

Principles of the Frühe Hilfen Pankow – together for a good start in life

We are a strong network for families.

We understand that all families are unique.

Our well-connected professionals offer counselling and support during pregnancy, around birth and for families with children up to 3 years of age. Families benefit from our close cooperation. We are professionals working in health, early care, pregnancy counselling as well as children and youth support.

We support all parents that may have concerns or questions.

All parents wish for a loving connection and relationship with their children. Parents will experience joy but may also experience insecurities, worries and anxieties.

We give support by providing you with information, counselling and practical advice, so that you and your children get a good start into life as a family. Services are available to all families living in Pankow. You can contact us if you are parents-to-be or parents with children of up to 3 years old.

What is our approach?

- ✓ easy access - no application necessary
- ✓ support available per request
- ✓ counselling that is fitted to your needs
- ✓ validation of our services using your feedback
- ✓ services available in your immediate neighbourhood

You will find services of the Frühe Hilfen here:

- family and pregnancy counselling centers
- hospitals
- social pediatric centers (SPZ)
- family doctors and gynecologists
- children and youth welfare services (Jugendamt)
- public health services for children and youth (KJGD)
- family- and neighbourhood centers