

## BARCELONA, A HOSPITABLE CITY

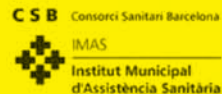
CALL US WITH COMPLETE CONFIDENCE, on: **93 268 36 00** and we will arrange a *MEETING WITH A FELLOW COUNTRYWOMAN*. She will be a person who knows how the city works, and will guide you with discretion and respect.



**Information:** ☎ 93 268 36 00  
**Timetable:** 9 a.m. - 1 p.m.

**Via Laietana, 40, 1º 2ª B**  
**08003 Barcelona**

Associació • Asociación  
**SALUD Y FAMILIA**



## From Compatriot ↳ to Compatriot



Support and health-care information  
for african women and their families





However large the world is and however far away from your home country you are, in Barcelona, your new city, there are people who want to be close to you and to give you a helping hand.

Your fellow countrywomen, those who came here years ago, together with people from Barcelona itself, have come to an agreement to offer you, your children and your family practical support.

*WE CAN HELP YOU* with family planning, if you want to have children, not to have them for the moment, not to have any more, or if you are pregnant. In all of these cases we will put you in contact with the health service that meets your needs.

*WE HELP YOU* make sure your children receive good health care, vaccinations and basic advice to grow up healthy. We will put you in touch with the paediatric services.

*WE HELP YOU* obtain free health care and solve any health problem you or your family may have. We will find and put you in touch with the health service you need for your particular case.

*WE HELP YOU* with the formalities to get your health card, where and how you register with the local administration («empadronament»), which health center is closest to where you live.

*WE INFORM YOU* and put you in touch with other associations and resources that you can use to solve problems related with documentation, housing, work, schools for your children, and other basic needs.