



# Frühe Hilfen Neukölln

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All services that are currently offered by "Frühe Hilfen" can be found here:



Further services for families can be found here:



Do you have any questions or do you wish to contact us?

**Frühe Hilfen (Early Help) Neukölln**  
**General Coordination**

Bezirksamt Neukölln von Berlin

Ilona Massel

Phone: 030 90239 2759

E-mail: [Ilona.Massel@bezirksamt-neukoelln.de](mailto:Ilona.Massel@bezirksamt-neukoelln.de)

## App Gesundes Neukölln

The "Gesundes Neukölln" (Healthy Neukölln) app supports families in finding the right services and information for them in Neukölln.

Android



iOS



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Services and counselling for (expectant) families with children up to 3 years of age

## Parents' Outreach Services – Growth/Refuge

Do you require any support during your ongoing pregnancy or with your new-born?

- For mothers/parents who already have one or more children
- Advice and support on all issues relating to your child and the family situation
- Support in dealing with authorities, social isolation and health problems

**Phone: 030 680 591 12**

**E-mail: [elternhilfe@navitas-ggmbh.de](mailto:elternhilfe@navitas-ggmbh.de)**

## Frühe Hilfen for families newly arrived from South-Eastern Europe

Would you like to benefit from support services for the birth process?

- Family counselling and support for the birth process
- Care for mothers without health insurance
- Referral to a midwife
- Advice on parenting and everyday issues in the family

**Mobile: 0179 6024 1119**

**E-mail: [a.simon@nbh-neukoelln.de](mailto:a.simon@nbh-neukoelln.de)**

## Close at hand

The german-arabic language and family educational programme is targeted at families and their children between one and three years of age:

- With and without international family history
- Parent-child interaction to strengthen (multi-) linguistic development
- Families as experts

**Phone: 030 859 326/-0**

**E-mail: [anmeldung-familienpunkt@kjhv.de](mailto:anmeldung-familienpunkt@kjhv.de)**

## Neukölln Family Voucher

The voucher offers all families in Neukölln with children up to the age of 3 the opportunity to participate in various courses free of charge.

Possible courses include:

- First aid for the child
- Baby massage
- Themed cafés

All locations as well as current listings can be found on our website: <https://bit.ly/3tYMSiR>

## Consultation hours in the family service office

- Advice when it comes to questions about the birth/family life
- Information/referral to services
- Practical support in everyday life

**Phone: 030 90239 3355**



## “Understanding my baby” parenting course

Babies are able to express how they feel and what they need with sounds, facial expressions and their whole body long before the first spoken word.

- General signals given by the baby
- Crying – and what happens before
- Baby signals related to eating and drinking
- Discovering the world
- Understanding the language of babies

**Mobile: 0179 612 7434**

**E-mail: [neuffer.sabine@gmail.com](mailto:neuffer.sabine@gmail.com)**

## Eltern-AG

Would you like to discuss parenting in an open atmosphere with other parents and give each other tips that are useful for everyday life?

- Group programme for increasing parenting skills
- Exchange of experience with other parents
- Support from two coaches

**E-mail: [l.horn@kk-neukoelln.de](mailto:l.horn@kk-neukoelln.de)**

## “All-round support” mobile service around the Ringsleben-Kiez

Do you want support right from the very start?

- Social-pedagogical support and counselling
- Telephone and outreach work
- Support and advice in dealing with institutions
- Parents' café, toddler groups
- Advice for fathers

**Mobile: 0163 7479051 und 0163 747 9040**

**E-mail: [kontakt@thessa-ev.de](mailto:kontakt@thessa-ev.de)**

## Group training for parents with mental stress/illnesses

Are you a parent who frequently reaches your limits with yourself and your young child?

- Practising stress management techniques
- Guidance on managing everyday life
- Communicating the stages of child development
- Training on how to deal with conflicts

**Phone: 030 680 845 69**

**E-mail: [familiengruppe@stuetzrad.de](mailto:familiengruppe@stuetzrad.de)**

## Family midwives/health and paediatric nurses

Families facing a difficult or overwhelming life situation during or after pregnancy can benefit from support:

- Advice on all aspects of childbirth
- Practical support in everyday life
- Encouraging a good parent-child bond
- Support in the transition to parenthood

**Phone: 030 90239 1290**

**E-mail: [FFischer@bezirksamt-neukoelln.de](mailto:FFischer@bezirksamt-neukoelln.de)**