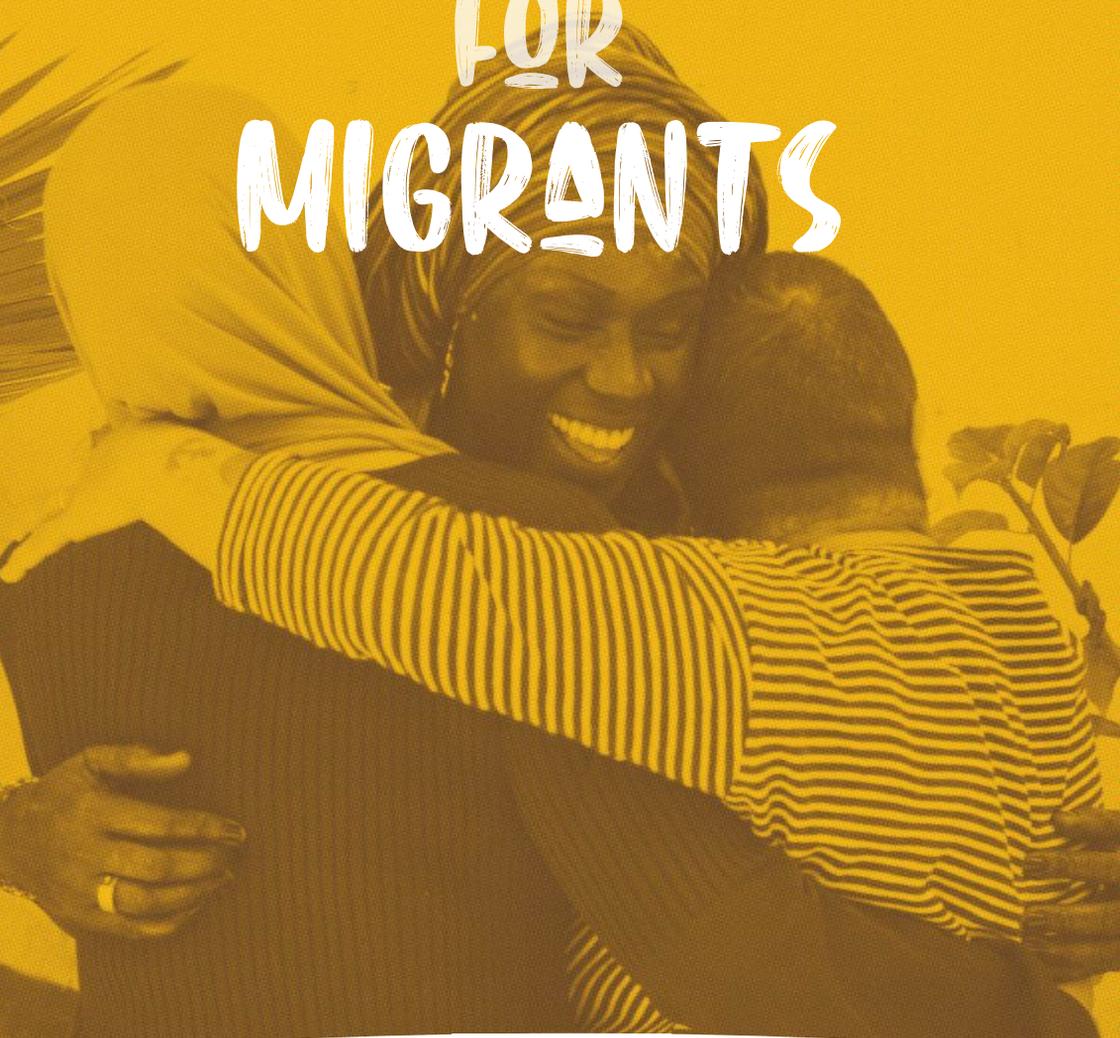


BY MIGRANTS FOR MIGRANTS



Alianza por la
Solidaridad

act:onaid

This dossier you hold in your hands is the fruit of our shared knowledge; the knowledge of migrant and racialised women who join forces and ideas to lend a hand to our community.

It is possible to have a support network where we can talk and meet, but also a space for organising to change our realities. We are **ALIADAS Gran Canaria**, a group of migrant and racialised women who have come together with the aim of changing this reality.

We present various groups, collectives or associations where we can meet and take action for change.



ALIADAS

f Aliadas: Mujeres Migrantes con Voz

“Aliadas: Tejiendo redes de derechos y participación” (Allies: Weaving Networks of Rights and Participation) is a space of “Alianza por la Solidaridad”, whose main objective is to support the creation of networks of migrant and racialised women among themselves and with the host community. This group aims to increase the participation and empowerment of migrant and racialised women.

Asociación Socio-Cultural y Humanitaria “Virgen de Coromoto”

f Virgen de Coromoto | virgendecoromoto@gmail.com

It is an organization made up of Venezuelan Canary Islanders who have come together, among other aims, to provide help to the Canary Islands and Venezuelan population in the field of international humanitarian cooperation, to promote and cooperate in the integration of the migrant population in general, with special emphasis on the Venezuelan population, and to serve as an information link between all public and private bodies whose purpose is to defend and/or protect human rights.

Asociación Mujeres Unidas del Mundo

f Mujeres Unidas del Mundo - AMUM | @amumcan

A group of women from diverse backgrounds who come together in Gran Canaria, creating and promoting cultural, social and feminist initiatives.

IntoHumano

intohumano.com

Support and participation space for migrants, oncology patients, gender-diverse people, family members and/or caregivers.

Asociación Mujeres Africanas en Canarias

f AMAC | @amac_canarias

A space for African women in the Canary Islands that seeks to promote the training and education of African women, to deepen the knowledge of the reality of African women in general and to support cultural initiatives and entrepreneurship.

Asociación Mujeres Africanas y Afrodescendientes en Canarias

@mujeresafroencanarias

A space for African and Afro-descendant women in the Canary Islands with the aim of creating community, promoting entrepreneurship, creating cultural initiatives and empowerment spaces for black women.

We know that you may have many questions about how to access your rights, so we have put together this compilation.

HOUSING

The empowerment is an important document that proves that you live here. If you do not have a fixed place of residence or you live in a center, there is the option of "empadronamiento sin domicilio fijo".

Steps to be taken:

1. Write down your address.
2. Ask your contact person at the center or one of our associations for help.
3. Ask if you need to make an appointment by telephone at your local town hall or if you can go directly to the town hall for the procedure.
4. You must bring the address, rental contract or authorisation of the owner and ask for an application to register at this address.
5. If you do not have a fixed address, contact the social worker and ask for "empadronamiento sin domicilio fijo" (empowerment without fixed address)!!!
6. Even if you have to insist, remember that it is your right.

HEALTH

Health is a right! The Health *Promotion Programme* ("Programa de Promoción para la Salud") allows you to obtain a health care card in a simple way, even if your situation is not regularised, just with a certificate of census registration.

Steps to be taken:

1. Inform the worker at your center or another person who can accompany you.
2. Go to the Health Centre in your area with the registration form, passport/identity card you have and apply for the health card for the "Programa Promoción para la Salud". Even if you have to insist, remember that it is your right.

SALUD MENTAL

Discrimination, lack of information and hopelessness can damage your mental health. You are not alone.

Resources in Spanish:

[Telephone of hope](https://www.telefonodelaesperanza.org/canarias)

[telefonodelaesperanza.org/canarias](https://www.telefonodelaesperanza.org/canarias) | 928 33 40 50

[IntoHuman](https://www.intohumano.com)

[intohumano.com](https://www.intohumano.com) | [@intohumano](https://www.instagram.com/intohumano) | [@intohumano](https://www.youtube.com/intohumano)

If you do not speak Spanish or do not know someone who can translate for you, remember that you can count on the support of the associations and groups mentioned above.

GENDER-BASED VIOLENCE

Sister, healthy love does not harm, nor does it make you feel small, on the contrary, it makes you big. You may be going through this complicated situation, we are here for you.

[Women, Solidarity and Cooperation](https://www.mujeressolidaridadycooperacion.org) has a comprehensive service for migrant women victims of gender-based violence, covering four areas: legal, psychological, social and labour, for women with regular residence in Spain.

[mujeressolidaridadycooperacion.org](https://www.mujeressolidaridadycooperacion.org) | integralaspalmas@hotmail.com | 928 24 14 66 | Calle General Mas de Gaminde, nº38. Edificio Nobel, Escalera B. 1ºG 35006 Las Palmas de Gran Canaria.

[Telephone 016](https://www.telefonos16.org) for women in a situation of gender violence (call in an emergency situation).

It leaves no trace on invoices, no collection and no balance.

EMPLOYMENT

If you need guidance, there are a number of resources that can help you.

[A ti mujer Association](https://www.atimujer.org). Labour Insertion Service for Migrant Women. Personalised attention and group workshops. Can be accessed without regularised documentation.

[atimujer.org](https://www.atimujer.org) | 618 38 00 55 | C/ Jose Arencibia Gil, 20 3º - Izq., Telde.

[f](https://www.facebook.com/atimujer) A ti Mujer | [@apoyoatimujer](https://www.instagram.com/apoyoatimujer)

[Las Kellys Association](https://www.laskellys.org). Counselling and accompaniment for housekeepers and/or domestic workers.

[f](https://www.facebook.com/laskellysgrancanaria) Las Kellys Gran Canaria | [603 03 83 44](https://www.whatsapp.com/channel/00299a603038344)

[Collective for the dignification of domestic and care work in the Canary Islands](https://www.colectiva.org). Self-organised group as a space for awareness-raising for protection and resistance through information and gathering. It provides emotional and material support and raises awareness of our rights by identifying discrimination.

[f](https://www.facebook.com/colectiva.org) Colectiva dignificación del trabajo del hogar y los cuidados

[Cuidados Canarias](https://www.cuidadoscanarias.org) | [617 94 16 42](https://www.whatsapp.com/channel/00299a617941642)

STREET SITUATION (HOMELESS)

If at any time you find yourself in a street situation or know someone who is, every day at 20.00h at the Alcaravaneras Beach, the group **Somos Red** provides a dinner and advice to try to help you with other needs.

Somos Red Gran Canaria

[f](#) Somos Red Gran Canaria | [t](#) @somosredsolidaria | [i](#) @solidariasomos

CULTURE AND LEISURE

Finding a space to encounter our roots and our community is important for our overall health.

Asociación Folklórico-Cultural Colombiana de Gran Canaria "MACONDO"

[f](#) Asoc Macondo | [i](#) @asociacionmacondo

Since 2004 it has been a meeting place for the Colombian population living on the island of Gran Canaria to remember, recreate and value the various traditions of Colombian folklore and culture. Recognising the facts, customs, manifestations and cultural elements as social and political elements that are re-signified in the different territories and contexts where the Colombian migrant diaspora settles. Bringing to the present the memory and legacy of our ancestors and recognising the multiculturalism of the island that welcomes us.

Centro Cívico Suárez Naranjo

It is an open space of Las Palmas City Council, in the Arenales neighbourhood, which hosts and develops various activities promoted by and for all interested people, thus becoming a meeting and information point of reference for social and cultural integration.

Calle Pamochamoso, 34 - Las Palmas de Gran Canaria | Horario: de lunes a viernes de 9.00 a 14.00 h. y de 16.30 a 21.00 h. | Teléfono: 928 44 85 20

El Taller de la Isleta

[f](#) El Taller La isleta | [i](#) @eltallerlaisleta

El Taller is a self-managed social centre in the neighbourhood of La Isleta. It is a space for helping migrants, a soup kitchen, cultural events and workshops. A space open to collectives.

Calle Anzofé, nº 43 Las Palmas de Gran Canaria..





Information empowers, strengthens and saves. What you see today as distant can change like a bolt of lightning. We stand up and fight with our own voice, for our dreams and for not forgetting where we come from. We are community.

ALIADAS Gran Canaria