

Specialist care

You can receive information and support in specialised services.

After female genital mutilation, recovery is possible. Female genital reconstruction is one option, and you can access it if you are interested. You can book an appointment to get full information about the process, and a mediator can accompany you if you wish.

If you want to learn more, you can watch this video, QR code for the video "I am Aminata."

More information and specialist centres in the QR code.



Protection and prevention

If you have doubts or concerns, you can talk to:

- Healthcare staff
- Social workers
- Community organisations such as RED AMINATA

Services and support

You can get information about:

- Social services
- Housing
- School enrolment
- Child support
- Municipal registration (empadronamiento)

Accessing information and resources can help improve your life and your family's life.

Your health and your daughters' health are important. Talking, sharing information and being part of women's support networks helps create safer, violence-free spaces.

All women and girls have the right to live with health, safety and dignity.

Contact:

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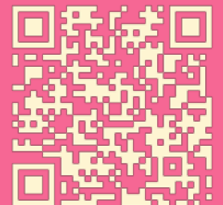


We take care of our health and defend our rights

If you are a woman survivor of female genital mutilation, you can receive information, support and guidance in the Valencian Community.

You have rights, you're not alone.

Information and support networks help you make decisions about your health and your life.



More information:

What is female genital mutilation?

Female genital mutilation refers to practices that alter or injure female genital organs for non-medical reasons.

It is a form of gender-based violence and a violation of women's and girls' rights.

Your rights:

- To live free from violence
- To receive medical care
- To take care of your health
- To receive information and support
- To be treated with respect
- To live a free, healthy and fulfilling sexuality

When you arrive in València

You can ask for help and support.

Organisations and professionals can support you, guide you and stand by you, in complete confidence and with respect.

Asking for help is your right.



More information in the QR

Support networks



Red Aminata

Translation and intercultural mediation.

Accompaniment.

Information about your rights.



Social and health care support.



Protection in situations of violence.



Support for you and your children.



You can ask for help even if:

- You don't speak Spanish
- You don't have all your documents

Seeking support can also help prevent situations of violence.

Health and wellbeing

All women have the right to take care of their health. Access to healthcare is a right.

You can receive healthcare if:
(Even if you do not have all the documentation)

- You are ill
- You are pregnant
- You are a minor
- You need urgent care
- You have experienced a situation of violence
- You are a survivor of female genital mutilation (FGM)
- You need gynaecological or psychological care

Healthcare

You have all the necessary information to go to the nearest health centre in this QR.



Information and training:

You can also take part in spaces to learn about:

- Comprehensive sexual health
- Wellbeing
- Women's rights

These activities are carried out by Farmamundi together with Red Aminata. (To sign up contact Aminata Soucko)

