to 12h**
**Tuesday: 16h to 18h**
**Thursday: 10h to 12h**
**Friday: 14h to 16h**
*Unconditional welcome*
*04 67 57 77 34*
*vivreaaniane@orange.fr*
**Services:** School tutoring, digital training, cooking workshop, various leisure, food distribution
https://soliguide.fr//en/fiche/20068

### 2. CCAS d'Aniane

*Place de l'Hôtel de Ville (Dans la Mairie), 34150 Aniane*
Temporary closure: from 22/12/2025 to 01/01/2026

**Monday: 9h to 12h - 14h to 17h**
**Tuesday: 8h30 to 12h - 14h to 17h**
**Wednesday: 9h to 12h - 14h to 17h**
**Thursday: 9h30 to 12h - 14h to 17h**
**Friday: 9h to 12h - 14h to 16h**
*Unconditional welcome adapted to isolated people, couples.*
*Other useful informations: Inhabitants of Aniane*
*By appointment only*
*Accessible to people with reduced mobility*
*04 67 57 01 40*
*ccas@ville-aniane.fr*
**Services:** Administrative counselling, aid for the disabled, social support, housing assistance, domiciliation, various

leisure, food voucher/check
https://soliguide.fr//en/fiche/24351

## Azillanet

### 1. Accueil du Secours Catholique - Azillanet

*34210 Azillanet*

**Wednesday: 14h to 16h30**
**Friday: 14h to 16h**
*Unconditional welcome*
*Orientation only*
*06 46 42 69 75*
*eric.pszybysz@orange.fr*
**Services:** Clothes, social support, solidarity shop
https://soliguide.fr//en/fiche/25606

### 2. Foyer Rural d'Azillanet - Le couvent

*7 Rue du Couvent, 34210 Azillanet*
Temporary schedules: from 22/11/2025 to 30/06/2026
Monday to Tuesday: 18h30 to 20h30
Wednesday: 10h30 to 12h - 18h30 to 20h30
Thursday: 18h30 to 20h30
Saturday: 18h to 22h
Sunday: 10h to 12h30

**Monday to Friday: 8h to 22h**
*Unconditional welcome*
*Financial participation required: Sur adhésion (participation libre)*
*No phone number given*
*lecouvent@protonmail.com*
**Services:** Various leisure, food basket, sport
https://soliguide.fr//en/fiche/56513

## Baillargues

### 1. CCAS de Baillargues

*32 Rue de la République, 34670 Baillargues*

**Monday to Wednesday: 8h30 to 12h - 13h30 to 17h30**
**Thursday to Friday: 8h30 to 12h**
*Unconditional welcome adapted to isolated people, couples.*
*Other useful informations: Inhabitants of Baillargues*
*Accessible to people with reduced mobility*
*Accueil: 04 67 87 81 76*
*ccas@ville-baillargues.fr*
**Services:** Administrative counselling, social support, aid for the disabled, housing assistance, domiciliation, food basket, various leisure, food voucher/check
https://soliguide.fr//en/fiche/25031

## Balaruc-le-Vieux

### 1. CCAS de Balaruc-le-Vieux

*17 Pl. de la Mairie, 34540 Balaruc-le-Vieux*

**Monday to Tuesday: 8h30 to 12h30 - 14h to 18h**
**Thursday: 8h30 to 12h30 - 14h to 18h**
**Friday: 8h30 to 12h30**
*Unconditional welcome adapted to isolated people, couples.*
*Other useful informations: Inhabitants of Balaruc*
*By appointment only*
*Accessible to people with reduced mobility*
*Accueil: 04 67 18 40 00*
*mairie@ville-balaruclevieux.fr*
**Services:** Administrative counselling, social support, aid for the disabled, housing assistance, domiciliation, food basket
https://soliguide.fr//en/fiche/24574

## Balaruc-les-Bains

### 1. CCAS de Balaruc-les-Bains

*Rue des Écoles (Espace Louise Michel), 34540 Balaruc-les-Bains*

**Monday to Friday: 8h30 to 12h - 13h30 to 17h30**
*Unconditional welcome*
*By appointment only*
*Accessible to people with reduced mobility*
*04 67 80 79 46*
*ccas@mairie-balaruc-les-bains.fr*
**Services:** Administrative counselling, social support, aid for the disabled, housing assistance, domiciliation, social and solidarity grocery stores, food basket
https://soliguide.fr//en/fiche/20859

### 2. Secours Catholique - Balaruc-les-Bains

*1 Rue Maurice Clavel, 34540 Balaruc-les-Bains*
Temporary closure: from 20/12/2025 to 04/01/2026

**Wednesday: 9h to 11h**
**Friday: 9h to 11h**
*Unconditional welcome*
*06 07 04 81 36*
*06 72 86 50 66*
*herault@secours-catholique.org*
**Services:** Social support, clothes
https://soliguide.fr//en/fiche/24689

## Beaulieu

### 1. CCAS de Beaulieu

*Pl. de la Mairie (Dans la Mairie), 34160 Beaulieu*

*Unconditional welcome*
*By appointment only*
*Other details: The hours displayed are those of the town hall.*
*Accueil Mairie: 04 67 86 60 28*
*accueil@mairiedebeaulieu.fr*
**Services:** Administrative counselling, aid for the disabled, food basket, social support, domiciliation
https://soliguide.fr//en/fiche/25029

## Bédarieux

### 1. La Ressourcerie des Hauts Cantons

*66 Avenue Jean Jaures, 34600 Bédarieux*

**Monday to Thursday: 10h to 18h**
**Friday: 14h to 18h**
**Saturday: 10h to 18h**
*Unconditional welcome*
*Financial participation required*
*09 53 55 34 76*
*lrhc.contact@gmail.com*
**Services:** Solidarity shop, clothes
https://soliguide.fr//en/fiche/44334

## Bélarga

### 1. Roul'Contact - Bélarga

*24 Rue du Barry (Près de la salle des fêtes), 34230 Bélarga*
Temporary schedules: on 26/12/2025
Exceptionnellement, l'épicerie sera ouverte le vendredi 26 décembre de 13h à 16h. Accueil et boissons chaudes mais d'animation spécifique ce jour là.
Friday: 13h to 16h

**Friday: 14h to 17h**
*Unconditional welcome*
*04 67 57 38 16*
*contact@terre-contact.com*
**Services:** Administrative counselling, social and solidarity grocery stores, food distribution, family area, various leisure, computer posts, care products
https://soliguide.fr//en/fiche/18550

## Béziers

### 1. Accueil de Jour ABES

*17 Bd de Verdun, 34500 Béziers*

**Monday: 9h to 15h**
**Tuesday: 12h to 15h**
**Wednesday to Friday: 9h to 15h**
**Saturday: 9h to 12h**
*Unconditional welcome adapted to families.*
*Other useful informations: Homeless people*
*04 67 76 84 84*
**Services:** Day shelters, food distribution, showers, laundry services, care products, toilets
https://soliguide.fr//en/fiche/14042

### 2. CCAS de Béziers

*54 Rue Boieldieu, 34500 Béziers*

**Monday to Friday: 8h to 11h45 - 13h30 to 17h15**
*Unconditional welcome adapted to .*
*Other useful informations: Inhabitants of Béziers*
*Accueil: 04 67 49 84 60*
*ccasbeziers@ccas-beziers.fr*
**Services:** Information and orientation point, administrative counselling, social support, domiciliation, various leisure, mobility aid, transport with driver, food distribution, phone
https://soliguide.fr//en/fiche/16261

### 3. Restaurant d'Entraide Société Saint Vincent de Paul - Béziers

*27 Rue Mirabeau, 34500 Béziers*
Temporary closure: from 20/12/2025 to 04/01/2026

**Monday to Friday: 11h to 12h**
*Unconditional welcome*
*Financial participation required: 1.5€ per meal*
*Accueil: 04 67 30 14 27*
*st-vincent-de-paul0219@orange.fr*
**Services:** Food distribution
https://soliguide.fr//en/fiche/19696

### 4. Epicerie sociale Chez Lili

*54 Av. Maréchal Foch, 34500 Béziers*

**Monday to Saturday: 7h30 to 12h**
*Unconditional welcome*
*06 98 42 38 75*
*assochezlili@gmail.com*
**Services:** Social and solidarity grocery stores
https://soliguide.fr//en/fiche/19699

### 5. Tous pour un - Béziers

*31 Rue Ambroise Thomas (Place Emile Zola), 34500 Béziers*
Temporary closure: from 20/12/2025 to 04/01/2026

**Monday: 17h30 to 19h15**
*Unconditional welcome*

*06 70 70 83 38*
*touspourun.associationbeziers@gmail.com*
**Services:** Food basket, food distribution, housing assistance
https://soliguide.fr//en/fiche/19707

### 6. Club-Restaurant Verdier - Béziers

*15 Av. Pierre Verdier, 34500 Béziers*

**Monday to Saturday: 11h to 15h30**
*Exclusive welcome: people at least 60 years old, disabled.*
*Other useful informations: Reserved for retired and/or disabled people from Béziers, as well as people residing in neighboring villages belonging to the Béziers-Méditerranée conurbation.*
*On registration*
*Financial participation required: Preferential rates*
*04 67 62 35 52*
*ccasbeziers@ccas-beziers.fr*
**Services:** Food distribution, various leisure
https://soliguide.fr//en/fiche/19747

### 7. Club-Restaurant Saint-Saëns - Béziers

*50 Av. Saint-Saëns, 34500 Béziers*
Temporary closure: from 26/12/2025 to 27/12/2025

**Monday to Saturday: 11h to 15h**
*Exclusive welcome: people at least 60 years old, disabled.*
*Other useful informations: Reserved for retired and/or disabled people from Béziers, as well as people residing in neighboring villages belonging to the Béziers-Méditerranée conurbation.*
*On registration*
*Financial participation required: Preferential rates*
*04 67 26 06 46*
*ccasbeziers@ccas-beziers.fr*
**Services:** Food distribution, various leisure
https://soliguide.fr//en/fiche/19748

### 8. Comité du Secours Populaire - Béziers

*312 Route de Corneilhan, 34500 Béziers*
Temporary closure: from 25/12/2025 to 04/01/2026

**Monday to Thursday: 14h to 16h**
*Unconditional welcome*
*Accueil: 04 48 08 39 78*
*beziers@spf34.org*
**Services:** Food basket, solidarity shop, french language courses, digital training, administrative counselling, various leisure
https://soliguide.fr//en/fiche/20081

### 9. Hébergement d'Urgence

*34500 Béziers*

**Monday to Sunday: open 24 hours a day**
*Unconditional welcome*
*Orientation only: orientation carried out by 115 (call free number)*
*Accessible to people with reduced mobility*
*No phone number given*
**Services:** Emergency shelters, showers, food distribution, administrative counselling
https://soliguide.fr//en/fiche/21681

### 10. Epicerie Sociale ESG - Beziers

*8 Rue Guilhemon, 34500 Béziers*

**Monday: 9h to 13h**
**Wednesday: 9h to 13h**
**Friday: 9h to 13h**
*Unconditional welcome*
*On registration: Registration is done for the year, it is free or at a symbolic price (1 euro).*
*Accessible to people with reduced mobility*
*Other details: Documents are required for registration: CIF certificate Rent receipt EDF or gas bill Last notice of non-taxation ASSEDIC certificate Identity card*
*06 46 20 33 91*
*epiceriesocialee.s.g@gmail.com*
**Services:** Social and solidarity grocery stores, baby package
https://soliguide.fr//en/fiche/22813

### 11. Vestiaire Société Saint Vincent de Paul - Béziers

*18 Rue Parmentier, 34500 Béziers*
Temporary closure: from 20/12/2025 to 04/01/2026

**Monday to Thursday: 14h30 to 16h30**
**Friday: 9h to 11h**
*Unconditional welcome*
*Financial participation required*
*04 67 30 14 27*
*st-vincent-de-paul0219@orange.fr*
**Services:** Clothes
https://soliguide.fr//en/fiche/23742

### 12. La table de Malte - Béziers

*8bis Av. du Pont Vieux (Cour du Foyer de l'Orb), 34500 Béziers*

**Sunday: 9h to 11h**
*Unconditional welcome*
*No phone number given*
**Services:** Food distribution
https://soliguide.fr//en/fiche/23732

### 13. CAARUD Axess - Béziers

*54 Av. Georges Clemenceau, 34500 Béziers*

**Monday: 10h to 12h - 13h30 to 16h30**
**Wednesday: 10h to 12h - 13h30 to 16h30**
**Friday: 10h to 12h - 13h30 to 16h30**
*Unconditional welcome adapted to in a situation of addiction, hiv carrier, lgbt+, people in prostitution situations.*
*04 67 28 54 82*
*06 34 18 48 75*
*axess.beziers@groupe-sos.org*
**Services:** Addiction, mst screening, various leisure, showers
https://soliguide.fr//en/fiche/24230

## Capestang

### 1. CCAS de Capestang

*Pl. Danton Cabrol (CCAS), 34310 Capestang*

**Monday: 9h to 12h - 13h30 to 17h30**
**Tuesday: 8h to 12h - 13h30 to 17h30**
**Wednesday to Thursday: 8h to 12h**
**Friday: 8h to 12h - 13h30 to 17h30**
*Unconditional welcome*
*By appointment only*
*Accessible to people with reduced mobility*
*04 67 49 85 90*
*mairie@ville-capestang.fr*
**Services:** Administrative counselling, social support, aid for the disabled, housing assistance, domiciliation, social and solidarity grocery stores
https://soliguide.fr//en/fiche/20083

### 2. Epicerie solidaire de Capestang

*27 Bd Pasteur, 34310 Capestang*

**Friday: 9h to 12h - 13h30 to 16h**
*Unconditional welcome*
*On registration*
*No phone number given*
**Services:** Social and solidarity grocery stores
https://soliguide.fr//en/fiche/32494

## Castelnau-le-Lez

### 1. CCAS de Castelnau-Le-Lez

*14 Rue Jules Ferry, 34170 Castelnau-le-Lez*
Temporary schedules: on 24/12/2025
Monday: 8h to 12h - 13h15 to 17h
Tuesday: 8h to 11h - 13h15 to 17h
Wednesday: 8h to 12h - 13h15 to 16h
Thursday to Friday: 8h to 12h - 13h15 to 17h

Temporary schedules: on 31/12/2025
Monday: 8h to 12h - 13h15 to 17h
Tuesday: 8h to 11h - 13h15 to 17h
Wednesday: 8h to 12h - 13h15 to 16h
Thursday to Friday: 8h to 12h - 13h15 to 17h

**Monday: 8h to 12h - 13h15 to 17h**
**Tuesday: 8h to 11h - 13h15 to 17h**
**Wednesday to Friday: 8h to 12h - 13h15 to 17h**
*Unconditional welcome*
*By appointment only*
*Accueil: 04 67 14 27 28*
*ccas@castelnau-le-lez.fr*
**Services:** Social support, administrative counselling, food basket, domiciliation, various leisure, housing assistance
https://soliguide.fr//en/fiche/15766

## Castries

### 1. CCAS de Castries

*50 Av. de la Gare (Espace Gare), 34160 Castries*
Temporary schedules: from 22/12/2025 to 02/01/2026
Monday to Tuesday: 9h to 12h - 13h to 17h
Wednesday: 9h to 12h
Thursday: 9h to 12h - 13h to 17h
Friday: 9h to 12h - 13h to 16h

**Monday to Thursday: 9h to 12h - 14h to 18h**
**Friday: 9h to 12h - 14h to 17h**
*Unconditional welcome adapted to isolated people, couples.*
*Other useful informations: Inhabitants of the municipality of Castries*
*By appointment only*
*Accessible to people with reduced mobility*
*CCAS: 04 67 16 24 42*
*accueil.csm@castries.fr*
**Services:** Administrative counselling, aid for the disabled, social and solidarity grocery stores, housing assistance, domiciliation, computer posts, digital training, various leisure, counselling for parents, job-seeking assistance, legal advice, psychology, infirmary
https://soliguide.fr//en/fiche/22262

### 2. Epicerie Sociale et Solidaire L'étoile - Réseau Andes

*34160 Castries*
Temporary schedules: from 19/12/2025 to 22/12/2025
Monday: 9h to 17h
Friday: 9h to 17h

Temporary closure: from 23/12/2025 to 02/01/2026

**Wednesday: 15h to 18h30**

**Thursday: 9h30 to 12h30**
*Exclusive welcome: in a regular situation.*
*Orientation only: From a social worker (CCAS, departmental social service, etc.)*
*Financial participation required: between 10% and 30% of the market price*
*Other details: On sale times, you can be accompanied and advised on purchases, on recipe ideas. Volunteers regulate access to the sales area in your interest. Access to the store is possible once a week during the four-month entitlement period. You agree to come and do your shopping on the day and time slot defined by the service. After agreement of the allocation committee, a personal and nominative access card is given to you. This card must be presented at each checkout. It includes among other things: the duration of the assistance, the composition of the household and the amount of your basket per week.*
*No phone number given*
**Services:** Social and solidarity grocery stores
https://soliguide.fr//en/fiche/38551

## Cessenon-sur-Orb

### 1. CCAS de Cessenon-sur-Orb

*10 Plan Jean Moulin (Au sein de la Mairie), 34460 Cessenon-sur-Orb*
Temporary schedules: on 24/12/2025
Monday to Tuesday: 9h to 12h - 16h to 18h
Wednesday to Thursday: 9h to 12h
Friday: 9h to 12h - 14h to 16h
Saturday: 9h to 12h

Temporary schedules: on 31/12/2025
Monday to Tuesday: 9h to 12h - 16h to 18h
Wednesday to Thursday: 9h to 12h
Friday: 9h to 12h - 14h to 16h
Saturday: 9h to 12h

**Monday to Wednesday: 9h to 12h - 16h to 18h**
**Thursday: 9h to 12h**
**Friday: 9h to 12h - 14h to 16h**
**Saturday: 9h to 12h**
*Unconditional welcome*
*By appointment only: Make an appointment with the Town Hall*
*04 67 89 65 21*
*mairie.cessenon@wanadoo.fr*
**Services:** Administrative counselling, aid for the disabled, social support, housing assistance, domiciliation, various leisure, food voucher/check
https://soliguide.fr//en/fiche/31799

## Ceyras

### 1. CCAS de Ceyras

*Pl. de la Mairie, 34800 Ceyras*

**Monday to Wednesday: 9h to 12h**
**Thursday: 14h to 16h30**
*Unconditional welcome*
*By appointment only: Call to make an appointment*
*Accessible to people with reduced mobility*
*04 67 96 24 65*
*mairieceyras.contact@gmail.com*
**Services:** Administrative counselling, aid for the disabled, housing assistance, domiciliation, digital training, various leisure, food voucher/check
https://soliguide.fr//en/fiche/17405

## Clapiers

### 1. CCAS de Clapiers

*Marie Lacroix (Au sein de la Mairie de Clapiers), 34830 Clapiers*

**Monday to Thursday: 9h to 12h - 14h to 17h**
**Friday: 9h to 12h**
*Unconditional welcome adapted to isolated people, couples.*
*Other useful informations: Inhabitants of the town of Clapiers*
*Accessible to people with reduced mobility*
*CCAS: 04 67 55 80 65*
*ccas@ville-clapiers.com*
**Services:** Administrative counselling, aid for the disabled, housing assistance, domiciliation, food basket
https://soliguide.fr//en/fiche/21359

## Clermont-l'Hérault

### 1. Comité Secours Populaire - Clermont-l'Hérault

*34800 Clermont-l'Hérault*
Temporary closure: from 24/12/2025 to 04/01/2026

**Monday: 14h to 16h30**
**Tuesday: 9h to 11h30 - 14h to 16h30**
**Wednesday: 9h to 11h30**
**Thursday: 14h to 16h30**
**Friday: 9h to 11h30 - 14h to 16h30**
*Unconditional welcome*
*Orientation only: Referral from social worker*
*04 67 96 25 11*
*clermont@spf34.org*
**Services:** Food basket, clothes, solidarity shop
https://soliguide.fr//en/fiche/20085

## Colombiers

### 1. CCAS de Colombiers

*carrefour des Droits de l'Homme, 34440 Colombiers*

**Monday to Wednesday: 8h30 to 12h - 13h30 to 17h**
**Thursday to Friday: 8h30 to 12h - 14h to 17h30**
*Unconditional welcome*
*By appointment only*
*Accessible to people with reduced mobility*
*CCAS: 04 67 11 86 05*
*cmcabrol@ville-colombiers.fr*
**Services:** Administrative counselling, aid for the disabled, social support, housing assistance, domiciliation, various leisure, mobility aid, job-seeking assistance, digital training, food basket, cooking workshop
https://soliguide.fr//en/fiche/21376

## Cournonsec

### 1. CCAS de Cournonsec

*Rue du Jeu de Tambourin (Guichet unique à la Mairie), 34660 Cournonsec*

**Monday to Friday: 8h30 to 12h - 14h to 17h30**
*Unconditional welcome*
*By appointment only*
*04 67 85 60 10*
*d.raulin@cournonsec.fr*
**Services:** Administrative counselling, social support, aid for the disabled, housing assistance, domiciliation, digital training, food voucher/check
https://soliguide.fr//en/fiche/16740

## Cournonterral

### 1. Antenne Secours Populaire - Cournonterral

*7B Pl. Camille Sallan, 34660 Cournonterral*
Temporary Message: from 25/12/2025 to 01/01/2026
Fermeture: Le 25 décembre et le 1er janvier 2026.

**Wednesday: 14h to 16h**
**Friday: 14h to 16h**
*Unconditional welcome*
*06 76 63 69 16*
*gigean@spf34.org*
**Services:** Food basket, clothes, solidarity shop
https://soliguide.fr//en/fiche/20086

## Creissan

### 1. CCAS de Creissan

*7 Av. de la République (Mairie), 34370 Creissan*

**Monday to Thursday: 9h to 12h - 16h to 18h**
**Friday: 9h to 12h - 16h to 17h**
*Unconditional welcome adapted to isolated people, couples.*
*Other useful informations: For the inhabitants of Creissan.*
*By appointment only*
*04 67 93 75 41*
*mairie@creissan.com*
**Services:** Administrative counselling, aid for the disabled, housing assistance, domiciliation, social and solidarity grocery stores
https://soliguide.fr//en/fiche/40144

## Entre-Vignes

### 1. CCAS d'Entre-Vignes

*60 Av. de la Bouvine (Au sein de la mairie), 34400 Entre-Vignes*

**Monday to Friday: 9h to 12h - 16h to 18h30**
**Saturday: 9h to 12h**
*Unconditional welcome*
*Accueil: 04 67 86 01 09*
*ccas@entre-vignes.fr*
**Services:** Administrative counselling, aid for the disabled, digital training, sport, food basket
https://soliguide.fr//en/fiche/22130

## Fabrègues

### 1. CCAS de Fabrègues

*15 Rue Paul Doumer (Bis), 34690 Fabrègues*

**Monday to Thursday: 8h to 12h - 14h to 17h30**
**Friday: 8h to 12h**
*Unconditional welcome*
*By appointment only*
*Accessible to people with reduced mobility*
*Accueil: 04 67 85 55 26*
*ccas@fabregues.fr*
**Services:** Administrative counselling, aid for the disabled, housing assistance, domiciliation, social support, food basket
https://soliguide.fr//en/fiche/25043

### 2. Les Jardins de Cocagne Mirabeau - Fabrègues

*D114 (RD 114 - Domaine de Mirabeau), 34690 Fabrègues*
Temporary closure: from 29/12/2025 to 04/01/2026

**Thursday: 16h to 19h**
*Unconditional welcome*
*By appointment only: Register online or by telephone*
*Financial participation required: 3 sizes of vegetable baskets:*
*- Small (ideal for 2 people/week) €13*
*- Medium (ideal for 4 people/week) €22*
*- Large 35€*

*Regulation 4 baskets in advance*
*Membership 18€/year*
*Other details: In Fabrègues the distribution of solidarity baskets is reserved for employees in integration.*
*06 18 22 95 44*
*contact@jardinsmirabeau.fr*
**Services:** Food basket, integration through economic activity
https://soliguide.fr//en/fiche/36485

## Fontès

### 1. Roul'Contact - Fontès

*1 Rue de l'Hôpital (Devant la médiathèque), 34320 Fontès*
Temporary schedules: on 24/12/2025
Exceptionnellement, l'épicerie Roul'Contact sera ouvert le mercredi 24 décembre de 10h à 12h30 à Fontès.
Accueil et boissons chaudes mais pas d'animation spécifique ce jour là.
Wednesday: 10h to 12h30

**Wednesday: 14h to 17h**
*Unconditional welcome*
*04 67 57 38 16*
*contact@terre-contact.com*
**Services:** Administrative counselling, social and solidarity grocery stores, food distribution, family area, various leisure, computer posts, care products
https://soliguide.fr//en/fiche/18549

## Frontignan

### 1. Secours Catholique - Frontignan

*34110 Frontignan*
Temporary closure: from 20/12/2025 to 04/01/2026

*Unconditional welcome*
*Orientation only*
*06 25 71 13 71*
*herault@secours-catholique.org*
**Services:** Social support, clothes, various leisure, digital training, sport, school tutoring
https://soliguide.fr//en/fiche/24769

### 2. Le Refuge de la Gardiole

*7 Rue de la Raffinerie (Espace solidaire Mohammad Yunus), 34110 Frontignan*
Temporary closure: from 22/12/2025 to 31/12/2025
Fêtes

**Friday: 11h30 to 16h**
*Unconditional welcome*
*Accepted animals*
*Accessible to people with reduced mobility*
*Permanence Journée: 07 43 37 22 05*
*refugegardiole@laposte.net*
**Services:** Food distribution, clothes, pets, food basket, public water fountains, information and orientation point, power/electricity plugs, care products, administrative counselling
https://soliguide.fr//en/fiche/43579

## Ganges

### 1. Antenne Mission locale - Ganges

*Place Jules Ferry (Maison des entreprises), 34190 Ganges*
Temporary closure: from 25/12/2025 to 29/12/2025

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

**Monday to Friday: 9h to 12h30 - 13h30 to 17h**
*Exclusive welcome: people aged from 16 to 25 years.*
*By appointment only*
*On registration*
*Accessible to people with reduced mobility*
*04 67 73 01 30*
*accueil.ganges@mlgc.fr*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, computer posts, psychology, food basket, information and orientation point, digital training
https://soliguide.fr//en/fiche/17142

### 2. La Bougeotte - Ganges

*12 Place Fabre d'Olivet, 34190 Ganges*
Temporary closure: from 22/12/2025 to 05/01/2026

**Wednesday: 10h to 18h**
**Thursday to Friday: 10h to 18h30**
**Saturday: 10h to 13h**
*Unconditional welcome adapted to isolated people, families.*
*Other useful informations: For the inhabitants of Ganges*
*04 99 54 44 29*
*06 71 09 00 39*
*la_bougeotte@orange.fr*
**Services:** Information and orientation point, family area, sport, various leisure, food distribution
https://soliguide.fr//en/fiche/41260

## Gigean

### 1. Comité Secours Populaire - Gigean

*Rue de l'Avenir, 34770 Gigean*
Temporary closure: from 22/12/2025 to 04/01/2026

**Monday to Friday: 9h to 11h30**
*Unconditional welcome*
*09 81 48 29 53*
*gigean@spf34.org*
**Services:** Food basket, clothes
https://soliguide.fr//en/fiche/20090

## Gignac

### 1. CCAS de Gignac

*Pl. Auguste Ducornot (Hôtel de ville), 34150 Gignac*
Temporary schedules: since 01/01/2025
Monday to Thursday: 8h30 to 12h - 14h to 17h30
Friday: 9h to 12h - 14h to 17h30

**Monday to Tuesday: 8h30 to 12h - 14h to 17h**
**Wednesday to Friday: 8h30 to 12h - 14h to 18h**
*Unconditional welcome*
*By appointment only: By appointment only*
*Other details: On Mondays and Tuesdays, possibility to leave a message on the answering machine. Contact within 48 to 72 hours.*
*04 67 57 01 72*
*ccas@ville-gignac.com*
**Services:** Administrative counselling, social support, housing assistance, aid for the disabled, domiciliation, food voucher/check
https://soliguide.fr//en/fiche/16891

### 2. Secours Catholique Gignac

*1 Pl. Saint-Pierre, 34150 Gignac*

**Thursday: 15h to 16h30**
*Unconditional welcome*
*By appointment only*
*06 49 17 63 04*
*secours-catholique@associations-gignac.fr*
**Services:** Social support, clothes, solidarity shop
https://soliguide.fr//en/fiche/27051

## Grabels

### 1. CCAS de Grabels

*1 Rue de la Treille (Maison Commune 1 place Jean Jaurès), 34790 Grabels*

**Monday to Tuesday: 9h to 12h - 14h to 16h30**
**Thursday: 9h to 12h - 14h to 16h30**
**Friday: 9h to 12h**
*Unconditional welcome*
*By appointment only*
*Accessible to people with reduced mobility*
*Other details: Closed: Wednesday all day and Friday afternoon*
*04 67 10 41 12*
*ccas.grabels@wanadoo.fr*
**Services:** Administrative counselling, social support, aid for the disabled, housing assistance, domiciliation, social and solidarity grocery stores, food basket
https://soliguide.fr//en/fiche/15965

## Hérépian

### 1. Distribution alimentaire - Mairie de Hérépian

*Espace Campanaire André Malraux, 34600 Hérépian*

**Monday: 15h to 15h30**
*Unconditional welcome*
*On registration: Registration with the town hall with conditions of resources.*
*Other details: The following documents are required: Notice of non-taxation Rent receipt Proof of income (salary slips, CAF certificate, etc.)*
*04 67 95 04 55*
*accueil@mairieherepian.fr*
**Services:** Food basket
https://soliguide.fr//en/fiche/24290

## Juvignac

### 1. Espace des solidarités Claude Lévi-Strauss - Juvignac

*Place du Soleil (533 Rue Jupiter - Face à la salle de sport), 34990 Juvignac*
Temporary closure: on 26/12/2025
Fermeture exceptionnelle

Temporary closure: on 02/01/2026
Fermeture exceptionnelle

**Monday: 8h30 to 12h**
**Tuesday to Friday: 8h30 to 12h - 13h30 to 17h30**
*Unconditional welcome*
*Accessible to people with reduced mobility*
*Espace Claude Lévi-Strauss: 04 67 10 73 50*
*Mairie de Juvignac: 04 67 10 42 42*

*accueil-ecls@juvignac.fr*
**Services:** Administrative counselling, social support, housing assistance, job-seeking assistance, pediatrics, aid for the disabled, domiciliation, psychology, legal advice, computer posts, food voucher/check
https://soliguide.fr//en/fiche/15804

## La Grande-Motte

### 1. CCAS de La-Grande-Motte

*314 Allee Andre Malraux (La Garrigue Bâtiment C), 34280 La Grande-Motte*

**Monday to Thursday: 9h to 12h - 14h to 17h**
**Friday: 9h to 12h - 14h to 16h30**
*Unconditional welcome*
*Other details: 1st floor without lift*
*04 67 56 71 15*
**Services:** Administrative counselling, social support, aid for the disabled, domiciliation, job-seeking assistance, food basket, housing assistance, information and orientation point
https://soliguide.fr//en/fiche/19992

## Lattes

### 1. Epicerie sociale l'Epso

*34970 Lattes*
Temporary closure: from 25/12/2025 to 28/12/2025
fêtes de Noël

**Wednesday: 9h30 to 12h30**
**Thursday: 9h30 to 12h30 - 15h30 to 17h30**
**Friday: 9h30 to 12h30**
*Exclusive welcome: in a regular situation, people in prostitution situations, outgoing from prison, hiv carrier, lgbt+, disabled, in a situation of addiction, victim of violence.*
*Other useful informations: Household in a precarious economic situation living in post code areas 34 000 or 34 070, followed by a social worker.*
*By appointment only: 4 meeting slots on Tuesday and Thursday mornings (10 a.m.; 10:30 a.m.; 11 a.m.; 11:30 a.m.).*
*On registration: Pre-registration file creation on site.*
*Orientation only: On the orientation of a social worker with a liaison form.*
*Financial participation required: Membership of 3€ for beneficiaries after validation of their registration file. Valid for 1 year.*
*Accessible to people with reduced mobility*
*Accueil administratif: 04 67 67 16 14*
*07 68 12 41 97*
*contact@lepso.fr*
**Services:** Social and solidarity grocery stores
https://soliguide.fr//en/fiche/14709

### 2. CCAS de Lattes

*615 Av. de Montpellier, 34970 Lattes*

**Monday to Friday: 8h to 12h - 13h to 17h**
*Unconditional welcome*
*Accessible to people with reduced mobility*
*04 67 22 56 23*
*ccas@ccas-lattes.fr*
**Services:** Administrative counselling, social support, aid for the disabled, housing assistance, domiciliation, food basket, job-seeking assistance, babysitting, social and solidarity grocery stores, legal advice, digital training
https://soliguide.fr//en/fiche/15711

## Lavérune

### 1. CCAS de Lavérune

*Bd de la Mairie (Dans la mairie), 34880 Lavérune*
Temporary schedules: from 24/12/2025 to 31/12/2025
Monday to Tuesday: 8h30 to 12h - 13h30 to 17h30
Wednesday: 8h30 to 12h
Thursday to Friday: 8h30 to 12h - 13h30 to 17h30

Temporary closure: on 26/12/2025

Temporary closure: on 02/01/2026

**Monday to Friday: 8h30 to 12h - 13h30 to 17h30**
*Unconditional welcome*
*By appointment only: Make an appointment by phone or email*
*Accessible to people with reduced mobility*
*04 99 51 20 00*
*social@mairiedelaverune.fr*
**Services:** Administrative counselling, social support, aid for the disabled, housing assistance, domiciliation, food basket
https://soliguide.fr//en/fiche/16400

## Le Bousquet-d'Orb

### 1. Antenne Secours Populaire - Le Bousquet d'Orb

*50 Av. Lyon Caen, 34260 Le Bousquet-d'Orb*
Temporary closure: from 19/12/2025 to 08/01/2026

**Friday: 8h to 16h30**
*Unconditional welcome*
*04 67 95 48 96*
*lucette.flagel@neuf.fr*

**Services:** Food basket, clothes, solidarity shop
https://soliguide.fr//en/fiche/20074

## Le Caylar

### 1. Roul'Contact - Le Caylar

*Pl. de la République, 34520 Le Caylar*
Temporary schedules: on 23/12/2025
Exceptionnellement, la tournée au Caylar du 23 décembre aura lieu de 14h à 16h30 ! Soyez les bienvenu.e.s !
Tuesday: 14h to 16h30

**Tuesday: 15h30 to 18h30**
*Unconditional welcome*
*04 67 57 38 16*
*contact@terre-contact.com*
**Services:** Administrative counselling, social and solidarity grocery stores, food distribution, family area, various leisure, computer posts, care products
https://soliguide.fr//en/fiche/34161

## Le Crès

### 1. CCAS de Le Crès

*Pl. de la Mairie, 34920 Le Crès*

**Monday to Friday: 8h30 to 12h30 - 13h30 to 17h30**
*Unconditional welcome*
*04 67 70 34 68*
*ccas@lecres.fr*
**Services:** Social support, food basket, administrative counselling, domiciliation, digital training
https://soliguide.fr//en/fiche/15764

## Lespignan

### 1. CCAS de Lespignan

*Pl. de la Mairie (Dans la Mairie), 34710 Lespignan*
Temporary Message: from 24/12/2025 to 04/01/2026
Veuillez appeler avant de vous rendre sur place.: Le CCAS recoit que sur RDV.

**Monday to Tuesday: 9h to 12h - 14h to 18h**
**Wednesday: 9h to 12h**
**Thursday to Friday: 9h to 12h - 14h to 18h**
*Unconditional welcome*
*By appointment only*
*04 67 37 02 06*
*ccas@lespignan.fr*
**Services:** Administrative counselling, social support, aid for the disabled, housing assistance, domiciliation, food basket, mobility aid, job-seeking assistance, solidarity garden
https://soliguide.fr//en/fiche/16942

## Lignan-sur-Orb

### 1. CCAS de Lignan-sur-Orb

*Rue Raymond Cau, 34490 Lignan-sur-Orb*
Temporary closure: from 25/12/2025 to 26/12/2025

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

**Monday to Friday: 8h to 12h - 14h to 17h**
*Unconditional welcome*
*By appointment only: A social worker receives by appointment at the town hall.*
*Accueil: 04 67 11 84 90*
*mairie.lignan@wanadoo.fr*
**Services:** Administrative counselling, food basket, job-seeking assistance, transport with driver
https://soliguide.fr//en/fiche/16264

## Lodève

### 1. Secours Catholique - Lodève

*34700 Lodève*

**Thursday: 14h to 17h**
*Unconditional welcome*
*By appointment only*
*Orientation only*
*Accueil: 07 78 82 34 67*
*equipe.lodeve.340@secours-catholique.org*
**Services:** Administrative counselling, information and orientation point, clothes, solidarity shop
https://soliguide.fr//en/fiche/16871

### 2. Le champ des possibles

*Quai Mégisserie (Centre Provisoire d'Hébergement), 34700 Lodève*
Temporary closure: from 20/12/2025 to 04/01/2026

*Unconditional welcome*
*Financial participation required: Free price*
*06 16 23 43 59*
*lechampdespossibles347@gmail.com*
**Services:** Cooking workshop, french language courses, clothes, solidarity garden, various leisure
https://soliguide.fr//en/fiche/18679

### 3. Comité du Secours Populaire - Lodève

*9 Av. Denfert, 34700 Lodève*
Temporary closure: from 20/12/2025 to 04/01/2026

**Monday: 14h30 to 17h30**
**Thursday to Friday: 14h30 to 17h30**
*Unconditional welcome*
*09 60 01 64 08*
*lodeve@spf34.org*
**Services:** Social and solidarity grocery stores, solidarity shop, school tutoring, food basket, clothes, care products
https://soliguide.fr//en/fiche/20092

## Loupian

### 1. CCAS de Loupian
*Place Charles de Gaulle, 34140 Loupian*

**Monday to Tuesday: 9h to 12h**
**Thursday to Friday: 9h to 12h**
*Unconditional welcome adapted to isolated people, couples.*
*Other useful informations: Loupian residents*
*By appointment only*
*Accessible to people with reduced mobility*
*Other details: Appointment: Tuesday afternoon and Thursday afternoon*
*Accueil: 04 67 43 72 50*
*ccas@loupian.fr*
**Services:** Administrative counselling, social support, aid for the disabled, housing assistance, domiciliation, public letter-writer, job-seeking assistance, food basket
https://soliguide.fr//en/fiche/25003

## Lunel

### 1. Accueil du Secours Catholique Lunel
*207 Av. Général de Gaulle, 34400 Lunel*
Temporary closure: from 25/12/2025 to 04/01/2026

**Monday: 13h30 to 16h30**
**Wednesday: 9h to 12h30**
**Friday: 13h30 to 16h30**
*Unconditional welcome*
*Accueil: 07 57 48 44 07*
*herault@secours-catholique.org*
**Services:** Social support, clothes
https://soliguide.fr//en/fiche/18091

### 2. Lunel Solidarité
*34400 Lunel*

**Monday to Thursday: 9h to 12h**
**Friday: 14h to 18h**
**Saturday: 9h to 12h**
*Unconditional welcome*
*Orientation only*
*Financial participation required: Participation of 2€ for a food basket (for one person).*
*Accueil: 09 51 00 43 26*
*lunel.solidarite@sfr.fr*
**Services:** Food basket, care products
https://soliguide.fr//en/fiche/20095

### 3. CCAS de Lunel
*240 Av. Victor Hugo (Bâtiment C), 34400 Lunel*

**Monday: 8h to 12h30**
**Tuesday to Friday: 8h to 12h30 - 13h30 to 17h**
*Unconditional welcome adapted to people aged from 25 to 60 years, isolated people, couples.*
*Other useful informations: People from Lunel, without dependent children, not getting the RSA*
*By appointment only*
*Accessible to people with reduced mobility*
*Accueil: 04 67 87 84 97*
*ccas@ville-lunel.fr*
**Services:** Administrative counselling, social support, aid for the disabled, housing assistance, domiciliation, food basket, public letter-writer
https://soliguide.fr//en/fiche/22258

## Lunel-Viel

### 1. CCAS de Lunel-Viel
*Rue André Auguste, 34400 Lunel-Viel*
Temporary closure: from 22/12/2025 to 26/12/2025

**Monday to Tuesday: 9h to 12h - 14h to 17h**
**Wednesday: 9h to 12h**
**Thursday: 9h to 12h - 14h to 17h**
**Friday: 9h to 12h - 14h to 16h**
*Unconditional welcome adapted to isolated people, couples.*
*Other useful informations: Residents of Lunel-Viel*
*By appointment only: By appointment in the afternoon*
*Accessible to people with reduced mobility*
*Accueil: 04 67 83 46 88*
*ccas@ville-lunelviel.fr*
**Services:** Administrative counselling, social support, aid for the disabled, housing assistance, domiciliation, food basket, addiction, psychology, budget advice, solidarity garden
https://soliguide.fr//en/fiche/22131

## Maraussan

### 1. CCAS de Maraussan
*Av. du Général Balaman, 34370 Maraussan*
Temporary schedules: from 24/12/2025 to 31/12/2025
Monday: 8h to 12h30 - 13h30 to 17h

Tuesday: 8h to 12h30 - 13h30 to 18h
Wednesday: 8h to 12h30 - 13h30 to 15h
Thursday: 8h to 12h30 - 13h30 to 17h
Friday: 8h to 12h30

Temporary closure: on 26/12/2025

Temporary closure: on 02/01/2026

**Monday: 8h to 12h30 - 13h30 to 17h**
**Tuesday: 8h to 12h30 - 13h30 to 18h**
**Wednesday to Thursday: 8h to 12h30 - 13h30 to 17h**
**Friday: 8h to 12h30**
*Unconditional welcome*
*By appointment only*
*Accessible to people with reduced mobility*
*Accueil: 04 67 90 09 20*
*ccas@ville-maraussan.fr*
**Services:** Administrative counselling, social support, aid for the disabled, housing assistance, domiciliation, public letter-writer, food basket, budget advice, mobility aid, various leisure
https://soliguide.fr//en/fiche/33227

## Marseillan

### 1. CCAS de Marseillan

*1 Rue Général de Gaulle, 34340 Marseillan*
Temporary closure: on 26/12/2025
Fermeture exceptionnelle

Temporary closure: on 02/01/2026
Fermeture exceptionnelle

**Monday to Thursday: 7h45 to 12h15 - 13h30 to 17h**
**Friday: 7h45 to 12h15**
*Unconditional welcome*
*Accepted animals*
*Accessible to people with reduced mobility*
*Other details: First reception without appointment*
*Instruction of requests by appointment*
*Accueil: 04 67 77 97 24*
*ccas@marseillan.com*
**Services:** Administrative counselling, social support, aid for the disabled, housing assistance, domiciliation, digital training, wifi, food voucher/check
https://soliguide.fr//en/fiche/24588

### 2. Food Lab - La capéchade

*1 Avenue de la Marine, 34340 Marseillan*

**Monday to Friday: 9h to 18h**
*Unconditional welcome*
*07 50 68 06 16*
*foodlab@lacapechade.org*
**Services:** Cooking workshop, social and solidarity grocery stores, food basket, solidarity garden, various leisure
https://soliguide.fr//en/fiche/55127

## Marsillargues

### 1. Antenne Secours Populaire - Espace Solidarité Marsillargues

*3 Av. de l'Ancienne Cavé Coopérative, 34590 Marsillargues*

**Tuesday: 9h30 to 12h - 15h to 17h30**
**Wednesday: 9h30 to 12h**
**Thursday: 9h30 to 12h - 15h to 17h30**
**Friday: 10h to 12h**
*Unconditional welcome*
*06 69 98 56 56*
*marsillargues@spf34.org*
**Services:** Food basket, solidarity shop
https://soliguide.fr//en/fiche/26977

## Mauguio

### 1. CCAS de Mauguio

*Pl. Jules Ferry (Mairie de Mauguio), 34130 Mauguio*

**Monday to Thursday: 8h30 to 12h30 - 13h30 to 17h30**
**Friday: 8h30 to 12h30**
*Unconditional welcome*
*04 67 12 02 78*
*accueil@ccas-mauguio.com*
**Services:** Social support, information and orientation point, housing assistance, domiciliation, job-seeking assistance, food basket, showers
https://soliguide.fr//en/fiche/20026

### 2. CIAS - Pays de l'or - Antenne de Mauguio

*Boulevard de la Democratie, 34130 Mauguio*

**Monday to Friday: 8h30 to 12h - 13h30 to 17h**
*Unconditional welcome*
*04 99 06 00 66*
*cias@paysdelor.fr*
**Services:** Administrative counselling, aid for the disabled, domiciliation, information and orientation point, social support, various leisure, mobility aid, food distribution
https://soliguide.fr//en/fiche/49144

## Montady

### 1. CCAS de Montady

*Av. des Platanes (Immeuble Les Arcades), 34310 Montady*
Temporary closure: from 22/12/2025 to 04/01/2026

**Monday: 7h30 to 12h - 13h to 18h**
**Tuesday: 7h30 to 12h - 13h to 17h**
**Wednesday: 7h30 to 12h**
**Thursday: 7h30 to 12h - 13h to 17h**
**Friday: 7h30 to 12h**
*Unconditional welcome adapted to isolated people, couples.*
*Other useful informations: Inhabitants of Montady.*
*Accueil: 04 67 90 50 87*
*mairie@montady.com*
**Services:** Administrative counselling, aid for the disabled, social and solidarity grocery stores, social support, job-seeking assistance, various leisure
https://soliguide.fr//en/fiche/21468

## Montagnac

### 1. CCAS de Montagnac

*Pl. Emile Combes, 34530 Montagnac*

**Monday: 8h to 12h**
**Tuesday: 8h to 12h - 14h to 18h**
**Wednesday: 8h to 12h**
**Thursday: 9h to 12h**
**Friday: 9h to 12h - 14h to 17h**
*Unconditional welcome*
*By appointment only*
*Accessible to people with reduced mobility*
*04 67 49 86 84*
*social@ville-montagnac.fr*
**Services:** Administrative counselling, social support, aid for the disabled, housing assistance, domiciliation, food basket
https://soliguide.fr//en/fiche/20861

## Montbazin

### 1. CCAS de Montbazin

*1 Pl. de la Mairie, 34560 Montbazin*

**Monday to Friday: 9h to 12h - 14h to 17h**
*Unconditional welcome adapted to isolated people, couples.*
*Other useful informations: Montbazin residents*
*By appointment only*
*Accessible to people with reduced mobility*
*Accueil: 04 67 78 72 02*
*ccas@montbazin.fr*
**Services:** Administrative counselling, social support, aid for the disabled, housing assistance, domiciliation, public letter-writer, food voucher/check
https://soliguide.fr//en/fiche/33127

## Montblanc

### 1. CCAS de Montblanc

*Pl. Edouard Barthe, 34290 Montblanc*
Temporary closure: from 25/12/2025 to 26/12/2025

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

**Monday to Wednesday: 9h to 12h - 14h to 17h**
**Thursday: 9h to 12h**
**Friday: 9h to 12h - 14h to 17h**
*Unconditional welcome*
*Accueil Mairie: 04 67 98 50 03*
*contact@mairie-montblanc.fr*
**Services:** Administrative counselling, aid for the disabled, domiciliation, food basket, social support
https://soliguide.fr//en/fiche/25028

## Montferrier-sur-Lez

### 1. CCAS de Montferrier-sur-Lez

*4 Imp. du Château, 34980 Montferrier-sur-Lez*
Temporary schedules: on 24/12/2025
Monday to Tuesday: 8h30 to 12h - 13h30 to 18h
Wednesday: 8h30 to 12h
Thursday to Friday: 8h30 to 12h - 13h30 to 18h

Temporary schedules: on 31/12/2025
Monday to Tuesday: 8h30 to 12h - 13h30 to 18h
Wednesday: 8h30 to 12h - 13h30 to 17h
Thursday to Friday: 8h30 to 12h - 13h30 to 18h

Temporary closure: on 02/01/2026

**Monday to Friday: 8h30 to 12h - 13h30 to 18h**
*Unconditional welcome*
*Accessible to people with reduced mobility*
*04 67 59 81 34*
*mairie@montferriersurlez.fr*
**Services:** Administrative counselling, social support, aid for the disabled, domiciliation, food voucher/check
https://soliguide.fr//en/fiche/36725

## Montpellier

### 1. Secours Catholique - Maison Campredon - Montpellier

*5, 34000 Montpellier*
Temporary closure: from 22/12/2025 to 04/01/2026

**Monday: 14h to 16h**
**Tuesday to Thursday: 9h to 12h - 14h to 16h**
**Friday: 9h to 12h**
*Unconditional welcome*
*Alimentation: 04 67 58 42 99*
*Accueil social: 04 67 58 49 28*
**Services:** Administrative counselling, social and solidarity grocery stores, various leisure, cooking workshop
https://soliguide.fr//en/fiche/5514

### 2. Antenne du Secours populaire français - Figuerolles- Montpellier

*78 Rue du Faubourg Figuerolles, 34070 Montpellier*
Temporary Message: on 06/12/2025
Braderie de jouets: Samedi 6 décembre de 10h à 16h

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

**Monday to Tuesday: 9h30 to 11h30**
**Thursday to Friday: 9h30 to 11h30**
*Unconditional welcome*
*By appointment only*
*Financial participation required: In the morning: free or symbolic participation for people referred by a social worker. In the afternoon: solidarity participation for everyone.*
*04 34 11 47 28*
*figuerolles@spf34.org*
**Services:** Clothes, libraries, digital training, various leisure, solidarity shop
https://soliguide.fr//en/fiche/5519

### 3. Gammes - Accueil de jour / SAO - Gambetta

*19 Rue Saint-Claude, 34000 Montpellier*
Temporary schedules: from 01/11/2024 to 31/12/2025
Monday: 8h45 to 12h - 14h to 17h
Tuesday: 8h45 to 12h
Wednesday to Friday: 8h45 to 12h - 14h to 17h

**Monday: 8h45 to 12h - 14h to 17h**
**Tuesday: 8h45 to 12h**
**Wednesday to Friday: 8h45 to 12h - 14h to 17h**
*Unconditional welcome*
*04 67 58 14 00*
*sao@gammes.org*
**Services:** Day shelters, food distribution, domiciliation, information and orientation point, luggage storage, power/electricity plugs, computer posts, showers, laundry services, care products, psychology
https://soliguide.fr//en/fiche/5546

### 4. Association Kalisi

*849 Rue Favre de Saint-Castor (LE GREEN VALLEY - local 1 RDC), 34080 Montpellier*
Temporary closure: from 22/12/2025 to 04/01/2026

**Monday to Friday: 9h to 12h - 14h to 17h**
*Unconditional welcome adapted to people at least 60 years old, families, students.*
*Other useful informations: Working population*
*By appointment only*
*On registration: Make an appointment for registration*
*09 53 28 27 44*
*secretariatkalisi@yahoo.com*
**Services:** Food basket, school tutoring, digital training, well-being, various leisure, nutritionist, administrative counselling
https://soliguide.fr//en/fiche/14708

### 5. Solidarité DOM TOM - La Mosson

*216 Av. de Louisville, 34080 Montpellier*
Temporary closure: from 22/12/2025 to 04/01/2026

**Monday: 10h to 12h - 15h to 17h**
**Tuesday to Thursday: 8h to 12h - 13h30 to 17h**
**Friday: 9h to 12h**
*Unconditional welcome adapted to families, pregnant women, couples, students.*
*Other useful informations: Inhabitants of the Paillade/Mosson district and overseas public*
*By appointment only*
*Financial participation required: Contribution according to income.*
*04 67 45 70 30*
*sodoto@sdt34.fr*
**Services:** Social and solidarity grocery stores, housing assistance, administrative counselling, social support, french language courses, various leisure, computer posts
https://soliguide.fr//en/fiche/14711

### 6. CAARUD Réduire Les Risques

*5 Rue Fouques, 34000 Montpellier*

**Monday: 9h30 to 12h - 13h30 to 17h**
**Tuesday to Friday: 13h30 to 17h**
*Unconditional welcome adapted to women, in a situation of addiction.*
*Other useful informations: Reception of anonymous women, with or without children, in a state of addiction*
*Accepted animals*
*Accueil: 04 67 58 01 01*

*secretariat@reduirelesrisques.fr*
**Services:** Addiction, social support, clothes, mst screening, rest area, food distribution, infirmary, laundry services, showers, family area, domiciliation, food basket, counselling for parents, pets, care products
https://soliguide.fr//en/fiche/14983

### 7. Vestiaire Société Saint Vincent de Paul - Montpellier Saint-Denis

*12 Rue Saint-Denis, 34000 Montpellier*
Temporary closure: from 20/12/2025 to 04/01/2026

**Monday: 14h to 17h**
**Tuesday to Wednesday: 9h30 to 12h - 14h to 17h**
**Thursday to Friday: 14h to 17h**
*Unconditional welcome*
*Financial participation required*
*04 99 63 69 10*
*herault@ssvp.fr*
**Services:** Clothes, solidarity shop
https://soliguide.fr//en/fiche/15048

### 8. CAARUD Axess - Montpellier

*66 Av. Charles Flahault, 34090 Montpellier*
Temporary Message: from 25/12/2025 to 01/01/2026
Fermeture: Le 25 décembre et le 1er janvier

**Monday to Friday: 9h to 12h - 14h to 17h**
**Saturday: 9h15 to 12h**
*Exclusive welcome: in a situation of addiction.*
*Accepted animals*
*Accessible to people with reduced mobility*
*Other details: Anonymous, free and confidential reception for users of legal and illegal psychoactive products*
*04 67 58 62 23*
*axess@groupe-sos.org*
**Services:** Addiction, mst screening, infirmary, domiciliation, food distribution, laundry services, social support, administrative counselling, showers, various leisure, care products
https://soliguide.fr//en/fiche/15072

### 9. Fondation Le Refuge - Montpellier

*34000 Montpellier*
Temporary closure: from 01/01/2026 to 04/01/2026

**Monday to Tuesday: 9h to 17h30**
**Wednesday: 10h to 17h30**
**Thursday: 9h to 17h30**
**Friday: 9h to 13h**
*Exclusive welcome: people aged from 18 to 25 years, lgbt+.*
*Orientation only: On orientation of a social structure or the Prefecture, etc...*
*LIGNE DU REFUGE: 09 39 03 63 03*
*montpellier@le-refuge.org*
**Services:** Day shelters, information and orientation point, social support, psychology, french language courses, computer posts, wifi
https://soliguide.fr//en/fiche/15209

### 10. Secours populaire français Montpellier - La Paillade

*140 Rue de Cambridge (Centre Commercial Oxford), 34080 Montpellier*
Temporary closure: from 20/12/2025 to 05/01/2026

**Tuesday: 13h to 16h30**
**Thursday to Friday: 13h to 16h30**
*Unconditional welcome*
*Accueil: 04 67 75 70 57*
*la.paillade@spf34.org*
**Services:** Food basket, public letter-writer, administrative counselling, social and solidarity grocery stores, various leisure
https://soliguide.fr//en/fiche/15710

### 11. Secours Catholique - Braderie Montpellier

*22 Rue Dom Vaissette, 34000 Montpellier*
Temporary closure: from 22/12/2025 to 04/01/2026

**Monday to Tuesday: 9h to 16h**
*Unconditional welcome*
*Financial participation required*
*04 99 13 61 13*
**Services:** Solidarity shop, clothes
https://soliguide.fr//en/fiche/16388

### 12. Delivrue Montpellier

*Pl. de la Comédie, 34000 Montpellier*

**Monday to Sunday: 12h to 15h**
*Unconditional welcome*
*Other details: Delivrue does not take orders. Deliveries are made directly in the street to people in precarious situations.*
*06 50 72 10 75*
*delivrue.montpellier@gmail.com*
**Services:** Food distribution, well-being
https://soliguide.fr//en/fiche/18282

### 13. La Bulle - Douche Nomade

*34000 Montpellier, 34000 Montpellier*

**Monday: 15h30 to 20h**
**Tuesday: 13h to 17h30**
**Thursday: 15h30 to 20h**
**Friday: 13h to 17h30**
*Unconditional welcome*
*By appointment only: Appointment: Call from 2 p.m. Monday*

*and Thursday and last Sunday of the month and from 11 a.m. Tuesday and Friday*
*Prise de rendez-vous: 06 95 10 49 77*
*contact@labulledouchenomade.fr*
**Services:** Showers, clothes, care products
https://soliguide.fr//en/fiche/21551

### 14. Vrac & Cocinas - Mosson

*410 Av. de Barcelone (Centre Social CAF - l'Ile aux Familles), 34080 Montpellier*

**Thursday: 14h to 18h**
*Unconditional welcome*
*Financial participation required: Membership starting form 1 euro.*
*Organic and sustainable food products sold at cost price.*
*Accessible to people with reduced mobility*
*Laure Viart: 06 46 00 94 89*
*contact-montpellier@vrac-asso.org*
**Services:** Social and solidarity grocery stores, cooking workshop
https://soliguide.fr//en/fiche/26307

### 15. Vrac & Cocinas - Croix d'Argent

*118 All. Maurice Bonafos (Maison pour Tous Albert Camus), 34070 Montpellier*

**Tuesday: 14h to 18h**
*Unconditional welcome*
*On registration: Register via the neighborhood branch website.*
*Financial participation required: Membership from 1 euro then group purchases: we pay for the products that interest us. Price varies according to the products and the size of the purchasing group.*
*06 46 00 94 89*
*contact-montpellier@vrac-asso.org*
**Services:** Social and solidarity grocery stores, cooking workshop
https://soliguide.fr//en/fiche/26310

### 16. Vrac & Cocinas - Saint Martin

*67 Rue des Razeteurs (Maison pour Tous l'Escoutaïre), 34070 Montpellier*

**Friday: 14h to 18h**
*Unconditional welcome*
*On registration: Register via the neighborhood branch website.*
*Financial participation required: Membership from 1 euro then group purchases: we pay for the products that interest us. Price varies according to the products and the size of the purchasing group.*
*06 46 00 94 89*
*contact-montpellier@vrac-asso.org*
**Services:** Cooking workshop, social and solidarity grocery stores
https://soliguide.fr//en/fiche/26312

### 17. Vrac & Cocinas - Petit-Bard

*55 Rue des Araucarias (Maison Pour Tous François Villon), 34080 Montpellier*

**Friday: 14h to 18h**
*Unconditional welcome*
*On registration: Register via the neighborhood branch website.*
*Financial participation required: Membership from 1 euro then group purchases: we pay for the products that interest us. Price varies according to the products and the size of the purchasing group.*
*06 46 00 94 89*
*contact-montpellier@vrac-asso.org*
**Services:** Social and solidarity grocery stores, cooking workshop
https://soliguide.fr//en/fiche/26316

### 18. Association Humanitaire de Montpellier - Distribution de repas - Relai des Solidarités Alimentaires

*147 Av. de Boirargues, 34000 Montpellier*

**Monday to Sunday: 19h to 20h45**
*Unconditional welcome*
*07 83 04 38 16*
**Services:** Food distribution, power/electricity plugs, care products, french language courses
https://soliguide.fr//en/fiche/27492

### 19. Mission Etudiante Montpellier

*3 Avenue du Docteur Pezet, 34090 Montpellier*
Temporary closure: from 20/12/2025 to 04/01/2026
Fermé pendant les vacances scolaires

**Monday: 9h to 16h**
**Tuesday: 9h to 17h**
**Wednesday: 14h to 17h**
**Thursday: 9h to 16h**
*Exclusive welcome: students.*
*Other useful informations: Our association aims to help students in precarious situations (housing, loneliness, food assistance)*
*06 48 87 70 04*
*memasso34@gmail.com*
**Services:** Food basket, information and orientation point, general medicine, various leisure, job-seeking assistance
https://soliguide.fr//en/fiche/33350

## 20. Secours populaire français Montpellier - Espace de solidarité Tropisme

*121 Rue Fontcouverte, 34000 Montpellier*
Temporary closure: from 22/12/2025 to 04/01/2026

**Wednesday to Thursday: 10h to 12h30 - 13h30 to 16h**
*Unconditional welcome*
*04 67 69 58 41*
**Services:** Administrative counselling, french language courses, food basket, various leisure
https://soliguide.fr//en/fiche/34709

## 21. Espérance Fraternité

*34070 Montpellier*

**Thursday: 15h to 16h30**
*Unconditional welcome*
*Orientation only*
*Financial participation required: 1 euro per week and person*
*06 07 79 10 21*
*esperancefraternite7@gmail.com*
**Services:** Food basket
https://soliguide.fr//en/fiche/35365

## 22. Babel Café

*17 Rue Saint-Claude, 34000 Montpellier*

**Sunday: 8h30 to 10h30**
*Unconditional welcome*
*No phone number given*
*pierre.ribstein@gmail.com*
**Services:** Food distribution
https://soliguide.fr//en/fiche/35392

## 23. Le Carillon - Mireille Café Moderne

*44 Rue de l'Aiguillerie, 34000 Montpellier*
Temporary closure: on 25/12/2025
Fêtes de fin d'année

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

**Monday to Tuesday: 10h to 19h**
**Thursday to Sunday: 10h to 19h**
*Unconditional welcome*
*No phone number given*
**Services:** Solidarity shop, public water fountains, power/electricity plugs, toilets, luggage storage, clothes, infirmary
https://soliguide.fr//en/fiche/35452

## 24. Le Carillon - Biocoop Courreau

*2 Bd du Jeu de Paume, 34000 Montpellier*

**Monday: 14h30 to 19h30**
**Tuesday to Saturday: 9h to 19h30**
*Unconditional welcome*
*No phone number given*
**Services:** Food voucher/check, public water fountains, power/electricity plugs, phone, luggage storage, information and orientation point
https://soliguide.fr//en/fiche/35462

## 25. Retrait de paniers solidaires - Montpellier centre

*9 Cours Gambetta (Association Carrousel), 34000 Montpellier*
Temporary closure: from 29/12/2025 to 04/01/2026

**Monday: 16h to 19h**
*Unconditional welcome*
*On registration: Register by phone or online*
*Financial participation required: 3 sizes of vegetables:*
*- Small (ideal for 2 people/week) €15*
*- Medium (ideal for 4 people/week) €25*
*- Large 40€*

*Regulation 4 baskets in advance*
*Membership 18€/year*
*Other details: To access the solidarity baskets, you must contact the Secours Catholique solidarity shop or Céline at the CCAS. Payment is made directly to Secours Catholique or CCAS after studying the file to calculate the contribution to be paid.*
*06 18 22 95 44*
*contact@jardinsmirabeau.fr*
**Services:** Food basket
https://soliguide.fr//en/fiche/36486

## 26. MASET - Maison Associative Solidaire Etudiante Territoriale

*125 Av. Augustin Fliche (Cité Universitaire Triolet), 34090 Montpellier*
Temporary closure: from 18/12/2025 to 05/01/2026

**Wednesday: 16h30 to 19h30**
*Exclusive welcome: in a regular situation, students.*
*Other useful informations: Open to all CROUS resident students, with exceptions*
*Accepted animals*
*Accessible to people with reduced mobility*
*Other details: Present yourself with proof of income and expenses. Remains to live on 500€ maximum*
*Présidence: 06 25 42 61 02*
*contact@asso-maset.fr*
**Services:** Various leisure, food basket, sport
https://soliguide.fr//en/fiche/36711

## 27. Linkee - Montpellier Tropisme

*121 Rue Fontcouverte (La Halle Tropisme), 34000 Montpellier*
Temporary schedules: from 21/12/2025 to 04/01/2026
Monday: 18h30 to 20h

**Wednesday: 18h30 to 20h**
*Exclusive welcome: students.*
*Other useful informations: All the students.*
*On registration: https://app-beneficiaire.linkee.co/*
*Accessible to people with reduced mobility*
*Other details: On presentation of a student card or school certificate*
*No phone number given*
*etudiants.mtp@linkee.co*
**Services:** Food basket
https://soliguide.fr//en/fiche/36811

## 28. Café-bar associatif Le Quartier Généreux

*2 Quai des Tanneurs, 34090 Montpellier*
Temporary closure: from 21/12/2025 to 06/01/2026
Fermeture hivernale pour les fêtes de fin d'année

**Wednesday: 9h to 22h**
**Thursday to Saturday: 18h to 23h**
*Unconditional welcome*
*No phone number given*
*contact@quartiergenereux.fr*
**Services:** Various leisure, solidarity fridge, french language courses
https://soliguide.fr//en/fiche/41645

## 29. Jardin solidaire - Square du Père Bonnet - l'AJAP

*42 Rue du Faubourg Figuerolles (Dans le square public du Père Bonnet), 34070 Montpellier*
Temporary closure: from 20/12/2025 to 05/01/2026

**Wednesday: 15h30 to 17h30**
**Sunday: 15h30 to 17h30**
*Unconditional welcome*
*06 42 35 98 11*
*ajapmontpellier@protonmail.com*
**Services:** Solidarity garden, food basket
https://soliguide.fr//en/fiche/44216

## 30. Récupération alimentaire - l'A.J.A.P

*1 Rue Bouschet de Bernard, 34070 Montpellier*
Temporary closure: from 20/12/2025 to 05/01/2026

**Tuesday: 18h40 to 20h**
**Saturday: 18h40 to 20h**
*Unconditional welcome*
*06 42 35 98 11*
*ajapmontpellier@protonmail.com*
**Services:** Food basket
https://soliguide.fr//en/fiche/44226

## 31. La table de Malte - Montpellier

*45 Quai du Verdanson (Halte Solidarité), 34090 Montpellier*

**Saturday: 9h to 11h**
*Unconditional welcome*
*No phone number given*
**Services:** Food distribution
https://soliguide.fr//en/fiche/45988

## 32. Linkee - Montpellier Maison des Etudiants - Campus de Triolet

*Place Eugène Bataillon (Maison des Etudiants - Campus Triolet), 34090 Montpellier*

**Monday: 18h to 19h30**
*Exclusive welcome: students.*
*Other useful informations: All the students.*
*On registration: https://app-beneficiaire.linkee.co/*
*Accessible to people with reduced mobility*
*Other details: On presentation of a student card or school certificate*
*No phone number given*
*etudiants.mtp@linkee.co*
**Services:** Food basket
https://soliguide.fr//en/fiche/46107

## 33. Accueil de jour Luttopia

*88bis Avenue de Toulouse, 34070 Montpellier*
Temporary closure: from 24/12/2025 to 05/01/2026

**Tuesday: 9h to 16h**
**Thursday: 9h to 16h**
*Unconditional welcome*
*Accepted animals*
*07 51 54 34 28*
*luttopia004@gmail.com*
**Services:** Day shelters, information and orientation point, french language courses, care products, food distribution, social support, showers, toilets, laundry services, solidarity shop, power/electricity plugs
https://soliguide.fr//en/fiche/49665

## 34. AERS - LHSS (lits halte soins santé)

*34080 Montpellier*

**Monday to Sunday: open 24 hours a day**
*Unconditional welcome adapted to women, isolated people, pregnant women.*
*Orientation only: Dossier de demande d'admission comprenant : une partie sociale à envoyer à : admission.social@aers-asso.fr ; et une partie médicale à*

*envoyer : à admission.medecin@aers-asso.fr*
*accepted animals*
*Accessible to people with reduced mobility*
*04 51 68 01 52*
**Services:** Day shelters, emergency shelters
https://soliguide.fr//en/fiche/58260

## Murviel-lès-Montpellier

### 1. CCAS de Murviel-lès-Montpellier

*5 Rue des Lavoirs, 34570 Murviel-lès-Montpellier*

**Monday to Tuesday: 8h to 12h - 13h30 to 17h30**
**Wednesday to Friday: 8h to 12h**
*Unconditional welcome*
*By appointment only*
*Accessible to people with reduced mobility*
*04 67 47 71 74*
*accueil@murviel.fr*
**Services:** Administrative counselling, social support, aid for the disabled, domiciliation, food basket
https://soliguide.fr//en/fiche/36726

## Mèze

### 1. Comité du Secours Populaire - Mèze

*12 Rue du Port, 34140 Mèze*
Temporary closure: from 19/12/2025 to 05/01/2026

**Tuesday to Friday: 9h30 to 12h - 14h to 17h**
*Unconditional welcome*
*04 49 06 65 78*
*Secrétaire générale: 07 49 95 21 54*
*meze@spf34.org*
**Services:** Solidarity shop, food basket, school tutoring
https://soliguide.fr//en/fiche/24697

## Nissan-lez-Enserune

### 1. CCAS de Nissan-Lez-Ensérune

*1 Pl. de la République (Mairie de Nissan-Lez-Ensérune), 34440 Nissan-lez-Enserune*
Temporary Message: from 25/12/2025 to 01/01/2026
En cas d'urgence: Se rendre à la mairie.

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

**Monday to Tuesday: 9h to 12h - 14h to 17h**
**Wednesday: 9h to 12h**
**Thursday to Friday: 9h to 12h - 14h to 17h**
*Unconditional welcome*
*By appointment only*
*Accessible to people with reduced mobility*
*04 67 11 84 55*
*ccas@nissanlezenserune.com*
**Services:** Administrative counselling, social support, aid for the disabled, housing assistance, domiciliation, food basket, solidarity shop, mobility aid, job-seeking assistance
https://soliguide.fr//en/fiche/21385

## Nébian

### 1. Roul'Contact - Nébian

*8 Rue Marcelin Berthelot (Au Parc de City), 34800 Nébian*
Temporary closure: on 02/01/2026
En raison des fêtes de fin d'année, la tournée à Nébian n'aura pas lieu le 2 Janvier 2026. Nous vous retrouvons le vendredi 16 janvier dès 10h !
Bonne fêtes à toutes et tous !

**Friday: 9h30 to 12h30**
*Unconditional welcome*
*Accepted animals*
*Accessible to people with reduced mobility*
*04 67 57 38 16*
*contact@terre-contact.com*
**Services:** Administrative counselling, social and solidarity grocery stores, food distribution, family area, various leisure, information and orientation point, cooking workshop, care products
https://soliguide.fr//en/fiche/18548

## Olonzac

### 1. CCAS d'Olonzac

*Pl. de L Hôtel de ville (Dans la Mairie), 34210 Olonzac*
Temporary Message: from 24/12/2025 to 31/12/2025
Fermeture: Le 24 et 31 décembre fermeture pendant l'après midi.

**Monday to Thursday: 9h to 12h - 17h to 18h**
**Friday: 9h to 12h30 - 13h30 to 15h30**
*Unconditional welcome adapted to isolated people, couples.*
*Other useful informations: Residents of the commune of Olonzac.*
*By appointment only*
*Accessible to people with reduced mobility*
*04 68 91 20 11*
*mairie-olonzac@orange.fr*
**Services:** Administrative counselling, aid for the disabled, social support, domiciliation, food voucher/check
https://soliguide.fr//en/fiche/24224

## Palavas-les-Flots

### 1. CCAS de Palavas-les-flots

*16 Bd Maréchal Joffre ((en face du cinéma Le Nautilus)), 34250 Palavas-les-Flots*
Temporary Message: from 25/12/2025 to 01/01/2026
Fermeture: Le 25 décembre et le 1er janvier.

**Monday: 9h to 12h - 13h to 16h**
**Tuesday to Friday: 8h to 12h - 13h to 16h**
*Unconditional welcome adapted to isolated people, couples.*
*Other useful informations: Inhabitants of Palavas-les-flots, single and without children.*
*Accueil: 04 67 07 73 21*
*ccas@palavaslesflots.com*
**Services:** Administrative counselling, job-seeking assistance, housing assistance, food basket, information and orientation point, domiciliation
https://soliguide.fr//en/fiche/16165

## Paulhan

### 1. Comité du Secours Populaire Français de Paulhan

*1 Rue Notre Dame, 34230 Paulhan*
Temporary closure: from 24/12/2025 to 04/01/2026

**Tuesday: 8h30 to 11h15**
**Thursday: 8h30 to 11h15**
*Unconditional welcome*
*Accueil: 04 67 25 23 19*
*paulhan@spf34.org*
**Services:** Clothes, social and solidarity grocery stores, food basket
https://soliguide.fr//en/fiche/16884

### 2. Comité du Secours Populaire - Paulhan

*34230 Paulhan*
Temporary closure: from 24/12/2025 to 05/01/2026

**Tuesday: 9h to 11h15**
**Thursday: 9h to 11h15**
*Unconditional welcome*
*Orientation only: Referral from social worker*
*04 67 25 23 19*
*paulhan@fpf34.org*
**Services:** Food basket
https://soliguide.fr//en/fiche/40103

## Pignan

### 1. Comité du Secours populaire - Pignan

*Av. Jean-Michel Serive Mattéi (Centre multi-activités Angel Perez), 34570 Pignan*
Temporary closure: from 20/12/2025 to 08/01/2026
Fêtes de fin d'année

**Friday: 8h30 to 11h30**
*Unconditional welcome*
*06 89 10 95 74*
*pignan@spf34.org*
**Services:** Social and solidarity grocery stores, food basket, clothes
https://soliguide.fr//en/fiche/16254

## Pinet

### 1. CCAS de Pinet

*Pl. de la Mairie, 34850 Pinet*

**Monday: 9h to 12h - 14h to 18h**
**Tuesday: 9h to 12h**
**Wednesday: 9h to 12h - 14h to 18h**
**Thursday: 9h to 12h**
**Friday: 9h to 12h - 14h to 18h**
*Unconditional welcome adapted to isolated people, couples.*
*Other useful informations: Inhabitants of Pinet*
*By appointment only*
*Other details: Contact the town hall to make an appointment at the CCAS*
*Accueil: 04 67 77 01 15*
*accueil@pinet-mairie.fr*
**Services:** Administrative counselling, aid for the disabled, food voucher/check
https://soliguide.fr//en/fiche/16285

## Portiragnes

### 1. CCAS de Portiragnes

*14 Bd Frédéric Mistral, 34420 Portiragnes*
Temporary closure: from 23/12/2025 to 02/01/2026

**Monday to Tuesday: 8h30 to 12h - 14h to 17h30**
**Thursday to Friday: 8h30 to 12h - 14h to 17h30**
*Unconditional welcome adapted to isolated people, couples.*
*Other useful informations: Portiragnes residents*
*By appointment only*
*Accueil: 04 67 90 94 44*
*Travailleur social: 04 67 67 83 30*
*France Services: 04 67 01 24 22*

*ccas@ville-portiragnes.fr*
**Services:** Administrative counselling, social support, aid for the disabled, domiciliation, legal advice, food basket, food distribution, sport, various leisure
https://soliguide.fr//en/fiche/16288

## Poussan

### 1. CCAS de Poussan

*1 Pl. de la Mairie, 34560 Poussan*
Temporary closure: on 26/12/2025
Fermeture exceptionnelle

Temporary closure: on 02/01/2026
Fermeture exceptionnelle

**Monday to Friday: 8h30 to 12h - 14h to 17h30**
*Unconditional welcome adapted to isolated people, couples.*
*Other useful informations: Inhabitants of Poussan*
*By appointment only*
*Accessible to people with reduced mobility*
*Accueil: 04 67 18 35 91*
*ccas@poussan.fr*
**Services:** Administrative counselling, aid for the disabled, housing assistance, domiciliation, job-seeking assistance, food basket, social support
https://soliguide.fr//en/fiche/24586

## Pouzols

### 1. Roul'Contact - Pouzols

*6 Rue de l'Égalité (Au parc de la Mairie), 34230 Pouzols*
Temporary closure: on 31/12/2025
En raison des fêtes de fin d'année, la tournée à Pouzols n'aura pas lieu le 31 Décembre 2025. Nous vous retrouvons le mercredi 14 décembre dès 10h !
Bonne fêtes à toutes et tous !

**Wednesday: 10h to 13h**
*Unconditional welcome*
*Accessible to people with reduced mobility*
*04 67 57 38 16*
*contact@terre-contact.com*
**Services:** Administrative counselling, social and solidarity grocery stores, cooking workshop, family area, various leisure, information and orientation point, care products
https://soliguide.fr//en/fiche/18547

## Prades-le-Lez

### 1. CCAS de Prades-le-Lez

*Place du 8 mai 1945 (Espace Rabelais, place de la Fontaine (1er étage)), 34730 Prades-le-Lez*
Temporary closure: from 20/12/2025 to 04/01/2026

**Monday to Friday: 9h to 12h - 14h to 16h30**
*Unconditional welcome*
*By appointment only: Make an appointment at 04 99 65 66 50*
*Accessible to people with reduced mobility*
*04 99 65 66 50*
*socialccas@prades-le-lez.fr*
**Services:** Administrative counselling, social support, aid for the disabled, housing assistance, domiciliation, food basket
https://soliguide.fr//en/fiche/33921

## Puissalicon

### 1. CCAS de Puissalicon

*Pl. de la Barbacane (Mairie de Puissalicon), 34480 Puissalicon*

**Monday to Friday: 8h30 to 12h - 13h30 to 17h**
*Unconditional welcome adapted to isolated people, couples.*
*Other useful informations: Inhabitants of the town of Puissalicon.*
*By appointment only*
*Accueil de la Mairie: 04 67 36 69 50*
*secretariat@puissalicon.fr*
**Services:** Administrative counselling, housing assistance, domiciliation, food basket
https://soliguide.fr//en/fiche/23385

## Puisserguier

### 1. CCAS de Puisserguier

*10 Bd Jean Jaurès, 34620 Puisserguier*
Temporary closure: on 25/12/2025

Temporary closure: on 01/01/2026

**Monday to Friday: 8h30 to 12h - 13h30 to 17h**
*Unconditional welcome*
*Accessible to people with reduced mobility*
*04 67 93 74 02*
*ccas34620@ville-puisserguier.com*
**Services:** Administrative counselling, social support, aid for the disabled, housing assistance, domiciliation, social and solidarity grocery stores
https://soliguide.fr//en/fiche/33234

## Pérols

### 1. CCAS de Pérols

*Rue Georges Barnoyer (1er étage), 34470 Pérols*

**Monday to Friday: 8h to 12h30**
*Unconditional welcome*
*By appointment only*
*04 67 50 45 42*
*ccas@ville-perols.fr*
**Services:** Social support, administrative counselling, aid for the disabled, domiciliation, job-seeking assistance, food voucher/check
https://soliguide.fr//en/fiche/16341

## Pézenas

### 1. Comité du Secours Populaire - Pézenas

*Rue Anatole France, 34120 Pézenas*
Temporary closure: from 20/12/2025 to 05/01/2026

**Tuesday: 9h to 12h - 14h30 to 17h**
**Thursday to Friday: 9h to 12h - 14h30 to 17h**
**Saturday: 9h to 12h**
*Unconditional welcome*
*04 99 47 27 43*
**Services:** Solidarity shop, food basket, clothes
https://soliguide.fr//en/fiche/20109

### 2. CCAS de Pézenas

*6 Rue Massillon (Mairie de Pézenas), 34120 Pézenas*

**Monday to Thursday: 8h30 to 12h - 13h30 to 17h30**
**Friday: 8h30 to 12h**
*Unconditional welcome*
*Accessible to people with reduced mobility*
*Service Accueil et Administratif: 04 67 90 41 18*
*Service Logement / Portage de repas /Domiciliation: 04 99 43 25 67*
*Service Aide à domicile: 04 67 90 46 54*
*Conseiller numérique: 07 79 02 46 63*
*Service animation séniors: 04 67 90 41 18*
*Crèche: 04 67 90 70 64*
*ccas@ville-pezenas.fr*
**Services:** Administrative counselling, aid for the disabled, social support, housing assistance, domiciliation, digital training, food basket, mobility aid
https://soliguide.fr//en/fiche/21572

### 3. Association Lieu Ressources

*Pass. des Machous (entrée par le parc sur le boulevard Joliot Curie), 34120 Pézenas*
Temporary closure: from 22/12/2025 to 04/01/2026
Vancances de Nöel

**Monday to Thursday: 9h to 18h**
**Friday: 9h to 17h**
*Unconditional welcome*
*04 67 98 02 60*
*association.ressources.pezenas@gmail.com*
**Services:** Day shelters, computer posts, various leisure, showers, laundry services, toilets, care products
https://soliguide.fr//en/fiche/21579

## Restinclières

### 1. CCAS de Restinclières

*1 Pl. de la République, 34160 Restinclières*

**Monday to Tuesday: 8h45 to 12h15 - 15h to 19h**
**Wednesday: 8h45 to 12h15**
**Thursday to Friday: 8h45 to 12h15 - 15h to 19h**
*Unconditional welcome*
*Accessible to people with reduced mobility*
*04 67 86 60 02*
*i.arcos@restinclieres.com*
**Services:** Administrative counselling, social support, aid for the disabled, housing assistance, domiciliation, food basket
https://soliguide.fr//en/fiche/36731

## Roujan

### 1. CCAS Pluricommunal - Roujan

*15 Rue Bastard Senaux, 34320 Roujan*

**Monday to Wednesday: 9h to 12h - 13h30 to 17h30**
**Friday: 9h to 12h - 13h30 to 17h30**
*Unconditional welcome adapted to isolated people, couples.*
*Other useful informations: Inhabitants of Fos, Montesquieu, Vailhan, Neffies, Gabian, Pouzolles et Roujan.*
*By appointment only*
*Accessible to people with reduced mobility*
*Accueil: 04 67 25 01 45*
*ccas@roujan.fr*
**Services:** Administrative counselling, aid for the disabled, housing assistance, domiciliation, food basket, social support, various leisure
https://soliguide.fr//en/fiche/22691

## Saint-André-de-Sangonis

### 1. Comité Secours Populaire - Saint-André-de-Sangonis

*6 bis Rue de Sainte-Brigitte, 34725 Saint-André-de-Sangonis*
Temporary closure: from 22/12/2025 to 04/01/2026

**Tuesday: 14h to 17h**
**Wednesday to Friday: 13h30 to 17h**
**Saturday: 9h30 to 12h**
*Unconditional welcome*
*04 67 57 56 60*
*saint.andre@spf34.org*
**Services:** Administrative counselling, social and solidarity grocery stores, clothes, school tutoring, food basket, various leisure, showers, laundry services, computer posts
https://soliguide.fr//en/fiche/17356

## Saint-Brès

### 1. CCAS de Saint-Brès
*14 Pl. de la Ramade, 34670 Saint-Brès*

**Monday: 9h to 12h - 14h to 18h**
**Tuesday: 9h to 12h - 14h to 17h**
**Thursday: 9h to 12h - 14h to 18h**
**Friday: 9h to 12h - 14h to 17h**
*Unconditional welcome*
*By appointment only*
*Accessible to people with reduced mobility*
*04 67 87 46 02*
*contact@saint-bres.fr*
**Services:** Administrative counselling, aid for the disabled, housing assistance, domiciliation, food basket, information and orientation point, social support
https://soliguide.fr//en/fiche/33410

## Saint-Chinian

### 1. Accueil du Secours Catholique - Saint-Chinian
*1 Rue de la Font Valentin, 34360 Saint-Chinian*
Temporary Message: from 01/12/2025 to 01/12/2099
Ouvert le 1er et 3eme samedi du mois: Entre 9h et 11h30

**Tuesday: 14h to 17h30**
*Unconditional welcome*
*06 07 23 22 33*
**Services:** Social support, solidarity shop, clothes
https://soliguide.fr//en/fiche/25607

## Saint-Clément-de-Rivière

### 1. Solidarité des Sources du Lez
*34980 Saint-Clément-de-Rivière*
Temporary closure: from 24/12/2025 to 31/12/2025

**Wednesday: 14h to 17h**
*Unconditional welcome*
*Orientation only: Referred by a social worker.*
*Other details: Beneficiaries must be referred by a CCAS or a Social Worker, have a "living allowance" of less than or equal to €180 per person per month and accept the principle of a quarterly progress meeting for the purpose of socio-professional reintegration.*
*0614623438: 06 14 62 34 38*
*e.ducray@actavocats.com*
**Services:** Food basket
https://soliguide.fr//en/fiche/16853

## Saint-Drézéry

### 1. CCAS de Saint-Drézery
*1 Pl. de la Mairie (Place Cambacérès), 34160 Saint-Drézéry*

**Monday to Thursday: 8h30 to 12h15 - 14h30 to 18h**
**Friday: 8h30 to 12h15 - 14h30 to 17h**
*Unconditional welcome adapted to isolated people, couples.*
*Other useful informations: Residents of Saint-Drézéry*
*Accueil CCAS: 04 67 86 90 87*
*ccas@saintdrezery.eu*
**Services:** Administrative counselling, aid for the disabled, housing assistance, food basket
https://soliguide.fr//en/fiche/15852

## Saint-Geniès-de-Fontedit

### 1. CCAS de Saint-Geniès-de-Fontedit
*4 Cours Napoleon (Mairie de Saint Geniès de Fontedit), 34480 Saint-Geniès-de-Fontedit*

**Monday to Friday: 8h30 to 12h - 14h to 17h30**
*Unconditional welcome adapted to isolated people, couples.*
*Other useful informations: Residents of the commune of Saint-Génies-de-Fontedit*
*By appointment only*
*No phone number given*
**Services:** Administrative counselling, housing assistance, domiciliation, aid for the disabled, food basket
https://soliguide.fr//en/fiche/23400

## Saint-Geniès-des-Mourgues

### 1. CCAS de Saint-Geniès-des-Mourgues

*34160 Saint-Geniès-des-Mourgues (Place de l'Abbaye - Mairie), 34160 Saint-Geniès-des-Mourgues*
Temporary schedules: on 23/12/2025
Monday: 9h to 12h - 13h30 to 16h30
Tuesday: 9h to 12h
Thursday: 9h to 12h - 13h30 to 16h30

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

**Monday to Tuesday: 9h to 12h - 13h30 to 16h30**
**Thursday: 9h to 12h - 13h30 to 16h30**
*Unconditional welcome*
*Accessible to people with reduced mobility*
*04 67 86 21 22*
*ccas@stgenies.org*
**Services:** Administrative counselling, social support, aid for the disabled, housing assistance, domiciliation, food basket
https://soliguide.fr//en/fiche/36727

## Saint-Georges-d'Orques

### 1. CCAS de Saint-Georges-d'Orques

*24 Rue de la Cadelle, 34680 Saint-Georges-d'Orques*

**Monday to Thursday: 8h to 12h - 13h to 17h**
**Friday: 8h to 12h - 13h to 16h**
*Unconditional welcome*
*By appointment only*
*Accessible to people with reduced mobility*
*04 67 75 42 15*
*ccas@sgdo.fr*
**Services:** Administrative counselling, social support, aid for the disabled, housing assistance, domiciliation, food basket, solidarity shop
https://soliguide.fr//en/fiche/16742

## Saint-Gély-du-Fesc

### 1. Boutique du Secours Catholique - Saint-Gély-du-Fesc

*457 Grand'Rue, 34980 Saint-Gély-du-Fesc*
Temporary closure: from 20/12/2025 to 04/01/2026

**Tuesday: 9h to 11h45**
**Saturday: 9h to 11h45**
*Unconditional welcome*
*Financial participation required: Symbolic price on products sold*
*délégation: 04 99 13 61 13*
*responsable d'équipe: 06 61 80 15 64*
*herault@secours-catholique.org*
**Services:** Clothes, solidarity shop
https://soliguide.fr//en/fiche/24983

### 2. Permanence de la Mission locale - Saint Gély du Fesc Le Forum

*Centre Commercial Forum, 34980 Saint-Gély-du-Fesc*
Temporary closure: from 25/12/2025 to 28/12/2025

**Monday: 9h to 12h - 13h to 16h30**
*Exclusive welcome: people aged from 16 to 24 years.*
*By appointment only*
*04 67 55 17 80*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, computer posts, psychology, food basket
https://soliguide.fr//en/fiche/25573

### 3. Permanence de la Mission locale - Saint Gély du Fesc Maison des Entreprises

*350 Rue de l'Aven (Maison des Entreprises), 34980 Saint-Gély-du-Fesc*

**Monday: 9h to 12h30 - 13h to 16h30**
*Exclusive welcome: people aged from 16 to 24 years.*
*By appointment only*
*04 67 55 17 80*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, computer posts, psychology, food basket
https://soliguide.fr//en/fiche/33253

## Saint-Jean-de-Védas

### 1. Les paniers de l'espoir - Saint-Jean-de-Védas

*18 Rue Fon de l'Hospital, 34430 Saint-Jean-de-Védas*

**Monday to Sunday: 12h to 14h**
*Unconditional welcome*
*On registration: WIth membership*
*Financial participation required: Membership for 15€ per year*
*No phone number given*
*lespaniersdelespoir34@gmail.com*
**Services:** Food basket
https://soliguide.fr//en/fiche/18970

## Saint-Just

### 1. CCAS de Saint-Just

*2 Av. Gabriel Péri, 34400 Saint-Just*

**Monday to Friday: 8h30 to 12h30 - 13h45 to 17h30**
*Unconditional welcome adapted to isolated people, families, couples.*
*Other useful informations: Residents of Saint-Just*
*Accessible to people with reduced mobility*
*Other details: The social affairs assistant is available on Thursday from 6 p.m. to 7 p.m. without appointment*
*Accueil: 04 67 83 56 00*
*c.pereiramairie@gmail.com*
**Services:** Housing assistance, administrative counselling, domiciliation, social support, aid for the disabled, food basket
https://soliguide.fr//en/fiche/25077

## Saint-Martin-de-Londres

### 1. Accueil du Secours Catholique - Saint Martin de Londres

*7 Plan de Claustre, 34380 Saint-Martin-de-Londres*

**Thursday: 14h to 17h**
**Saturday: 10h to 12h**
*Unconditional welcome adapted to .*
*Other useful informations: You have to go through the social workers to have access to all the services (apart from the cloakroom).*
*04 67 55 61 21*
**Services:** Clothes, social support, various leisure, administrative counselling
https://soliguide.fr//en/fiche/17098

### 2. Permanence de la Mission locale - Saint Martin de Londres

*9 Pl. de la Mairie (Maison de Pays), 34380 Saint-Martin-de-Londres*
Temporary closure: from 25/12/2025 to 28/12/2025

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

**Wednesday: 9h to 12h30**
*Unconditional welcome adapted to people aged from 16 to 25 years.*
*By appointment only*
*04 67 73 01 30*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, computer posts, psychology, food basket
https://soliguide.fr//en/fiche/25574

### 3. Ressourcerie Courts Circuits

*27 Route du Littoral, 34380 Saint-Martin-de-Londres*
Temporary schedules: from 23/11/2025 to 14/12/2025
Ouverture exceptionnelle les dimanches 23 et 30 novembre et 7 et 14 décembre de 10h à 13h
Wednesday: 10h to 18h
Friday to Saturday: 10h to 18h
Sunday: 10h to 13h

Temporary closure: from 21/12/2025 to 05/01/2026
Fêtes de fin d'année

**Wednesday: 10h to 18h**
**Friday to Saturday: 10h to 18h**
*Unconditional welcome*
*Financial participation required*
*No phone number given*
*ressourcerie.courtscircuits@ecomail.fr*
**Services:** Solidarity shop, clothes
https://soliguide.fr//en/fiche/43617

### 4. CCAS de Saint-Martin-de-Londres

*3 Place de la Mairie (Dans la Mairie), 34380 Saint-Martin-de-Londres*

**Monday: 8h15 to 12h - 13h30 to 17h30**
**Tuesday: 8h30 to 12h**
**Wednesday: 8h30 to 12h - 13h30 to 17h30**
**Thursday: 8h30 to 12h**
**Friday: 8h30 to 12h - 15h30 to 17h30**
*Unconditional welcome adapted to isolated people, couples.*
*Other useful informations: Inhabitants of Saint-Martin*
*Accessible to people with reduced mobility*
*04 67 55 00 10*
*mairie@ville-smdl.fr*
**Services:** Administrative counselling, aid for the disabled, social support, housing assistance, domiciliation, food basket
https://soliguide.fr//en/fiche/43619

## Saint-Mathieu-de-Tréviers

### 1. Antenne Mission locale - Saint-Mathieu-de-Tréviers

*120 All. Eugène Saumade (Résidence "Les jardins de Silène" ; Bat A), 34270 Saint-Mathieu-de-Tréviers*
Temporary closure: from 25/12/2025 to 29/12/2025

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

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

*Exclusive welcome: people aged from 16 to 25 years.*
*By appointment only*
*04 67 55 17 80*
*accueil.stmathieu@mlgc.fr*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, computer posts, psychology, food basket
https://soliguide.fr//en/fiche/25572

## Saint-Pons-de-Thomières

### 1. Epicerie sociale / Atelier des solidarités - Saint-Pons-de-Thomières

*18 Place du Foirail, 34220 Saint-Pons-de-Thomières*
Temporary closure: from 25/12/2025 to 03/01/2026

**Monday to Thursday: 9h45 to 12h - 14h to 17h**
*Unconditional welcome*
*By appointment only: permanence on Tuesday afternoons at the town hall of St Pons or electronically*
*Financial participation required: On annual membership (€5 per beneficiary household and €12.5 for non-beneficiaries of the grocery store)*
*Accessible to people with reduced mobility*
*09 50 72 05 87*
*relais-familles.herault@famillesrurales.org*
**Services:** Social and solidarity grocery stores, administrative counselling, computer posts, various leisure, information and orientation point, digital training
https://soliguide.fr//en/fiche/20120

### 2. Accueil du Secours Catholique - Saint-Pons-de-Thomières

*3 Chem. de Camp Soulel (Au 3 bis), 34220 Saint-Pons-de-Thomières*

**Monday: 14h to 17h**
*Unconditional welcome*
*06 16 52 91 21*
**Services:** Social support, solidarity shop, french language courses, school tutoring, various leisure, food basket
https://soliguide.fr//en/fiche/25605

## Sète

### 1. Trait d'Union S.U.S - Solidarité Urgence Sétoise

*35 Rue Pierre Semard, 34200 Sète*

**Monday to Friday: 8h to 11h30 - 14h to 17h45**
**Saturday: 8h to 11h30**
*Unconditional welcome*
*By appointment only*
*04 67 46 08 92*
*association.sus@gmail.com*
**Services:** Day shelters, administrative counselling, showers, laundry services, wifi, domiciliation, food distribution
https://soliguide.fr//en/fiche/14041

### 2. Epicerie Sociale et Solidaire Manalia

*21 Rue de la Révolution, 34200 Sète*
Temporary closure: from 25/12/2025 to 04/01/2026

**Monday: 9h30 to 11h30**
**Thursday: 9h30 to 11h30**
*Unconditional welcome*
*On registration: Association membership (1€)*
*06 62 30 47 99*
*contact@assomanalia.com*
**Services:** Social and solidarity grocery stores, food basket, baby package, cooking workshop, various leisure, care products
https://soliguide.fr//en/fiche/18885

### 3. Comité du Secours Populaire - Sète

*15 Quai Rhin et Danube, 34200 Sète*
Temporary closure: from 20/12/2025 to 04/01/2026

**Monday: 14h to 16h**
**Tuesday: 9h to 12h - 14h to 17h**
**Thursday to Friday: 9h to 12h - 14h to 17h**
*Unconditional welcome*
*04 99 04 98 37*
*sete@spf34.org*
**Services:** Food basket, solidarity shop, french language courses, school tutoring, clothes, social and solidarity grocery stores
https://soliguide.fr//en/fiche/20111

### 4. CCAS de Sète/Service insertion Solidarité

*220 Av. du Maréchal Juin (Villa d'Este), 34200 Sète*

**Monday to Thursday: 8h30 to 12h30 - 13h30 to 17h**
**Friday: 8h30 to 12h30 - 13h30 to 16h30**
*Unconditional welcome adapted to adults.*
*Other useful informations: Residents of Sete.*
*Accessible to people with reduced mobility*
*04 67 51 65 00*
*contact-ccas@ville-sete.fr*
**Services:** Social support, domiciliation, information and orientation point, food basket, babysitting
https://soliguide.fr//en/fiche/29082

### 5. Epicerie Sociale et Solidaire Café de la Paix - Réseau Andes

*34200 Sète*

**Monday to Thursday: 8h30 to 12h30 - 13h30 to 17h**
**Friday: 8h30 to 12h30 - 13h30 to 16h30**
*Unconditional welcome*
*By appointment only: The appointment is fixed by the solidarity integration service, an SMS is sent indicating the day and time of the appointment to obtain food aid*
*Orientation only: It is the referring social worker who sends an assessment to the service indicating the desired food aid.*
*04 67 51 84 72*
*cafepaix-ccas@ville-sete.fr*
**Services:** Social and solidarity grocery stores
https://soliguide.fr//en/fiche/31867

### 6. Secours Catholique - Sète

*4 Quai Aspirant Herber, 34200 Sète*
Temporary closure: from 20/12/2025 to 04/01/2026

**Monday to Wednesday: 14h to 17h**
*Unconditional welcome*
*Accessible to people with reduced mobility*
*No phone number given*
*herault@secours-catholique.org*
**Services:** Social support, clothes
https://soliguide.fr//en/fiche/34833

### 7. Toit de Jonas S.U.S - Sète

*34200 Sète*

**Monday to Friday: 9h to 12h30 - 13h30 to 17h**
*Exclusive welcome: families.*
*Orientation only: Admission from orientation of 115*
*04 67 46 08 92*
*association.sus@gmail.com*
**Services:** Emergency shelters, showers, social support, counselling for parents, administrative counselling
https://soliguide.fr//en/fiche/35984

## Sérignan

### 1. Pôle social - Sérignan

*146 Av. de la Plage (Place des anciens combattants - Centre administratif), 34410 Sérignan*

**Monday to Friday: 9h to 12h - 13h to 17h**
*Unconditional welcome*
*Accueil Pôle social: 04 67 32 62 10*
*polesocial@ville-serignan.fr*
**Services:** Administrative counselling, housing assistance, computer posts, wifi, food basket, mobility aid, food distribution, various leisure, transport with driver
https://soliguide.fr//en/fiche/25081

## Teyran

### 1. CCAS de Teyran

*Place de l'Europe (Mairie Annexe), 34820 Teyran*

**Monday: 8h30 to 12h30**
**Tuesday to Friday: 8h30 to 12h30 - 13h30 to 17h30**
*Unconditional welcome adapted to isolated people, couples.*
*Other useful informations: Residents of Teyran*
*By appointment only*
*Accessible to people with reduced mobility*
*04 67 16 19 18*
*ccas@ville-teyran.fr*
**Services:** Administrative counselling, aid for the disabled, social support, housing assistance, food basket, job-seeking assistance, domiciliation
https://soliguide.fr//en/fiche/24352

### 2. Permanence de la Mission locale - Teyran

*Rue des Sports (MJC - Salle du Camp de Liousses), 34820 Teyran*
Temporary closure: from 25/12/2025 to 28/12/2025

**Monday: 9h to 12h**
*Exclusive welcome: people aged from 16 to 25 years.*
*By appointment only*
*04 67 55 17 80*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, computer posts, psychology, food basket
https://soliguide.fr//en/fiche/25575

## Thézan-lès-Béziers

### 1. CCAS de Thézan-lès-Béziers

*Pl. de L Hôtel de ville (En Mairie), 34490 Thézan-lès-Béziers*

**Monday to Tuesday: 9h to 12h - 16h to 18h**
**Wednesday: 9h to 12h**
**Thursday to Friday: 9h to 12h - 16h to 17h**
*Unconditional welcome*
*By appointment only*
*Accessible to people with reduced mobility*
*04 67 32 67 00*
**Services:** Administrative counselling, aid for the disabled, domiciliation, various leisure, social support, food basket
https://soliguide.fr//en/fiche/25006

## Vailhauquès

### 1. Permanence de la Mission locale - Vailhauquès

*41 Rue de l'Espandidou (Mairie), 34570 Vailhauquès*
Temporary closure: from 25/12/2025 to 28/12/2025

**Monday: 9h to 12h**
*Exclusive welcome: people aged from 16 to 25 years.*
*By appointment only: 2nd and 4th Monday of the month only*
*On registration: 2nd and 4th Monday of the month only*
*Accessible to people with reduced mobility*
*04 67 55 17 80*
**Services:** Job-seeking assistance, administrative counselling, housing assistance, computer posts, psychology, food basket, information and orientation point
https://soliguide.fr//en/fiche/25576

## Valras-Plage

### 1. CCAS de Valras-Plage
*4 Boulevard Roger Audoux, 34350 Valras-Plage*

**Monday to Friday: 8h30 to 12h - 13h30 to 17h**
*Unconditional welcome*
*Accessible to people with reduced mobility*
*04 67 32 68 80*
*accueil.ccas@ville-valrasplage.fr*
**Services:** Administrative counselling, social support, aid for the disabled, housing assistance, domiciliation, food basket, job-seeking assistance, mobility aid, transport with driver, computer posts, digital training, various leisure
https://soliguide.fr//en/fiche/20852

## Valros

### 1. CCAS de Valros
*101 Rue de la Mairie, 34290 Valros*

**Monday: 9h to 12h - 14h to 17h**
**Tuesday: 9h to 12h**
**Wednesday to Friday: 9h to 12h - 14h to 17h**
*Unconditional welcome*
*04 67 98 69 69*
*ccas@valros.fr*
**Services:** Administrative counselling, aid for the disabled, domiciliation, information and orientation point, social support, food basket, housing assistance
https://soliguide.fr//en/fiche/44537

## Vendargues

### 1. CCAS de Vendargues
*Pl. de la Mairie, 34740 Vendargues*
Temporary closure: from 24/12/2025 to 04/01/2026

**Monday to Tuesday: 8h30 to 12h - 14h to 17h30**
**Thursday: 8h30 to 12h - 14h to 17h30**
**Friday: 8h30 to 12h - 14h to 16h30**
*Unconditional welcome*
*By appointment only: Reception of the public in the morning during opening hours and only by appointment in the afternoon.*
*Accueil: 04 67 70 64 11*
*ccas@vendargues.fr*
**Services:** Social support, administrative counselling, aid for the disabled, housing assistance, domiciliation, food basket
https://soliguide.fr//en/fiche/16166

## Vendres

### 1. Comité du Secours Populaire - Vendres
*4 Rue de Paradis (Autre adresse possible (mêmes locaux) : 19 rue des oliviers, 34350 Vendres), 34350 Vendres*
Temporary closure: from 22/12/2025 to 05/01/2026

**Monday: 9h to 12h**
**Wednesday: 9h to 12h**
**Thursday: 9h to 12h - 14h to 16h**
*Unconditional welcome*
*04 67 32 45 44*
*vendres@spf34.org*
**Services:** Food basket, social and solidarity grocery stores, clothes, legal advice, various leisure
https://soliguide.fr//en/fiche/20114

## Villeneuve-lès-Maguelone

### 1. CCAS de Villeneuve-lès-Maguelone
*101 Bd des Écoles (Dans la Maison des Solidarités), 34750 Villeneuve-lès-Maguelone*

**Monday to Thursday: 8h30 to 12h - 13h30 to 17h**
**Friday: 13h30 to 17h**
*Unconditional welcome adapted to isolated people, couples.*
*Other useful informations: For the inhabitants of Villeneuve-lès-Maguelone*
*04 67 69 04 04*
*ccas@villeneuvelesmaguelone.fr*
**Services:** Administrative counselling, social support, aid for the disabled, domiciliation, food basket
https://soliguide.fr//en/fiche/16036

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

Flash me!