

ROADMAP WHAT IS IMPORTANT DURING AND AFTER PREGNANCY?

Information for (becoming) parents in Tempelhof-Schöneberg

HEALTH

WORK

AGENCIES

FINANCES

EARLY HELP
& Family support

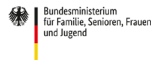
BERLIN



Bezirksamt
Tempelhof-Schöneberg



Bundesstiftung
Frühe Hilfen



Gefördert von:



BERLIN



Senatsverwaltung
für Wissenschaft, Gesundheit
und Pflege

THIS ROADMAP WAS GIVEN TO ME BY:

2

Mr./Ms. _____

Contact _____

COPYRIGHT

PUBLISHER:

Berliner Zentrum für gesundheitliche Beratung
Tempelhof-Schöneberg
Rathaus Schöneberg
John-F.-Kennedy-Platz 1
10820 Berlin

Tel.: 030 - 90277-2049

ZeGeBePro@ba-ts.berlin.de

EDITOR:

Signe Hackethal

DESIGN:

stilbrand® DESIGNWERKSTATT

www.stilbrand.de

ROADMAP ONLINE AT:



www.berlin.de/ba-tempelhof-schoeneberg/politik-und-verwaltung/aemter/gesundheitsamt/kinder-und-jugendgesundheitsdienst/

DATE:

January 2024

The Roadmap "What is important during and after pregnancy?" does not claim the completeness, timeliness, and accuracy of the information listed. The mentioned office hours as well as legal and state benefits and their basis of entitlement may be subject to change.

ARE YOU ABOUT TO BE A NEW MOTHER OR FATHER OR DID YOU RECENTLY HAVE A BABY?



Then you probably have so many things to take care of: find a midwife, attend check-ups, attend a child-birth preparation course, possibly have the paternity acknowledgment notarized, visit the citizens' registration office, inform the health insurance provider the baby was born, apply for parental leave, take care of child benefit and parental allowance, and much more.

The numerous applications and administrative procedures that need to be completed at this time are extremely time-consuming. There is a considerable amount of "paperwork" to be done before and after the birth of your child, numerous forms have to be filled out, and many administrative procedures have to be completed.

The ROADMAP „What is important during and after pregnancy?“ compiles everything you need to consider during pregnancy and after the birth of your child and helps you with which things you need to take care of when. You will also learn what financial and other assistance you can apply for and when.

CHECKLIST BEFORE THE BIRTH

4

WHAT?	WHEN?	WHERE?
Pregnancy Counseling	If needed during pregnancy	Pregnancy Counseling Center
HEALTH		
Find a Gynecologist/OB GYN	From the start of the pregnancy	Internet <input type="checkbox"/>
Find a Midwife	From the start of the pregnancy	Internet <input type="checkbox"/>
Find a birth center or register to give birth	From the start of the pregnancy	Birth Center (usually in a hospital) <input type="checkbox"/>
Find a pediatrician for developmental "U-screenings"	During the pregnancy	Internet <input type="checkbox"/>
Schedule a dental checkup	At the start of the pregnancy and before birth	Dentist <input type="checkbox"/>
WORK		
Inform your employer of the pregnancy	No deadline	Employer <input type="checkbox"/>
Apply for parental leave	A minimum of 7 weeks before the leave begins	Employer <input type="checkbox"/>
AGENCIES		
Notarize the paternity acknowledgement	Before or after the birth	Youth Welfare or Civil Registry Office <input type="checkbox"/>
Notarize declaration of custody (unmarried couples)	Before or after the birth	Youth Welfare Office <input type="checkbox"/>
FINANCES		
Apply for maternity benefits	Submit certificate of pregnancy at least 7 weeks before the birth	Health Insurance <input type="checkbox"/>
Apply for Welfare benefits (JobCenter) or Social Services: Apply for financial aid for additional pregnancy needs/ pregnancy clothing/supplies and equipment for the baby	Pregnancy needs/clothing: From 13 weeks pregnancy Supplies and equipment for baby: 2-3 months before the due date	JobCenter or Social Services <input type="checkbox"/>
Apply for Help Foundation Benefits: Help for the family („Hilfe für die Familie – Schwangere in Not“)	During the first trimester	Pregnancy Counseling Center <input type="checkbox"/>
EARLY HELP AND FAMILY SUPPORT		

Information from page 22

CHECKLIST AFTER THE BIRTH

WHAT?	WHEN?	WHERE?
HEALTH		
Take advantage of developmental “U-screenings“	After the birth	Pediatrician’s office <input type="checkbox"/>
Obtain health insurance for the child	Immediately after the birth	Health Insurance <input type="checkbox"/>
Take advantage of child and youth health services (KJGD)	After the birth	Child and Youth Health Services <input type="checkbox"/>
AGENCIES		
Register the child’s birth	From the 3rd working day until 3 weeks after the birth at the latest	Civil Registry Office <input type="checkbox"/>
Register the child’s address	Automatic registration at Civil Registry Office	
Find daycare (Kita-Kindertagesstätte)	As soon as possible	Internet <input type="checkbox"/>
Request a daycare voucher (Kitagutschein)	2-9 months before care begins (usually at age 1)	Youth Welfare Office <input type="checkbox"/>
FINANCES		
Apply for child benefit allowance (Kindergeld)	Within 6 weeks after the birth	Family benefits office <input type="checkbox"/>
Apply for supplemental child assistance (Kinderzuschlag)	Beginning at birth (lasts through age 25)	Family benefits office <input type="checkbox"/>
Apply for parental benefit allowance (Elterngeld)	Within the first two months after the birth	Youth Welfare Office <input type="checkbox"/>
Apply for rental assistance (Wohngeld)	If needed	Citizen’s Registration Office <input type="checkbox"/>
Apply for financial welfare (Arbeitslosengeld II)	If needed	JobCenter <input type="checkbox"/>
Apply for child support (Unterhaltsvorschuss)	If needed	Youth Welfare Office <input type="checkbox"/>
Apply for domestic assistance (Haushaltshilfe)	If needed (also during pregnancy)	Health Insurance (by emergency) additionally Youth Welfare Office <input type="checkbox"/>
Apply for coverage of pregnancy contraceptives	If desired	Center for Family Planning <input type="checkbox"/>
SPECIAL OFFERS from page 37		

BEFORE *THE BIRTH*

THERE IS QUITE A BIT TO DO EVEN BEFORE YOUR CHILD IS BORN, SO TRY TO GET THROUGH AS MUCH AS POSSIBLE EARLY ON THEN, ONCE THE CHILD HAS ARRIVED YOU WILL HAVE MORE TIME FOR YOURSELF AND YOUR FAMILY.

PREGNANCY COUNSELING

If you have questions about pregnancy, family planning, confidential birth, or partnership, you can get information and advice at a pregnancy counseling center. You can find contact persons at the following facilities:

Zentrum für Familienplanung

Rubensstr. 125; 12157 Berlin;
Haus 30; 4. Etage

Tel. (030) 90299-1701
zentrum-familienplanung@ba-sz.berlin.de

Diakonie Jugend- und Familienhilfe Simeon gGmbH

Rathausstr. 29, 12105 Berlin

Tel. (030) 31 98 25 100

Pro Familia e.V. –Counseling

Kalckreuthstr. 4, 10777 Berlin

Tel. (030) 39 84 98 98

Studentenwerk Berlin – Social Services Advice

Hardenbergstr. 34, 10623 Berlin

Tel. (030) 93 93 98 403

St. Joseph Krankenhaus

Klinik für Gynäkologie und Geburtshilfe

Wüsthoffstr. 15, 12101 Berlin

Tel. (030) 7882 2546
geburtshilfe@sjk.de

Babylotse St. Joseph Krankenhaus

Tel. (030) 7882 -2941 / -5164 / -5167 / -5166
babylotse@sjk.de

Babylotse Auguste-Viktoria-Klinikum

Tel. (030) - 130 20 24 60
babylotse.avk@vivantes.de

Online-birth registration at Auguste-Viktoria-Klinikum <https://www.vivantes.de/auguste-viktoria-klinikum/geburtsmedizin/vor-der-geburt/anmeldung>

Schwangerschaftsberatung Online – Caritas

www.dicvberlin.caritas.de

BEFORE *THE BIRTH*

WHAT?	INFORMATION	WHEN?	WHERE?	IMPORTANT DOCUMENTS
HEALTH				
<p>Early support and outreach for pregnant women with addiction issues. For pregnant women/parents-to-be who are expecting their first child or if there are other children living outside their own household. Everyday practical advice and support, accompaniment to authorities, clarification of financial security; help with the start of becoming parents, referral to support services.</p>	<p>Optional offer for a strong start in parenthood.</p> <p>Direct contact and consultation at the Outpatient Clinic for Addictive Diseases and Infections in Pregnancy at the Charité, Virchow Campus: Tuesdays 10AM to 2PM by prior appointment Tel.: (030) 450564 - 270 Augustenburger Platz 1, Mittelweg 9, 13353 Berlin</p>	<p>On request from the moment the pregnancy is confirmed</p> <p>Under certain circumstances until the child is 6 months old</p>	<p>Vista gGmbH Wigwam Connect Stromstr. 47, 10551 Berlin Tel.: (030) 224 451 400 /-411 E Mail: wigwam-connect@vistaberlin.de</p> <p>Mon-Fri: 10AM – 4PM</p> <p>Home visit possible by request.</p>	<p>None</p>
<p>Find a Gynecologist/OB GYN</p>	<p>Preventive medical checkups are scheduled at regular intervals during pregnancy. They are covered by health insurance and do not have to be paid for separately. The checkups can be performed in the gynecologist's office or by a midwife. The maternity passport „Mutterpass“ is also issued during these examinations</p>	<p>From the start of your pregnancy</p>	<p>Internet www.kvberlin.de > Arztsuche > Frauenheilkunde und Geburtshilfe</p> <p>wegweiser-aktuell.de > Tempelhof/Schöneberg > Frauenheilkunde, Geburtshilfe, Frauenarzt</p>	<p>Health Insurance Card</p>

BEFORE THE BIRTH

8

WHAT?	INFORMATION	WHEN?	WHERE?	IMPORTANT DOCUMENTS
HEALTH				
Find a Midwife · Pregnancy Counseling · Prenatal Care · Birth Preparation · Postpartum Care · Information about services · Postnatal Classes	Every woman is entitled to the support of a midwife during pregnancy, childbirth, and postnatal care. Postpartum care from birth can last up to 12 weeks. Further consultations are possible until the end of breastfeeding / introduction of complementary feeding. (Health insurance benefit - Krankenkassenleistung)	Immediately after finding out you are pregnant.	Internet berliner-hebammenvermittlung.de ammely.de hebammensuche.de	Health Insurance Card
Family Midwife as well as Family, Health Caregivers, and Children's Health Caregivers.	In certain situations, mothers can be accompanied and supported free of charge by a specially trained family midwife up to the end of the child's 1st year until the 3rd year on topics such as: - Parenting and organization of everyday life with the baby - Nutrition and care of the baby - Health of mother and child - Psychological, health and social issues - Contact to offices, doctors or counseling centers	As soon as you know you are pregnant	Milena Aust aust@ba-ts.berlin.de Early Help Coordinator Family Midwives and Family Health Caregivers and Children's Health Caregivers in the Federal Ministry of Health Welsersstr. 23 10777 Berlin Tel. (030)90277- 6126 Vertreterin: Antonia Junk Tel. (030)90277 7496 junk@ba-ts.berlin.de	


BEFORE *THE BIRTH*

WHAT?	INFORMATION	WHEN?	WHERE?	IMPORTANT DOCUMENTS
HEALTH				
Find a birth center or register to give birth	<p>Information evenings at St. Josephs Hospital: every 1st, 2nd, & 3rd Monday of the month. 6PM / entrance Wüsthoffstr. 15, Administration conference room, 1st floor</p> <p>Information evenings at the Auguste Viktoria Clinic: every 1st & 3rd Wednesday of the month/6PM/large conference room, house 35, 1st floor.</p> <p>More info on Insta under @gyn_magazin</p> <p>Guided tours of the Schöneberg Birth Center possible at any time by appointment.</p>	During pregnancy	<p>Geburtseinrichtung St. Joseph Krankenhaus Berlin-Tempelhof Klinik für Gynäkologie und Geburtshilfe Wüsthoffstr. 15 12101 Berlin Tel. (030)7882 2546</p> <p>Auguste-Viktoria-Klinikum Rubensstr. 125 12157 Berlin Tel. (030)130 200 92 50</p> <p>Geburtshaus Schöneberg Dominicusstr. 27 10823 Berlin Tel. (030)78 71 92 50</p>	<p>Maternity Passport (Mutterpass)</p> <p>Health Insurance Card</p>
<p>Pregnancy Counseling</p> <p>Register to give birth/Pregnancy Consultation</p>	<p>Zentrum für Familienplanung im AVK Tel. (030)90299-1701 Mon and Thu: 9AM-12PM Wed:2:30PM-6PM</p> <p>St. Joseph Krankenhaus Mon-Fri: 8.:30AM – 9:30AM and 4PM-6:30PM</p>	Family planning, prenatal care, couples counseling, medical care for uninsured women, and prenatal diagnostics.	<p>Auguste-Viktoria-Klinikum Zentrum für Familienplanung Haus 30 Rubensstr. 125 12157 Berlin Tel: (030)90299 - 17 01</p> <p>St. Joseph Krankenhaus Tel. (030)7882-2546</p>	

BEFORE THE BIRTH

10

WHAT?	INFORMATION	WHEN?	WHERE?	IMPORTANT DOCUMENTS
HEALTH				
Find a pediatrician for the developmental “U-screenings“	The U1 and usually also the U2 screenings are performed at the birth center. The following U screenings are performed in a pediatrician’s office.	The developmental “U-screenings“ are important. You should begin looking for a pediatrician during your pregnancy to find out if they are accepting new patients.	https://www.kvberlin.de/fuer-patienten/arzt-und-psychotherapeutensuche	
Babylotse	Free information	During the pregnancy and after the birth during hospitalization.	Auguste-Viktoria-Klinikum Rubensstr. 125 12157 Berlin Tel: (030)130202460 Mail: babylotse.avk@vivantes.de	St. Joseph Krankenhaus Berlin-Tempelhof Klinik für Gynäkologie, Wüsthoffstr. 15 12101 Berlin Tel: (030)7882 /-2941/-5164/-5167 -5166 Mail: babylotse@sjk.de
Schedule a dental checkup		When you find out you are pregnant and in the 3rd trimester	With your established dentist	Dental provider search at: www.kzv-berlin.de www.zaek-berlin.de
WORK				
Inform your employer of the pregnancy		No deadline, but as early as possible in order to ensure compliance with maternity regulations.	Employer	If needed, the Maternity Passport (Mutterpass) Certification from an OB GYN or Midwife
Apply for parental leave	Online at: bmfsfj.de › Familie › Elterngeld/Elternzeit › Alles Wissenswerte zur Elternzeit im Überblick	A minimum of 7 weeks before your parental leave begins.	Employer or Jobcenter	Completed application

WHAT?	INFORMATION	WHEN?	WHERE?	IMPORTANT DOCUMENTS
AGENCIES				
Certify the paternity acknowledgement	The acknowledgement of paternity is recommended for unmarried parents.	<p>It is recommended to do this before the birth, but it can also be done after.</p> <p>Standesamt Tempelhof-Schöneberg Rathaus Schöneberg John-F.-Kennedy Platz 1 10820 Berlin Available by Hotline: Mon-Thu 9AM-3PM Fri 9AM-2PM Tel. (030)90277-6300</p>	<p>Appointments via: InfoPoint Jugendamt Rathausstr. 27 12105 Berlin Bürgertelefon: 115 InfoPoint: 90277-4000</p> <p>Consultation by appointment only: Mon 9AM-1PM Tue 9AM-1PM Thu 2PM-6PM</p>	<p>Passports (Personalausweise) and Birth Certificates (Geburtsurkunden) of both parents Maternity Passport (Mutterpass)</p> <p>If the child has been born, also bring: Child's Birth Certificate (Geburtsurkunde) additional documents may also be required. Before the birth: Maternity Passport (Mutterpass)</p> 
Notarize the declaration of custody (Sorgeerklärung) for unmarried parents	Parents who are not married to one another must submit a declaration of custody if they wish to have joint custody of their child.	Before or after the birth.	<p>Appointments via: InfoPoint Jugendamt Rathausstr. 27 12105 Berlin Helpline(Bürgertelefon): 115 Tel. 90277-4000</p> <p>Office Hours Mon 9AM-12PM Tue 9AM-12PM Thu 3PM-6PM Fri 9AM-12PM</p>	<p>Passports (Personalausweise) Birth Certificates (Geburtsurkunden) of both parents Maternity Passport (Mutterpass)</p> <p>If the child has been born, also bring: Child's Birth Certificate (Geburtsurkunde) and Paternity Acknowledgement (Vaterschaftsanerkennung)</p>

BEFORE THE BIRTH

12

WHAT?	INFORMATION	WHEN?	WHERE?	IMPORTANT DOCUMENTS
FINANCES				
Apply for Maternity Benefits	Working women who are covered by statutory health insurance receive maternity benefits from their health insurer during the 6 weeks before the birth until 8 weeks after the birth. Employers pay the net wage minus 13 EUR per working day. This is paid by the health insurance fund. If you receive ALG I, only the health insurance company pays.	Submit the certificate of pregnancy 7 weeks before your due date.	Health Insurance Provider	Request form from your Health Insurer Certificate of pregnancy from your OB GYN or Midwife
Apply for Welfare Benefits (JobCenter) financial aid for additional pregnancy needs/ pregnancy clothing/ supplies and equipment for the baby	Welfare recipients (ALG II) have the possibility to apply for the following one-time benefits: Pregnancy clothing Initial baby equipment High chair Baby carriage Crib It is possible to apply for additional necessities for pregnant women amounting to 17% of the standard benefit.	Benefits for pregnancy needs / clothing: from 13 weeks pregnant Baby supplies and equipment: during the first trimester.	JobCenter Wolframstr. 89-92 12105 Berlin Tel. (030)5555 80 2222 Office Hours Mon and Tue 8AM-12:30PM Wed only by appointment Thu 8AM-12:30PM and only by appointment from 12:30PM-2PM and 2PM-6PM for employed individuals working 15+ weekly hours Fri 8AM-12:30PM	Completed application Certificate from the gynecologist indicating the estimated due date (VET).


WHAT?	INFORMATION	WHEN?	WHERE?	IMPORTANT DOCUMENTS
FINANCES				
<p>Apply for Help Foundation Benefits</p>	<p>The foundation “Help for the family - pregnant women in need“ (Hilfe für die Familie – Schwangere in Not) provides supplementary benefits once per pregnancy if the initial supplies cannot be purchased from your own funds or the assistance provided by the JobCenter is insufficient. Every pregnancy counseling center will assist you in submitting your application. They will take the application and forward it to the foundation. It is important that the application is only submitted to one pregnancy counseling center and not to several.</p>	<p>During the first trimester (8-10 weeks processing time).</p>	<p>Any pregnancy counseling center</p> <p>Online at: stiftunghilfe.de</p> <ul style="list-style-type: none"> › Beratungsstellen › Schwangere › Tempelhof/Schöneberg 	<p>Passport (Personalausweis/ Reisepass) and registered address document (Meldebestätigung) Maternity Passport (Mutterpass)</p> <p>Documents about any personal assets you may have Bank statements (Kontoauszüge) rental contract (Mietvertrag) and proof of income (Einkommensnachweise)</p> <p>Notices from the JobCenter regarding the allocation of additional benefits</p>

AFTER THE BIRTH

14




AFTER THE BIRTH, YOU WILL MOST LIKELY WANT TO DEVOTE ALL YOUR TIME TO GETTING TO KNOW YOUR NEW BABY. HOWEVER, THERE ARE STILL SOME OFFICIAL MATTERS THAT NEED TO BE TAKEN CARE OF.


WHAT?	INFORMATION	WHEN?	WHERE?	IMPORTANT DOCUMENTS
HEALTH				
Take advantage of developmental “U-screenings“	Important: Attend all of the developmental U-screenings at the pediatrician’s office you chose prior to the birth of your child.	After the birth	Pediatrician	Yellow Booklet (Gelbes Heft) for preventative medical checkups Proof of Immunizations (Impfpass)
Obtain health insurance for the child (Familienversicherung)	Call your insurer to inform them of the birth. The child will receive an insurance card two weeks after the enrollment. Medical treatment is possible before the enrollment. There are no additional costs to your insurance policy to add your child as a beneficiary.	Immediately after the birth	Health Insurance Provider	Your Child’s Birth Certificate (Geburtsurkunde) filled out Health Insurance Form Medical Insurance Card (if you already have one)
Take advantage of child and youth health services (KJGD - Kinder- und Jugendgesundheitsdienst)	After the birth of your child, you will receive a welcome letter from the KJGD offering you an initial home visit. During the initial home visit, expert social workers will provide you with information on breastfeeding, nutrition, care, daycare, and legal, economic, and social issues. Other services offered by the KJGD are: - medical examinations of infants and children - individual counseling and support in crisis and overload situations - assistance in dealing with authorities - carrying out of day care center admission examinations.	First home visit: approx. 4-6 weeks after the birth	Child and Youth Health Services (Kinder- und Jugendgesundheitsdienst) <u>Schöneberg I</u> Welserstr. 23 10777 Berlin Tel. (030)90277-6129 Office Hours: Thu 3PM-5PM By appointment <u>Lichtenrade/Mariendorf</u> <u>Süd</u> Lichtenrader Damm 198-212 12305 Berlin L-Tel. (030)90277-8126 M-Tel. (030)90277-4113 Office Hours: Mon 2PM-4:30PM By appointment	Yellow Booklet (Gelbes Heft) for preventative medical checkups and U-screenings Proof of Immunizations (Impfpass) <u>Tempelhof / Mariendorf Nord</u> Kaiserstr. 126 12105 Berlin Tempelhof-Tel.(030)90277-7567 Office Hours: Tue 2PM-4:30PM by appointment

WHAT?	INFORMATION	WHEN?	WHERE?	IMPORTANT DOCUMENTS
AGENCIES				
<p>Register the child's birth at the Civil Registry Office</p>	<p>If your child is born in a hospital, their birth info is automatically transmitted to the registry office (of the district where they were born). Parents are responsible to notify the Civil Registry Office for home births or births at Dominicusstraße center.</p> <p>If relevant documents and the signed official name registration for your child are submitted through your birth center, you will be contacted by the Civil Registry Office upon their receipt to discuss any further steps. If the registration was complete, the certificates and invoice will be sent by mail or available for collection by appointment. You will receive 3 birth certificates free of charge for applications to parental and child benefits, maternity assistance, as well as fee-based certificates for your own use (12 EUR each, each additional certificate produced in the same process costs 6 EUR).</p>	<p>From the 3rd working day up until 3 weeks after the birth of your child</p>	<p>Civil Registry Office (Standesamt) Rathaus Schöneberg John-F.-Kennedy-Platz 1 10825 Berlin Tel. (030)90277-6300 Standesamt-geburten@ba-ts.berlin.de</p> <p>Office Hours: by appointment Mon and Tue 9AM-1PM Thu 1PM-6PM</p> <p>More Info:</p> 	<p>Original Certificate of Birth (Original-Geburtsbescheinigung) from the birth center or from a home birth. No scans, no copies! Birth Certificates (Geburtsurkunden) of both parents Passport (Personalausweise) of both parents Marriage Certificate (Heiratsurkunde) of the parents</p> <p>If the parents are not married: Paternity Acknowledgement (Vaterschaftsanerkennung) if available and Declaration of Custody (Sorgerechtserklärung) if needed. If the mother is divorced: Marriage Certificate (Heiratsurkunde) Divorce Papers (Scheidungsurteil)</p> <p>For previous children: Child(s)/rens Birth Certificate(s) (Geburtsurkunden der Kinder), and additional document if required based on individual case.</p>
<p>Register the child's address</p>	<p>The address registration is done automatically by the Civil Registry Office upon notification of the child's birth.</p>			

AFTER THE BIRTH



16

WHAT?	INFORMATION	WHEN?	WHERE?	IMPORTANT DOCUMENTS
AGENCIES				
<p>Find a Daycare (Kita/ Kindertagespflege)</p>	<p>You can obtain hard copies of the daycare (Kita and Kindertagespflege) directories at the Citizens' Registration Offices (Bürgerämter) and at the InfoPoint of the Youth Welfare Office (Jugendamt).</p>	<p>It is recommended that you begin looking for a daycare opening as soon as possible (even during pregnancy).</p>	<p>Internet</p> <div style="display: flex; justify-content: space-around;">    </div> <p><u>Kitas:</u> bit.ly/37aS8Ez</p> <p><u>Kindertagespflege-</u> <u>stellen:</u> bit.ly/2J7wuZP</p> <p><u>Kita-Navigator:</u> https://kita-navigator.berlin.de/</p>	
<p>BCA-Consultation Consult a representative for Equal Opportunities on the Labor Market (BCA - Beauftragte für Chancengleichheit am Arbeitsmarkt)</p>	<p>The BCA consultation service of the Job Center and the Employment Agency offers advice on topics such as reconciling family and career, career orientation for women, (re)entry into work after the family leave phase for women, families and interested parties.</p>	<p>Every first Tuesday of the month, 9AM-11 AM in the local district (no appointment necessary).</p>	<p>The counseling service takes place alternately in the family centers (Familienzentren) of the local district (e.g. Nachbarschaftsheim Schöneberg, Familienzentrum Lichtenrade, Nachbarschafts- und Familienzentrum Kurmark).</p> <p>Further information on the dates and flyers can be found on the Jobcenter website: -Website https://www.berlin.de/jobcenter-tempelhof-schoeneberg/ueber-uns/beauftragte-fuer-chancengleichheit-am-arbeitsmarkt/ zu finden.</p>	<p>None</p>

WHAT?	INFORMATION	WHEN?	WHERE?	IMPORTANT DOCUMENTS
AGENCIES				
<p>Education and Participation Support (Bildungs- und Teilhabepake-BuT) is additional financial help for children and youth up to age of 25. Children and youth from families who receive social benefits (ALG II / Hartz IV, social benefit, social assistance, housing benefit, child supplement, benefits under the AsylbLG) are supported and promoted so that they have more opportunities to participate.</p>	<p>The benefits include subsidies for lunch at the daycare center or school, for school supplies, and for travel costs to and from school and leisure activities. Costs for sports clubs, music schools, or cultural activities as well as excursions and trips to school or daycare centers are also subsidized. Children and youth from families who receive ALG II, social benefits, social assistance, child supplement, housing allowance or benefits under the Asylum Seekers' Benefits Act.</p>	<p>The application is submitted to the social benefits office that has been providing benefits.</p>	<p>Application and Information: www.berlin.de/sen/bjw/bildungspaket or at BuT – Beratung www.but-beratung.de Tel.: (030)5771300404</p>	<p>None</p>
<p>Apply for Daycare Assistance (Kitagutschein)</p>	<p>Before your child can attend a daycare center, you must apply for a daycare voucher (Kitagutschein) at your local youth welfare office (Jugendamt). The voucher contains the possible start date and the number of daycare hours allowed. Once you have a daycare voucher, you can select a daycare center of your choice and sign a childcare contract with the provider.</p>	<p>The soonest you can apply for the daycare voucher is 9 months before the desired start date and at the latest 2 months before the desired start of care (in special cases shorter notice is possible, e.g. if a short-term job start is imminent).</p>	<p>Jugendamt Tagesbetreuung für Kinder Anmeldung Kita, Kindertagespflege, Schulhort Rathausstr. 27 12105 Berlin Helpline: 115 Infopoint Jugendamt: (030)90277-4000</p>	<p>Completed Application (Antragsformular) and relevant documents</p>  <p>Link to form: fms.verwalt-berlin.de/kita/</p>

AFTER THE BIRTH

18

WHAT?	INFORMATION	WHEN?	WHERE?	IMPORTANT DOCUMENTS
FINANCES				
<p>Apply for child benefit allowance (Kindergeld)</p>	<p>All children are entitled to child benefit from birth until they reach the age of 18. Entitlement to child benefit. Child benefit application form available from the family benefits office (Familienkasse): www.arbeitsagentur.de. It is also possible to apply online.</p>	<p>Within 6 weeks after the birth</p>	<p>Bundesagentur für Arbeit Berlin-Süd Familienkasse Sonnentallee 282 12057 Berlin Tel. 0800 5 4444 30 or Tel. 0 331880 2222</p> <p>Office Hours Tue: 9AM-12PM Thu: 9AM-12PM & 3-6PM</p>	<p>Completed Application (Antragsformular) and Tax ID Number (Steueridentifikationsnummer) of the child</p>  <p>Link to Form: https://bit.ly/3GISJCL</p>
<p>Apply for supplemental child assistance (Kinderzuschlag)</p>	<p>Supplemental child assistance is additional to the child benefit allowance (Kindergeld). It is aimed at low-income parents who are able to finance their own needs, but not those of their children. As a rule of thumb, parents who receive welfare benefits (ALG II), financial assistance, or social assistance and have no other income can receive child benefit allowance (Kindergeld) but not the supplemental child assistance.</p>	<p>Beginning at birth (lasts through age 25)</p>	<p>Bundesagentur für Arbeit Berlin-Süd Familienkasse Address and contact information above</p>	<p>Completed Application (Antragsformular) Attach the child's proof of income, living expenses and other expenses.</p>  <p>Link to Form: https://bit.ly/3gi7g7X</p>
<p>Apply for parental benefit allowance (Elterngeld)</p>	<p>The parental allowance is usually 65% of the average net earnings of the last 12 months. Online parental allowance calculator: www.bmfsfj.de (Service) Onlinerechner) elterngeld@ba-ts.berlin.de</p>	<p>Within the first 3 months after birth (parental allowance is paid retroactively for only 3 months).</p>	<p>Youth Welfare Office (Jugendamt) Elterngeldstelle elterngeld@ba-ts.berlin.de or InfoPoint Tel. (030)90277-4000 Helpline Tel. 115</p>	<p>Completed Application (Antragsformular) Birth Certificate (Geburtsurkunde) from the Civil Registry Office for the parental benefit application Passport (Personalausweise) from both parents Proof of Income (Nachweise über Einkommen & Mutterschaftsgeld)</p>

WHAT?	INFORMATION	WHEN?	WHERE?	IMPORTANT DOCUMENTS
FINANCES				
Apply for rental assistance (Wohngeld)	Rental assistance (Wohngeld) can be applied for if your income does not cover your living expenses. It is dependent on the household's income.	As needed, (will not be granted if receiving other benefits such as ALG II, BAföG, vocational training allowance).	<p>Bürgeramt <u>Rathaus Schöneberg</u> John-F.-Kennedy-Platz 1 10825 Berlin Tel. (030)90277 - 7021</p> <p><u>Rathaus Tempelhof</u> Tempelhofer Damm 165, 12099 Berlin Tel. (030)90277 - 7010</p> <p><u>Bürgerzentrum Lichtenrade</u> Briesingstr. 6 12307 Berlin Tel. (030)90277 - 7031</p> <p>Helpline Tel. 115 www.Berlin.de/ ba-tempelhof-schoeneberg (›Bürgerservice ›Bürgeramt)</p>	<p>Completed Application (Antragsformular)</p> <p>Proof of Income (Nachweis über Einkommen)</p> <p>Proof of Rent (Nachweis über Miete)</p>
Apply for unemployment benefits (Arbeitslosengeld II)	ALG II can be applied for if one's livelihood is not secured by their own earnings.	As needed	<p>JobCenter Wolframstr. 89-92 12105 Berlin Tel. (030)5555 80 2222</p> <p>Office Hours Mon, Tue, Fri 8AM-12:30PM Thu 8AM-6PM</p>	<p>Completed Application and attachments (Antragsformular und Anlagen) Passport (Personalausweis)</p> <p>Proof of Income/Assets (Einkommen/Vermögen)</p> <p>Bank Statements (Kontoauszüge)</p> <p>Rental Contract (Mietvertrag)</p> <p>Proof of Health Insurance Membership (Mitgliedsbescheinigung Krankenkasse)</p>

AFTER THE BIRTH

20

WHAT?	INFORMATION	WHEN?	WHERE?	IMPORTANT DOCUMENTS
FINANCES				
Request advance child support (Unterhaltsvorschuss)	<p>A child who has not yet reached the age of 18 and lives with one of their parents, who is single, widowed or divorced, or who lives separately from their spouse and does not receive maintenance from the other parent or does not receive it regularly, is entitled to advance maintenance payments. Recipients of benefits under SGB II are only eligible for children aged 12 and over if their income is 600 Euro (excluding child benefit) or if the child itself is not in need of assistance or would no longer be in need of assistance as a result of advance maintenance payments.</p> <p>unterhaltsvorschuss@ba-ts.berlin.de</p>	From birth until (max) 18 years of age	<p>Jugendamt Unterhaltsvorschussstelle</p> <p>Helpline Tel. 115</p> <p>Contact via: unterhaltsvorschuss@ba-ts.berlin.de or InfoPoint Tel. (030)90277-4000</p>	<p>Completed Application (Antragsformular)</p> <p>Passport (Personalausweis)</p> <p>Birth Certificate (Geburtsurkunde) of the child</p> <p>Paternity Acknowledgement (Vaterschaftsanerkennung)</p> <p><u>For divorced parents:</u> Divorce Papers (Scheidungsbeschluss) or Proof of Separation from an Attorney (Nachweis vom Rechtsanwalt über das Getrenntleben)</p>
Apply for household assistance (Haushaltshilfe)	<p>If it is not possible to maintain the household (e.g. in case of health problems) and no other person living in the household is able to maintain the household, it is possible to apply for a household assistant through the health insurance provider. You must apply for this assistance by yourself as it cannot be prescribed by a doctor or midwife. However, a doctor or midwife can certify the need for a household help and support the application.</p>	As needed (also during the pregnancy)	<p>Health Insurance Provider (Krankenkasse) or, in emergencies, via the Jugendamt</p>	<p>Maternity Passport (Mutterpass)</p> <p>Doctor's statement (Attest) or Certificate from the Midwife (Bescheinigung der Hebamme) declaring the urgent need for household assistance (Haushaltshilfe).</p>

WHAT?	INFORMATION	WHEN?	WHERE?	IMPORTANT DOCUMENTS
FINANCES				
<p>Apply for reimbursement for the cost of contraceptives (Kostenübernahme für Verhütungsmittel)</p>	<p>In the case of joint living arrangements and low income (e.g. ALG II, SGB XII, Asylbwl, BaföG, mini-job), costs can be covered for all recognized contraceptives.</p>	<p>If aged older than 22 and wishing to use contraception.</p>	<p>Zentrum für Familienplanung Auguste-Viktoria-Klinikum Haus 30 Rubensstr. 125 12157 Berlin Tel. (030)90299-1701 Mon/Thu.: 9AM-12PM Wed: 2:30-5PM Please check the current office hours on the website</p> 	<p>Prescription (Rezept) from doctor Passport (Personalausweis) ALGI-Proof or ALGII-Proof or Basic Income Assistance (Grundsicherung) or Proof of Income (Einkommensnachweis)/Tax ID (Steuerkarte) or Bafög-/BAB-Proof or Alimony/Pension (Unterhalt/Rentenbescheid) also spouses Benefits (Kinder-geld -zuschlag/ Wohngeld) Asylum seeker benefits (Asylbewerberleistungsbescheid) Rental Contract/changes (Mietvertrag/Mietänderungsschreiben)</p>

EARLY HELP NETWORK

22

	PROJECT	PROVIDER	CONTACT	ADDRESS	INTERNET	OFFER
1	Familienservicebüro Infopoint	Jugendamt Tempelhof-Schöneberg	030 90277-4000 info-jugendamt@ba-ts.berlin.de	Rathausstr. 27 12105 Berlin	www.berlin.de/ba-tempelhof-schoeneberg/jugendamt	Initial consultation on: parental allowance, advance on child support, daycare voucher
2	Familienservicebüro Nord Schöneberg und Friedenau	Jugendamt Tempelhof-Schöneberg	030 90277-4021 fsb-nord@ba-ts.berlin.de	Rathaus Schöneberg John-F-Kennedy Platz 10820 Berlin	www.berlin.de/ba-tempelhof-schoeneberg/jugendamt	Social pedagogical advice on topics related to family life. Information on family-related offers and assistance from the Youth Welfare Office. Contacts and interesting facts about family offers in your neighborhood. Permission of appearance and filming permits for your child
3	Familienservicebüro Mitte Tempelhof und Mariendorf	Jugendamt Tempelhof-Schöneberg	030 90277-4022 fsb-mitte@ba-ts.berlin.de	Strelitzstr. 15 12105 Berlin	www.berlin.de/ba-tempelhof-schoeneberg/jugendamt	
4	Familienservicebüro Süd Marienfelde und Lichtenrade	Jugendamt Tempelhof-Schöneberg	030 90277-4023 fsb-sued@ba-ts.berlin.de	Briesingstr. 6 12305 Berlin	www.berlin.de/ba-tempelhof-schoeneberg/jugendamt	
5	Nachbarschafts- und Familienzentrum Kurmark	Pestalozzi-Fröbel-Haus Berlin	Fr. Jutta Husemann 030-25797538	Kurmärkische Str. 13 10783 Berlin	www.pfh-berlin.de/kurmark	Meeting place for families, recreation, counseling, education. Polish offers: courses e.g. first aid for children, baby food seminar etc.

	PROJECT	PROVIDER	CONTACT	ADDRESS	INTERNET	OFFER
6	Babygruppe	KJGD	Familienkinderkrankenschwester Margit Sefrin, 0160-8007311	Ev. Familienzentrum Tempelhof, Götzstraße 24a, 12099 Berlin		Mon 9AM-12 Noon Open toddler group
7	Babycafé	KJGD	Familienkinderkrankenschwester Stefanie PaBow Anmeldung: 030 70722300 familienzentrum@kg-lira.de	Familienzentrum Nahariyastraße, Nahariyastraße 33, 12309 Berlin		Wed 10:30-12 Noon, Baby café
8	Babygruppe	KJGD	Familienkinderkrankenschwester Stefanie PaBow, 0170 5655129	Nachbarschaftsheim Schöneberg, Cranachstr. 7, 12157 Berlin		9AM-Noon, baby group
9	Babygruppe und Stillberatung	KJGD	Familienkinderkrankenschwester und Stillberaterin Katharina Pirscher Anmeldung: 030 70176413, familienzentrum.lichtenrade@nusz.de	Familien- und Nachbarschaftszentrum Lichtenrade, Lichtenrader Damm 198-212, 12305 Berlin		Mon 10AM- Noon, baby group and breast-feeding consultation
10	Babygruppe	KJGD	Familienkinderkrankenschwester und Stillberaterin Katharina Pirscher, Anmeldung: 030 72018946 familienzentrum.marienfelde@nusz.de	Familienzentrum Marienfelde, Luckeweg 15, 12279 Berlin		Wed 3:30PM-5PM, Baby group

EARLY HELP NETWORK

24

	PROJECT	PROVIDER	CONTACT	ADDRESS	INTERNET	OFFER
11	Baby- und Krabbelgruppe	KJGD	Familienkinderkrankenschwester Heike Mattersdorfer, Registration: Tel: 030-90277-4404 mit AB und -7296 mit AB	Kinder- und Jugendgesundheitsdienst, Therapeutischer Bereich Rathausstraße 27, 12105 Berlin		Twice a month on Tuesday (date on request), baby and toddler group together with physiotherapists
12	Offene Hebammen-sprechstunde	KJGD	Familienhebamme und Schlafberaterin Tanja Brodsky, 0160 91061699	Nachbarschaftsheim Schöneberg, Holsteinische Str. 30, 12161 Berlin		Mon 10:30AM- Noon open midwife consultation
13	Auf den Anfang kommt es an! -ein Kurs für „frischgebackene“ Eltern mit ihrem Baby	Erziehungs- und Familienberatung Pestalozzi-Fröbel-Haus	Frau Berndt/ Frau Selke 0151 72780723 fb@pfh-berlin.de	Heylstr. 33 10825 Berlin	www.pfh-berlin.de	Course for first time parents
14	Nachbarschafts- und Familienzentrum Kurmark	Pestalozzi-Fröbel-Haus Berlin	Nina Robbrecht 0151 15074500	Kurmärkische Str. 13 10783 Berlin	www.pfh-berlin.de/kurmark	Toddler group and other open offers
15	Nachbarschafts- und Familienzentrum Kurmark	Pestalozzi-Fröbel-Haus Berlin	Nina Robbrecht 0151 15074500	Kurmärkische Str. 13 10783 Berlin	www.pfh-berlin.de/kurmark	Mother Baby group (with midwife)
16	Nachbarschafts- und Familienzentrum Kurmark	Pestalozzi-Fröbel-Haus Berlin	Frau Hüsnüye Tekin 0151 72780723	Kurmärkische Str. 13 10783 Berlin	www.pfh-berlin.de/kurmark	Individual and family counseling and advice
17	Crashkurs für werdende Väter	Pestalozzi-Fröbel-Haus Berlin	Alexander Kusinski Anmeldung: kusinski@baldpapa.de	Barbarossastr. 65 10781 Berlin	www.kiezoase.de	Around the birth and the first half year as a father
18	Nachbarschafts- und Familienzentrum Kiezoase	Pestalozzi-Fröbel-Haus Berlin	Fr. Anna Tesch 030-21730203	Barbarossastr. 65 10781 Berlin	www.kiezoase.de	Meeting place for families, recreation, education e.g. parents-baby-meeting, meeting in the park, open consultation

	PROJECT	PROVIDER	CONTACT	ADDRESS	INTERNET	OFFER
19	Nachbarschafts- und Familienzentrum Kiezoase	Pestalozzi-Fröbel-Haus Berlin	Fr. Anna Tesch 030-21730203 Hebamme Samira Heyne	Barbarossastr. 65 10781 Berlin	www.kiezoase.de	Open meeting for parents-to-be: meeting with midwife, 2nd and 4th Wednesday of the month from 7-8:30PM
20	Nachbarschafts- und Familienzentrum Kiezoase	Pestalozzi-Fröbel-Haus Berlin	Fr. Anna Tesch 030-21730203	Barbarossastr. 65 10781 Berlin	www.kiezoase.de	Open hours for parents: carrying, breast-feeding and sleep advice, 2nd and 4th Monday of the month from 4-5:30PM
21	Nachbarschafts- und Familienzentrum Kiezoase	Pestalozzi-Fröbel-Haus Berlin	Fr. Anna Tesch 030-21730203	Barbarossastr. 65 10781 Berlin	www.kiezoase.de	Open parents baby group: with midwife for parents with babies up to 6 months of age. Tue 10:30AM- Noon
22	Nachbarschafts- und Familienzentrum Kiezoase	Pestalozzi-Fröbel-Haus Berlin	Anmeldung: Fr. Anna Tesch 030-217 302 03 Kursleiterin: Fr. Christine Owosekun	Barbarossastr. 65 10781 Berlin	www.kiezoase.de	Pregangcy Yoga Wed 5:30PM-7PM
23	Erziehungs- und Familienberatung	Pestalozzi-Fröbel-Haus Berlin	Fr. Dr. Anne Wietzker 030-7885464 fb@pfh-berlin.de	Barbarossastr. 64 10781 Berlin	www.pfh-berlin.de	Family advice
24	Kinder- und Familienzentrum Bülowstraße	INA.KINDER.GARTEN gGmbH	Katrin Itoua-Ayessa 030-54716473 Familienzentrum. buelowstrasse@inakindergarten.de	Bülowstr. 35 10783 Berlin	www.inakindergarten.de/berlin/kita-buelowstrasse	Meeting point for families, advice, ,parent child courses for 0-6 years

EARLY HELP NETWORK

26

	PROJECT	PROVIDER	CONTACT	ADDRESS	INTERNET	OFFER
25	Kinder- und Familienzentrum	INA Kindergarten gGmbH	Hr. Björn Winkler 030-77326162 Hr. Benjamin Freese 030-77326162	Neue Steinmetzstr. 1-3 10827 Berlin	https://www.inakin-dergarten.de/berlin/kita-neue-steinmetz-strasse	Playgroup and toddler group
26	Familienzentrum Nahariyastraße	Evangelische Kirchengemeinde Berlin-Lichtenrade	Fr. Dörthe Schoppa 030 70722300	Nahariyastr. 33 12309 Berlin	E-Mail: familienzentrum@kg-lira.de, schoppa@kg-lira.de	Meeting point, advice on everyday family life, exercise offers, family education, birth offers
27	Mutter-Kind-Wohnen-Schöneberg	Leben Lernen e.V.	Fr. Sandra Staske 030-78709678	Crellestr. 11 10827 Berlin	www.lebenlernen-berlin.de	Mothers with children in emergencies
28	Kinder und ihre psychisch erkrankten Eltern	GamBe gGmbH	Fr. J. Rötz 030-787151420	Feurigstr. 54 VH, Aufgang A, 10827 Berlin	www.gambe-berlin.de	Child & youth welfare, integration aid
29	Beratungsstelle für Mädchen*, junge Frauen* und junge Mütter*	Leben Lernen e.V.	Appointments available 030/7842687 or beratung@lebenlernenberlin.de	Gutzkowstr. 7 10827 Berlin	www.lebenlernen-berlin.de	Psychosocial counseling and career guidance for pregnant women, young mothers and single parents up to 27 years old
30	Nanni-Großelternpaten	Evangelischer Kirchenkreis Tempelhof-Schöneberg	Andrea Kluckow 030-755151635	Götzstr. 22 12099 Berlin	www.familienbildungs.de	Practical support, relief for parents
31	Evang. Familienzentrum Infopoint	Diakonie Jugend- und Familienhilfe Simeon gGmbH	Fr. Astrid List-Burau 0173 6160484	Götzstr. 24a 12099 Berlin	www.diakoniewerk-simeon.de	Advice, contacts, support
32	Ev. Beratungsstelle für Erziehungs- Jugend-, Paar- und Lebensfragen	Diakonie Jugend- und Familienhilfe Simeon gGmbH	Fr. Ingrid Skrodzki 030-75750270	Götzstr. 24e 12099 Berlin	www.diakoniewerk-simeon.de	Counseling for parenting, youth, couple and life issues
33	Mama and me	Evangelischer Kirchenkreis Tempelhof-Schöneberg	Fr. Roma Kaddatz 030-755151635	Götzstr. 22 12099 Berlin	www.familienbildungs.de	Exercise for moms with their babies

	PROJECT	PROVIDER	CONTACT	ADDRESS	INTERNET	OFFER
34	Delfi-Kurs	Evangelischer Kirchenkreis Tempelhof-Schöneberg	Frau Kalaman 030-755151635	Götzstr. 22 12099 Berlin	www.familienbildungs.de	Meeting point parent child bonding
35	Singen- Spielen- Bewegen	Evangelischer Kirchenkreis Tempelhof-Schöneberg	Fr. Petra Herzog 030-755151635	Götzstr. 22 12099 Berlin	www.familienbildungs.de	Parent and child (from 10 months), exercise and music
36	Café Atempause	Diakonie Jugend- und Familienhilfe Simeon gGmbH	Fr. Astrid List-Burau 0173 6160484	Rathausstr. 29a 12105 Berlin	www.diakoniewerk-simeon.de	Meeting place, contacts, support, advice
37	Kinder- und Jugend Gesundheitsdienst Eltern-Kind Gruppe Krabbelgruppe / Babygruppe	Bezirksamt Tempelhof-Schöneberg von Berlin, Gesundheitsamt	Physiotherapeutinnen 90277-7296	Rathausstr. 27 12105 Berlin 3. Etage	www.berlin.de/ba-ts/kjgd	Advice, parents, baby movement, baby group, crawling group, running age group
38	Offene Sprechstunde für Eltern mit Säuglingen und Kleinkindern	Diakonie Jugend- und Familienhilfe Simeon gGmbH	Fr. Friederike Fritsch 030-71301645	Domagkstr. 5 12277 Berlin	www.diakoniewerk-simeon.de	Open consultation hours, once a month
39	Erziehungs- und Familienberatung	Jugendamt Tempelhof-Schöneberg	Anmeldung 030-902777830	Sponholzstr. 15 12159 Berlin	www.efb-berlin.de	Family advice
40	Wellcome- Praktische Hilfe nach der Geburt	Nachbarschafts- und Selbsthilfzentrum in der UFA-Fabrik e.V.	Frau Petra Hummel 030-755 03 175	Victoriastr. 13 12105 Berlin	www.nusz.de	Support, relief for parents in daily life
41	Familien- und Nachbarschaftstreffpunkt	Nachbarschafts- und Selbsthilfzentrum in der UFA-Fabrik e.V.	Fr. Miriam Rausch 030-75503122	Victoriastr. 13 12105 Berlin	www.nusz.de	Meeting place for families, recreation
42	Offene Eltern-Kind-Gruppe	Nachbarschafts- und Selbsthilfzentrum in der UFA-Fabrik e.V.	Fr. Miriam Rausch 030-75503122	Victoriastr. 13 12105 Berlin	www.nusz.de	Education, financial assistance, relief
43	Schrei-BabyAmbulanz	Nachbarschafts- und Selbsthilfzentrum in der UFA-Fabrik e.V.	Michaela Reichenkron 030-75503175	Victoriastr. 13 12105 Berlin	www.nusz.de	Body-oriented crisis support

EARLY HELP NETWORK

28

	PROJECT	PROVIDER	CONTACT	ADDRESS	INTERNET	OFFER
44	Nachbarschaftstreff Britzerstraße	Nachbarschafts- und Selbsthilfezentrum in der UFA-Fabrik e.V.	Fr. Dorota Bielecka 030-70170970	Britzer Str. 60e 12109 Berlin	www.nusz.de	Play and toddler groups, baby massage, advice and support (German/Polish), parent-child courses
45	Familienzentrum Marienfelde	Nachbarschafts- und Selbsthilfezentrum in der UFA-Fabrik e.V.	Fr. Andrea Bölk 030-72018946	Luckeweg 15 12279 Berlin	www.nusz.de	Families with children from 0-6 years
46	Mobiles Familienzentrum in Friedenau	Nachbarschaftsheim Schöneberg e.V.	Fr. Brigitte Rappert 030 221828282 0176 15663834	Cranachstraße 7, 12157 Berlin	www.berliner-familienzentren.de www.nbhs.de www.familienbildung.nbhs.de/familienzentrum-in-friedenau	Families with children from 0-6 years
47	Navitas - Aufsuchende Elternhilfe	Navitas gemeinnützige gGmbH	Fr. Susanne Goldhammer 030 68059112	Kirchhofstraße 12 12051 Berlin	www.navitas-ggmbh.de elternhilfe@navitas-ggmbh.de	Needs of infants, applications and dealing with authorities, difficult life situations and crisis situations, support systems and further offers
48	Wellcome-Praktische Hilfe nach der Geburt	Nachbarschaftsheim Schöneberg pflegerische Dienste gGmbH	Fr. Sylvia Braband-Alkabir 030 859951227	Cranachstr. 7 12157 Berlin	www.wellcome.nbhs.de	Support, relief for parents in daily life
49	Ambulante Familienpflege	Nachbarschafts-heim Schöneberg Pflegerische Dienste gGmbH	Fr. Sylvia Braband-Alkabir 030 859951227	Cranachstr. 7 12157 Berlin	www.familienpflege.nbhs.de	Relief for families in everyday life when one parent is absent
50	Eltern- und Familienbildung im Nachbarschaftsheim Schöneberg e.V.	Nachbarschaftsheim Schöneberg e.V.	N.N. 030 859957366	Holsteinische Str. 30 12161 Berlin	www.familienbildung.nbhs.de	Parent-child groups, exercise classes, education

	PROJECT	PROVIDER	CONTACT	ADDRESS	INTERNET	OFFER
51	BAER Gruppe	H.U.G.O. e.V.	Fr. Katja Leskien 0151-70824816	Rubensstr. 84 12157 Berlin	www.hugoev.de	Meeting place for parents with children between 0-2 years, play, advice
52	BAER Gruppe	H.U.G.O. e.V.	Marina Schoof 017639326935	Rubensstr. 84 12157 Berlin	www.hugoev.de	Parent-child meeting from 2 years
53	Mobile Elternberatung	H.U.G.O. e.V.	Fr. Katja Leskien 0151-70824816	Mobil in Tempelhof-Schöneberg siehe Homepage	www.hugoev.de	Mobile parent-child counseling
54	Mama, Papa spiel mit mir	Nachbarschafts- und Selbsthilfezentrum in der UFA-Fabrik e.V.	Frau Özdemir, Frau Bayer 030- 75518720	Bosestr. 6 12103 Berlin	www.nusz.de	For children from 1 year, guided play
55	Regenbogen Familienzentrum	Lesben- und Schwulenverband in Deutschland (LSVD) Berlin-Brandenburg	Anmeldung 030-91901628	Cheruskerstr. 22 10829 Berlin	http://berlin.lsvd.de/projekte/regenbogenfamilien	Counseling and family services for LGBTIQ* with children and a desire to have children, e.g. toddler groups and play afternoons. In addition, educational offers for pedagogical professionals
56	Stillgruppe	St. Joseph-Krankenhaus	Fr. Bastiansen 030 78822738	Wüsthoffstr. 15 12101 Berlin	www.sjk.de E-Mail: elternschule@sjk.de	Mothers, advice with registration
57	Pekip	St. Joseph-Krankenhaus	Fr. Bastiansen 030-78822738	Wüsthoffstr. 15 12101 Berlin	www.sjk.de E-Mail: elternschule@sjk.de	Early intervention
58	Elternschule	St. Joseph Krankenhaus Tempelhof	Frau Bastiansen 030 78822738 elternschule@sjk.de	Wüsthoffstr. 15 12101 Berlin	www.sjk.de E-Mail: elternschule@sjk.de	Early intervention

EARLY HELP NETWORK

30

	PROJECT	PROVIDER	CONTACT	ADDRESS	INTERNET	OFFER
59	Gesundheitslotsin im St. Joseph Krankenhaus	St. Joseph-Krankenhaus	Fr. Anne Bär 030 78825165	Wüsthoffstr. 15 12101 Berlin	www.sjk.de E-Mail: gesundheitslotse@sjk.de	Counseling and care for premature babies after hospitalization
60	Krabbelgruppe	Evangelische Kirchengemeinde Mariendorf süd	Fr. Frauke Lobeck 0163-8257858	12107 Berlin Grimmingweg 1	www.mariendorf-sued.de	Meeting place, mothers with babies
61	Familiencafé	Evangelische Familienbildung Kirchenkreis Tempelhof-Schöneberg	N.N. 030-755151635	Waldsassener Str.9 12279 Berlin	www.familienbildung-ts.de	Meeting place. Families with children
62	Zentrum für Familienplanung	Bezirksamt Steglitz-Zehlendorf von Berlin	Registration 030 90299 1701 Fr. Hartmann 030 90299 1708 Fr. Paduch 030 90299 1711	Auguste-Victoria-Klinikum Rubensstr. 125 Haus 30 4. Etage	www.steglitz-zehlendorf.de/zentrum-familienplanung E-Mail: zentrum-familienplanung@ba-sz.berlin.de	Counseling, families, women, pregnant women, contraception (free of charge), medical and educational care for uninsured persons
63	Kinder- und Jugend Gesundheitsdienst Mitte	Bezirksamt Tempelhof-Schöneberg von Berlin, Gesundheitsamt	030 90277 - 7595	Kaiserstr. 126 12105 Berlin	www.berlin.de/ba-ts/kjgd	Counseling, family, baby, children, health, family voucher
64	Kinder- und Jugend Gesundheitsdienst Nord	Bezirksamt Tempelhof-Schöneberg von Berlin, Gesundheitsamt	030 90277-6129 (Schöneberg + Friedenau)	Welserstr. 23 10777 Berlin	www.berlin.de/ba-ts/kjgd	Counseling, family, baby, children, health, family voucher

	PROJECT	PROVIDER	CONTACT	ADDRESS	INTERNET	OFFER
65	Familienhebammen und Familien- Gesundheits- und Kinderkrankenschwestern	Gesundheitsamt	Milena Aust coordinator Early Help Tel. 030 90277-6126 Vertreterin: Antonia Junk Tel. 030 90277-7496	Welserstr. 23 10777 Berlin	hollburg@ba-ts.berlin.de aust@ba-ts.berlin.de	In special life situations, mothers can be accompanied and supported free of charge by a specially trained family midwife until the end of the child's 1st or 3rd year of life on topics such as: - Parenting and organization of everyday life with the infant - Nutrition and care of the baby - Health of mother and child - Mental, health, social issues
66	Säuglings- und Kleinkindtherapeutin	Psychologische Praxisgemeinschaft	Fr. I. Spieler 030 63 33 17 13	Stresemannstraße 30 10963 Berlin	www.psychologische-praxis-spieler.de	Parent-infant and toddler therapy, psychological counseling for families, adolescents, couples and life issues (all health insurances and private)
67	„Schwangerschaft hat viele Gesichter“ – Psychologisch begleitete Video-Gruppe in der Schwangerschaft“	pro familia	Elisabeth Schleert psychologie.berlin@profamilia.de Tel: 030 39849898	Kalckreuthstr. 4 10777 Berlin	www.profamilia.de/angebote-vor-ort/berlin/beratungszentrum/psychologisch-begleitete-selbsthilfegruppen psychologie.berlin@profamilia.de	Psychologically guided video group for sharing questions and stresses during pregnancy. Free of charge, appointments on request

EARLY HELP NETWORK

32

	PROJECT	PROVIDER	CONTACT	ADDRESS	INTERNET	OFFER
68	„Sprechen worüber niemand spricht“ – Psychologisch begleitete Selbsthilfegruppe nach Schwangerschaftsabbruch	pro familia	psychologie.berlin@profamilia.de Tel: 030 398 498 98	Kalckreuthstr. 4 10777 Berlin	www.profamilia.de/angebote-vor-ort/berlin/beratungszentrum/psychologisch-begleitete-selbsthilfegruppen E-Mail: psychologie.berlin@profamilia.de	Psychologically guided group to exchange questions and stresses after an abortion (before the 14th week of pregnancy). Free of charge, dates on request
69	Startup MOM	Verein für betreuten Umgang e.V.	Fr. H. von Soosten 0159 01319805 oder Hr. R. Bub 030-78899229	Eisenacher Str. 3 12109 Berlin	www.startupfamily.net/startupmom.html	Group for young, pregnant/mothers and fathers, counseling, baby
70	BCA-Sprechstunde (BCA = Beauftragten für Chancengleichheit am Arbeitsmarkt)	Jobcenter Berlin Tempelhof-Schöneberg	Claudia Schult 030 5555 80 6364	At various neighborhood locations, see homepage Jobcenter	www.berlin.de/jobcenter/tempelhof-schoeneberg E-Mail: Jobcenter-Berlin.-Tempelhof-Schoenerg.BCA@jobcenter-ge.de	Counseling, 1x monthly professional start after parental leave
71	Nachbarschaftszentrum Steinmetz	Pestalozzi-Fröbel-Haus Berlin	Hr. H. Nasser 030 23608688	Steinmetzstraße 68 10783 Berlin	www.pfh-berlin.de steinmetz@pfh-berlin.de	Counseling, offers for fathers, promotion of multilingualism
72	Dad's Coffee – offener Treff für Väter	Nachbarschafts- und Selbsthilfzentrum in der UFA-Fabrik e.V.	Herr Ulrich Stern 0176 25231365	Victoriastraße 13 12105 Berlin	www.nusz.de	Meeting place. Counseling, parent-child bonding
73	Familienprechstunde – für alle Fragen rund um Kind und Familie	Nachbarschafts- und Selbsthilfzentrum in der UFA-Fabrik e.V.	Daniela Grunz 0177 4830533	Victoriastraße 13 12105 Berlin	www.nusz.de	Counseling, parent-child bonding family sessions
74	Musikmäuse-Eltern-Kind-Musikkurs für Kinder ab 6 Monaten	Nachbarschafts- und Selbsthilfzentrum in der UFA-Fabrik e.V.	Hr. Ulrich Stern 0176 252 313 65	Victoriastraße 13 12105 Berlin	www.nusz.de	Movement, music, meeting point

	PROJECT	PROVIDER	CONTACT	ADDRESS	INTERNET	OFFER
75	Pekip	Nachbarschafts- und Selbsthilfzentrum in der UFA-Fabrik e.V.	Miriam Rausch 030 75503122	Victoriastraße 13 12105 Berlin	www.nusz.de	Movement for babies, Parent child bonding
76	Babymassage	Nachbarschafts- und Selbsthilfzentrum in der UFA-Fabrik e.V.	Montserrat Teres 030 626 07 863	Victoriastraße 13 12105 Berlin	www.nusz.de	Meeting place, advice, parent child bonding
77	Familienzentrum Lichtenrade	Nachbarschafts- und Selbsthilfzentrum in der UFA-Fabrik e.V.	Fr. Rahel Lührs 030-70176413 0176 73008157	Lichtenrader Damm 198-212 12305 Berlin	www.nusz.de	Meeting place for families, education, recreation
78	SpieleRAD	Nachbarschafts- und Selbsthilfzentrum in der UFA-Fabrik e.V.	Tel: 030-75503175 jasmin.heinecke@nusz.de	Various locations in Volkspark Mariendorf, Tue from 3:30-4:30PM at Drachenspielplatz	www.nusz.de/angebote/spielerad	Creative play activities for families with children 0-3 years old
79	Kinder- und Jugend Gesundheitsdienst SÜD	Bezirksamt Tempelhof-Schöneberg von Berlin, Gesundheitsamt	030 90277- 4113,- 8006,- (Mariendorf südl. Teil / Marienfelde) 030 90277-8126, -8127, 4111 (Lichtenrade)	Familienzentrum Lichtenrade Lichtenrader Damm 198-212 12305 Berlin	www.berlin.de/ba-ts/kjgd	Counseling, family, baby, children, health, family voucher
80	Familienprechstunde im Familienzentrum Lichtenrade	Nachbarschafts- und Selbsthilfzentrum in der UFA-Fabrik e.V.	Daniela Grunz 0177 4830533	Familienzentrum Lichtenrade Lichtenrader Damm 198-212	www.nusz.de Facebook und Instagram: Familienzentrum.lichtenrade	Counselling, Parent Child bonding
81	Sprechstunde für Kindergesundheit und Stillberatung im Familienzentrum Lichtenrade	Kinder- und Jugend-Gesundheitsdienst	Katharina Pirscher 030 – 70 17 64 13 Familienzentrum.lichtenrade@nusz.de	Familienzentrum Lichtenrade Lichtenrader Damm 189-212	www.nusz.de Facebook und Instagram: Familienzentrum.lichtenrade	Advice
82	Babycafe	Nachbarschafts- und Selbsthilfzentrum in der UFA-Fabrik e.V.	030 – 70 17 64 13 Familienzentrum.lichtenrade@nusz.de	Familienzentrum Lichtenrade Lichtenrader Damm 189-212	www.nusz.de Facebook und Instagram: Familienzentrum.lichtenrade	Meeting place, exchange for parents in the 1st year after birth, counseling

EARLY HELP NETWORK

34

	PROJECT	PROVIDER	CONTACT	ADDRESS	INTERNET	OFFER
83	BabyWellness	Nachbarschafts- und Selbsthilfezentrum in der UFA-Fabrik e.V.	030 – 70 17 64 13 Familienzentrum.lichtenrade@nusz.de	Familienzentrum Lichtenrade Lichtenrader Damm 189-212	www.nusz.de Facebook und Instagram: Familienzentrum.lichtenrade	Parent-child bonding, meeting place
84	Minibabygruppen	Nachbarschafts- und Selbsthilfezentrum in der UFA-Fabrik e.V.	030 – 70 17 64 13 Familienzentrum.lichtenrade@nusz.de	Familienzentrum Lichtenrade Lichtenrader Damm 189-212	www.nusz.de Facebook und Instagram: Familienzentrum.lichtenrade	Meeting place, exchange for parents in the first months after birth, counseling, parent-child bonding
85	Eltern-Kind-Cafe	Nachbarschafts- und Selbsthilfezentrum in der UFA-Fabrik e.V.	030 – 70 17 64 13 Familienzentrum.lichtenrade@nusz.de	Familienzentrum Lichtenrade Lichtenrader Damm 189-212	www.nusz.de Facebook und Instagram: Familienzentrum.lichtenrade	Meeting place, exchange for parents from the 1st-3rd year after birth, counseling
86	Schwangerschaftsberatung Lydia	Sozialdienst kath. Frauen e.V. Berlin	Fr. Schmidt 030-2814185	Selchower Str. 11 12049 Berlin	www.offenesozialarbeit-skf.de	Advice for pregnant women, confidential birth
87	Kieztreff	Deutsches Rotes Kreuz Schöneberg- Wilmersdorf e. V.	Diana Müller Mobil: 0160-7690469	Ebersstr. 80/80a 10827 Berlin	www.skf-berlin.de E-Mail: Lydia@skf-berlin.de	Meeting place, advice, exchange, exercise offers, support
88	Salon für Schwangere	Ev. Familienbildung Tempelhof-Schöneberg	Valeria Lippert Velarde 755 1516 35 familienbildung@ts-evangelisch.de	Götzstraße 22 12099 Berlin	www.familienbildung-ts.de	Between birth plan and intuition: how much planning is good? What do I do if everything turns out differently? Dates: 1st Monday of the month, 7-9 p.m.
89	Baby- und Krabbelgruppe		Familienkinderkrankenschwester Heike Mattersdorfer 0160-91 06 0592	Nachbarschaftszentrum Familientreff Britzer Str. 60E 12109 Berlin		Monday, 10-12 a.m.

	PROJECT	PROVIDER	CONTACT	ADDRESS	INTERNET	OFFER
90	Doula-sprechstunde	Ev. Familienbildung Tempelhof-Schöneberg	Valeria Lippert Velarde 755 1516 35 familienbildung@ts-evangelisch.de	Götzstraße 22 12099 Berlin	www.familienbildung-ts.de	Doula consultation on all questions relating to pregnancy, birth & the time afterwards Dates: every 1st and 3rd Monday of the month, 6-7 pm (please register in advance)
91	Ehrenamtsprojekt Känguru	Diakonie Jugend- und Familienhilfe Simeon gGmbH	Frau Pfaffenberger 015904002473 k.pfaffenberger@diakonie-simeon.de	Götzstr. 24e 12099 Berlin	www.diakoniewerk-simeon.de	For families with children up to 1 year
92	Krabblerei in Lichtenrade	Ev. Familienbildung Tempelhof-Schöneberg	Melanie Knebel 755 1516 35 familienbildung@ts-evangelisch.de	Dietrich-Bonhoefer-Kirche und Gemeindezentrum Rackebüller Weg 64 12305 Berlin	www.familienbildung-ts.de	Playgroup for children aged 6-12 months and parents Dates: Thursdays, 9.30-10.30 a.m., for 6-9 month old children Thursdays, 10.45-11.45 a.m., for 9-12 month old children Course fee: 65,-€ for 10 dates
93	Krabblerei in Tempelhof	Ev. Familienbildung Tempelhof-Schöneberg	Tanja Terborg, 755 1516 35 familienbildung@ts-evangelisch.de	Kinderraum im Gemeindehaus Badener Ring 23 12101 Berlin	www.familienbildung-ts.de	Playgroup for children aged 6-12 months and parents Dates: Tuesdays, 9.30-10.30 a.m., for 6-9 month old children Tuesdays, 10.45-11.45 a.m., for 9-12 month old children Course fee: 65,-€ for 10 dates

EARLY HELP NETWORK

36

	PROJECT	PROVIDER	CONTACT	ADDRESS	INTERNET	OFFER
94	griffbereitMINI@ Alltagsintegrierte Sprachbildung	Ev. Familienbildung Tempelhof-Schöneberg	Leitung: Selma Kalaman (türkisch) & N.N. Berlin, 755 1516 35 familienbildung@ ts-evangelisch.de	Götzstraße 22 12099 Berlin	www.familienbil- dung-ts.de	Games and songs in different languages, multilingual toddler group for parents with children up to 1 year old: Mondays, 9.30-11 a.m. or Fridays, 13.30- 15 p.m.
95	Babytreff 0-12 Monate		Familienhebamme und Schlafberaterin Tanja Brodsky 0160-910 616 99 familienzentrum. buelowstrasse@ inakindergarten.de	Familienzentrum im INA.KINDER.GARTEN Bülowstrasse, Bülowstrasse 35 10783 Berlin		Friday, 9.30-11.00 a.m.
96	Babymassagegruppe/ Krabbelgruppe		Familienkranken- schwester und Stillbe- raterin Anika Rüsing 0151-582 095 13 Anmeldung: 030-701 70 970	Nachbarschafts- zentrum Familientreff Britzer Str. 60E 12109 Berlin		Thursday, 10.30-12.00 a.m. baby massage with registration wed- nesday 10-12.00 a.m., open toddler group
97	„die kunterbunten Mäuse“ offene Gruppe für Kinder von 0-3 Jahren (Integrationsgruppe für Familien mit und ohne besondere/n Bedürfnisse/n, Entwicklungsauffäl- ligkeiten und/oder Behinderungen)		Familienkinder- krankenschwester und Trageberaterin Margit Sefrin 0160-80 07 311	NUSZ, Familientreff- punkt Viktoriastraße 13 12105 Berlin		Monday, 13.30-15.00 p.m., open group

SPECIAL OFFERS IN THE NEIGHBORHOOD

INFORMATION	WHEN?	WHERE?	NOTES
Pediatric on-call service		Tel. 030-310 031	
Child and Adolescent Psychiatric Service		Welsersstr. 23 10777 Berlin Tel. 030-90277-6900	
Free offers at the health office. No registration required.	Baby group (up to crawling age) Thurs 10AM Toddler group (crawling age) Thurs 11AM Parent-child gymnastics (walking age) Thurs 12PM Baby group 0-1 year, Mondays 12:30PM	Gesundheitsamt Rathausstr. 27 12105 Berlin Tel. 030-90277-7296 Familientreffpunkt Kurmärkische Str. 1-3 10783 Berlin Tel. 030-25797538	
SchreiBabyAmbulanz About the therapists of the Neighborhood and Self-Help Center in the Ufa-Fabrik e.V. (also outreach).		UFA-Fabrik Viktoriastr. 13 12105 Berlin Tel. 030 7550-3122	
Kinder- und Jugendambulanz/Sozialpädiatrisches Zentrum (KJA/SPZ) For children with developmental delays or a disability.		Diakonie Jugend- und Familienhilfe Simeon GmbH Riegerzeile 1 12105 Berlin Tel. 030 751 02 28 kja.spz@diakoniewerk-simeon.de	
Sozialpsychiatrischer Dienst Beratung psychisch kranker Eltern		Gesundheitsamt Rathausstraße 27 12105 Berlin Tel: 030 90277-7575	weekdays from 8 a.m. - 4 p.m.

SPECIAL OFFERS IN THE NEIGHBORHOOD

38

	INFORMATION	WHEN?	WHERE?	NOTES
Health Guide	The Health Guide supports parents of premature babies and children with particularly high support needs during their in-patient stay at the Children's Hospital and after discharge. The offer of the premature baby group is an open and free offer for which no registration is required.	Thu 12:45PM	Elternschule im SJK Tel: 030 7882-5165 oder gesundheitslotse@sjk.de Internet: bit.ly/33hexPl	-Exchange between parents - Motor development of the child - Introduction of complementary food - Age-appropriate play instructions - Clarification of questions about applications and dealing with authorities - Networking with offers close to home
	Josephinchen – Zentrum für Kinder- und Jugendgesundheit Counseling for families with babies with regulation difficulties		Wüsthoffstraße 15 12101 Berlin Tel. 788 22859 josephinchen@sjk.de	Advice - Diagnostics - Therapy
	Neighborhood and Self-Help Center in the UFA-Fabrik e.V. Open parent - baby consultation		Viktoriastr. 13 12105 Berlin Tel. 755 03122	
Integration Guides	Nachbarschafts- und Selbsthilfezentrum in der UFA-Fabrik (NUSZ e.V.)		NUSZ e.V. Mariendorfer Damm 14 12109 Berlin Piruze Etessami: Tel: 0176 42736981 Katrin Körner Tel.: 0176 43630442 integrationslotsen@nusz.de	- Support people with migration and escape history both in presence and by telephone linguistically at appointments with authorities and institutions - Help with filling out applications and forms - Information on all relevant areas of life
Volunteering	Wellcome - Practical help for families after birth Neighborhood meeting point		Victoriastraße 13 12105 Berlin Tel: 030 75 50 31 75 Nachbarschaftsheim Schöneberg Holsteinische Str. 30 12161 Berlin Tel. 030 85995127	Free of charge for low-income families.

SPECIAL OFFERS IN THE NEIGHBORHOOD

	INFORMATION	WHEN?	WHERE?	NOTES
Sponsorships	Evangelische Protestant Family Education Tempelhof-Schöneberg Nanni - volunteer grandparent mentors		Götzstr. 22 12099 Berlin Andrea Kluckow Tel. 030-755 15 16 35	
	Ev. Familienzentrum Tempelhof Känguru helps and accompanies (for mothers and fathers with children in the 1st year of life)		Götzstraße 24e 12099 Berlin Tel: 0159 04002473	Volunteer outreach work, support and linkage to other appropriate services.
	Inpatient addiction rehabilitation center I Tannenhof Berlin Brandenburg		Mozartstr. 32-36 12307 Berlin Fr. Corinna Erben Tel. 0152 08639260 www.tannenhof.de	Inpatient therapy for pregnant drug-addicted mothers with children
	Curative education service - Berlin Kiebitze		Riegerzeile 1 12105 Berlin Kim Burtscheid: Tel. 0157 80671623 Susanne Wittig: 0157 80554847 Hpfd.tempelhof@diako-niewerk-simeon.de Coordination: Tel. 030 – 20 99 43 03 Hpfd.koordination@vdk.de www.kja-spz-berlin.de/hpfd	<ul style="list-style-type: none"> - anonymous counseling - curative pedagogical anamnesis with observation of the child - conversation with the reference person in the daycare center or the daycare staff (only with the consent of the parents) - accompaniment of the parents during conversations in the daycare center - counseling on support and promotion offers in the living environment - anonymous counseling possible
	Down syndrome - detected before or after birth		Lepsiusstraße 46 12163 Berlin Fr. Heike Meyer.Rotsch Tel. 0163 – 2692357 info@downsyndrom-berlin.de	Pregnancy and parenting advice

ARE YOU PREGNANT OR ABOUT TO BECOME A FATHER? HAVE YOU RECENTLY HAD A BABY?

The (upcoming) birth of your child brings many exciting changes to your everyday life. Since there is a lot to prepare during the time surrounding the birth, we would like to help you with this brochure so that you don't lose track of things.

Suggestions, additions or changes, please contact
T: 030-90277-2049. Thank you!



Here you can find the Berlin-wide app for the roadmap „What is important during and after pregnancy?“



Find the link to find Daycare in Tempelhof-Schöneberg

InfoPoint Jugendamt (Youth Welfare Office)

is available to answer inquiries about the various services provided by the Jugendamt, such as: Preparation of Kitagutscheine⁴ (daycare vouchers), questions about daycare, notarizing the paternity and joint custody acknowledgments, questions about the calculation of child support, issuance of a so-called negative certificate, parental allowance, and advance child support. If you have any questions about the services offered by the Jugendamt please contact us during the following hours:

InfoPoint Jugendamt

individual consultation hours: Mon, Tue, Fri 9AM-12PM, Thu 3-6PM

Please call the Helpline(Bürgertelefon): [115](tel:115) or [Tel: \(030\)90 277-4000](tel:030902774000)
or send an E-Mail to: info-jugendamt@ba-ts.berlin.de
and be sure to include your telephone number.

Feel free to reorder this flyer here:

Berliner Zentrum für gesundheitliche Beratung
Tempelhof-Schöneberg
Rathaus Schöneberg
John-F.-Kennedy-Platz 1
10820 Berlin

Tel.: 030- 90277- 2049
Fax.:030- 90277- 6091

The „ROADMAP“ was developed and funded as part of the federal Early Help program.