



## MIDWIFE

## Colic Consultation

Individual counselling service for parents with babies and toddlers (0-3 years)

In a protected, confidential setting, a qualified psychologist is at your side to provide support.

You will receive guidance on

- Sleep disorders and restlessness in children
- Uncertainties about bonding
- Infants that cry frequently
- Conflicts with your toddler

### AUFWIND e.V.

Vierwaldstätter Weg 7  
13407 Berlin



(030) 319 89 12 00 (Office)  
info@aufwind-berlin.de



## SUPPORT FOR



## WITH COLIC



## FAMILY SUPPORT, KÄNGURU, WELLCOME

Voluntary support services for families

Volunteers help and accompany families (under professional guidance). The contact persons of the projects will find suitable volunteers and family mentors for you.

### KÄNGURU HELPS AND SUPPORTS Immanuel Beratung Reinickendorf

030 447 26 22 41



kaenguru-maerkisches-viertel@immanuel.de



### FAMILY SUPPORT ELISABETHSTIFT BERLIN

0176 95 58 23 55



anna.weber@elisabethstift-berlin.de



### WELLCOME at Horizonte GmbH

0163 388 17 23



berlin.reinickendorf@wellcome-online.de



# FRÜHE HILFEN

Reinickendorf |



Counselling and support services for expectant parents and families with children up to 3 years in Reinickendorf



## FRÜHE HILFEN REINICKENDORF

In family centres or at home, you can get guidance and support on questions about pregnancy, birth and the time after.

### Your District Office Reinicken-

Ms Naumann-erber  
☎ 030 902 94 61 98  
✉ [naumann-gerber@reinickendorf.berlin.de](mailto:naumann-gerber@reinickendorf.berlin.de)



## FAMILY MIDWIVES AND PARENTAL OUTREACH SERVICES

Services for pregnant women and parents before and after birth.

### The services include:

- Advice on child care, nutrition and development
- Clarification of questions regarding financial possibilities, medical care of the child, household organisation, partnership and parenthood, etc.
- Accompaniment and support in visiting public offices, help in finding a midwife, gynaecologist, courses etc.
- Home visits

The assistance is provided close to home, free of charge and trustworthy.

## CONTACT

### REGION

Märkisches Viertel and Reinickendorf North

### Horizonte gGmbH

☎ Tornower Weg 6  
13439 Berlin

☎ 030 408 98 37 14  
☎ 0163 388 17 10  
✉ [martini@horizonte.biz](mailto:martini@horizonte.biz)

### REGION

Reinickendorf West and East

### Trapez e.V.

☎ Namslastr. 45  
13507 Berlin

☎ 030 43 66 16 67  
✉ [FrH@trapez-berlin.de](mailto:FrH@trapez-berlin.de)



## FAMILY MIDWIVES AND PARENTAL OUTREACH SERVICES

Ms Martini  
☎ 0163 388 17 10  
✉ [martini@horizonte.biz](mailto:martini@horizonte.biz)

Ms Keppel  
☎ 030 43 66 16 64  
✉ [FrH@trapez-berlin.de](mailto:FrH@trapez-berlin.de)

### Colic Consultation and Emotional First Aid

Ms Scholer  
☎ 0176 61 36 94 51  
✉ [nathalie.scholer@aufwind-berlin.de](mailto:nathalie.scholer@aufwind-berlin.de)

### OPEN CONSULTATION HOURS AT THE LETTEALLEE FAMILY CENTRE:

**Tuesday** from 11 am to 12:30 pm  
Telephone consultation:  
**Thursday** from 2 pm to 4 pm

## VOLUNTEERING

### Känguru

Ms Laux  
☎ 0176 11 31 98 14  
☎ 030 447 26 22 41  
✉ [nora.laux@immanuelalbertinen.de](mailto:nora.laux@immanuelalbertinen.de)

### Family support

Ms Weber  
☎ 0176 95 58 23 55  
✉ [sandra.haase@elisabethstift-berlin.de](mailto:sandra.haase@elisabethstift-berlin.de)  
✉ [anna.weber@elisabethstift-berlin.de](mailto:anna.weber@elisabethstift-berlin.de)

### Wellcome

Ms Hermans  
☎ 0163 388 17 23  
✉ [hermans@horizonte.biz](mailto:hermans@horizonte.biz)