Family Planning

Absorption of costs incurred for contraceptives in low income groups (e.g. pill, spiral, condoms, "morning-after pill" etc.)

Medical advice, examination and prescription of contraceptives, insertion and adaption of contraceptives (e.g. spiral, skin implant and diaphragm)
Pro-conception counselling / counselling in sterilisation matters

Medical prenatal care for women who have no health insurance.
In this context, a "Mutterpass" [maternity log] is issued.

Social counselling and procuring assistance for expectant mothers and fathers in legal, social and economic issues (applications for the Foundation "Hilfe für die Familie" [Help for the Family])
Attendance in emergency and crisis situations during pregnancy

Counselling on unwanted pregnancy taking psychological, medical and social aspects into account. Issuing of a “Beratungsschein” pursuant to § 218/219 StGB [German Criminal Code] (anonymously, if requested)
[A Beratungsschein is a written confirmation in the form of a certificate from a recognised centre which is required to prove that counselling has been undertaken]

Counselling and attendance in confidential births

Sexual Health

Anonymous counselling on HIV tests and HIV antibody tests
The HIV antibody test costs € 10.00. It is free for low-income earners

Counselling, diagnostics and treatment of sexually transmitted diseases, if applicable
These services can be used anonymously.

Counselling and information for people who work in the sex trade

Events on sex education covering the issues HIV / Aids and family planning for teenagers and adults

Multiplier training on the issues of HIV / Aids and family planning

Public Relations

All employees are bound to medical confidentiality and data protection!

Our Team

- Medical specialists
- Social workers
- Medical assistants
- Administrative assistants

Translators and interpreters for: Turkish, Bulgarian, Romanian, Thai, Arabic

We are at your service at the following times:
Monday 13.00 - 16.00
Tuesday 09.00 - 12.00
Thursday 13.30 - 17.30
Friday 09.00 - 12.00

With appointment
- Counselling during pregnancy
- Counselling for pregnant women in conflict situations
- Gynaecological examinations / family planning
- Examinations within sexual health
- HIV antibody tests

Without appointment
- Absorption of costs for contraceptives
Free Contraceptives

You need the following documents:

- Identity card or passport with certificate of registration
- Tenancy agreement with all amendments (gross rent without heating)
- Current statements of account covering at least the last 4 weeks
- Prescription

If ALG II [unemployment benefits paid after the first year of unemployment], AsylbLg [German Act on Benefits for Asylum Seekers] or social welfare is granted:

- Current notice
- Identity card or passport with certificate of registration
- Prescription

Important:
Please have the prescription stamped in the Centre, then have it completed by the pharmacy!

Zentrum für sexuelle Gesundheit und Familienplanung
[Centre for Sexual Health and Family Planning]

10967 Berlin, Urbanstraße 24
1st and 2nd floor (wheelchair-accessible)

Phone: 030/ 90298 8363
Fax: 030/ 90298-8350
Helpline: 030/ 90298-8888

Travel connections:
U7 (Südstern) and U8 (Hermannplatz)
M41 (stop “Körtestraße”)

www.berlin.de/zentrum-urbanstrasse-fk
zentrum@ba-fk.berlin.de

Borough Office of Friedrichshain-Kreuzberg of Berlin

Welcome to the Centre for Sexual Health and Family Planning

Recognised helpdesk in accordance with the German Act on Pregnant Women in Conflict Situations.