

# ROADMAP 2023 *WHAT IS IMPORTANT DURING AND AFTER PREGNANCY?*

*Information for (becoming) parents in Tempelhof-Schöneberg*

HEALTH

WORK

AGENCIES

FINANCES

EARLY HELP  
& Family support

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**DATE:**

January 2023

*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

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WHAT?	WHEN?	WHERE?
Pregnancy Counseling	If needed during pregnancy	Pregnancy Counseling Center
<b>HEALTH</b>		
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 3 months after	Dentist <input type="checkbox"/>
<b>WORK</b>		
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"/>
<b>AGENCIES</b>		
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"/>
<b>FINANCES</b>		
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"/>
<b>EARLY HELP AND FAMILY SUPPORT</b>		

Information from page 22

# CHECKLIST AFTER THE BIRTH

WHAT?	WHEN?	WHERE?
<b>HEALTH</b>		
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"/>
<b>AGENCIES</b>		
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"/>
<b>FINANCES</b>		
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"/>
<b>SPECIAL OFFERS</b> 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**

Rathaussstr. 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 / -4949  
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](http://www.dicvberlin.caritas.de)

# BEFORE *THE BIRTH*

WHAT?	INFORMATION	WHEN?	WHERE?	IMPORTANT DOCUMENTS
<b>HEALTH</b>				
<p><b>Early support and outreach for pregnant women with addiction issues.</b></p> <p><b>For pregnant women/parents-to-be who are expecting their first child or if there are other children living outside their own household.</b></p> <p><b>Everyday practical advice and support, accompaniment to authorities, clarification of financial security; help with the start of becoming parents, referral to support services.</b></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><b>Vista gGmbH Wigwam Connect</b> 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><b>None</b></p>
<p><b>Find a Gynecologist/ OB GYN</b></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><b>Internet</b> www.kvberlin.de &gt; Arztsuche &gt; Frauenheilkunde und Geburtshilfe</p> <p>wegweiser-aktuell.de &gt; Tempelhof/Schöneberg &gt; Frauenheilkunde, Geburtshilfe, Frauenarzt</p>	<p><b>Health Insurance Card</b></p>

## BEFORE THE BIRTH

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WHAT?	INFORMATION	WHEN?	WHERE?	IMPORTANT DOCUMENTS
<b>HEALTH</b>				
<b>Find a Midwife</b> <ul style="list-style-type: none"> <li>· Pregnancy Counseling</li> <li>· Prenatal Care</li> <li>· Birth Preparation</li> <li>· Postpartum Care</li> <li>· Information about services</li> <li>· Postnatal Classes</li> </ul>	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.	<b>Internet</b> berliner-hebammenvermittlung.de ammely.de hebammensuche.de	<b>Health Insurance Card</b>
<b>Family Midwife as well as Family, Health Caregivers, and Children's Health Caregivers.</b>	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: <ul style="list-style-type: none"> <li>- Parenting and organization of everyday life with the baby</li> <li>- Nutrition and care of the baby</li> <li>- Health of mother and child</li> <li>- Psychological, health and social issues</li> <li>- Contact to offices, doctors or counseling centers</li> </ul>	As soon as you know you are pregnant	Christiane Hollburg hollburg@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- 6987 Vertreterin: Milena Aust Tel. (030)90277 6126 aust@ba-ts.berlin.de	




# BEFORE *THE BIRTH*

WHAT?	INFORMATION	WHEN?	WHERE?	IMPORTANT DOCUMENTS
<b>HEALTH</b>				
<b>Find a birth center or register to give birth</b>	<p>Information evenings at St. Josephs Hospital: every 1st, 2nd, &amp; 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 &amp; 3rd Wednesday of the month/6PM/large conference room, house 35, 1st floor.</p> <p>More info on Insta unter @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><b>Maternity Passport</b> (Mutterpass)</p> <p><b>Health Insurance Card</b></p>
<p><b>Pregnancy Counseling</b></p> <p><b>Register to give birth/Pregnancy Consultation</b></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><b>Auguste-Viktoria-Klinikum</b> Zentrum für Familienplanung Haus 30 Rubensstr. 125 12157 Berlin Tel: (030)90299 - 17 01</p> <p><b>St. Joseph Krankenhaus</b> Tel. (030)7882-2546</p>	

# BEFORE THE BIRTH

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WHAT?	INFORMATION	WHEN?	WHERE?	IMPORTANT DOCUMENTS
<b>HEALTH</b>				
<b>Find a pediatrician for the developmental “U-screenings“</b>	The U <sub>1</sub> and usually also the U <sub>2</sub> 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.	<a href="https://www.kvberlin.de/fuer-patienten/arzt-und-psychotherapeutensuche">https://www.kvberlin.de/fuer-patienten/arzt-und-psychotherapeutensuche</a>	
<b>Babylotse</b>	Free information	During the pregnancy and after the birth during hospitalization.	<b>Auguste-Viktoria-Klinikum</b> Rubensstr. 125 12157 Berlin Tel: (030)130202460 Mail: babylotse.avk@vivantes.de	<b>St. Joseph Krankenhaus Berlin-Tempelhof</b> Klinik für Gynäkologie, Wüsthoffstr. 15 12101 Berlin Tel: (030)7882 / -2941/ -4949 / -5164 Mail: babylotse@sjk.de
<b>Schedule a dental checkup</b>		When you find out you are pregnant and 3 months later.	<b>With your established dentist</b>	Dental provider search at: <a href="http://www.kzv-berlin.de">www.kzv-berlin.de</a> <a href="http://www.zaek-berlin.de">www.zaek-berlin.de</a>
<b>WORK</b>				
<b>Inform your employer of the pregnancy</b>		No deadline, but as early as possible in order to ensure compliance with maternity regulations.	<b>Employer</b>	If needed, the <b>Maternity Passport</b> (Mutterpass)  <b>Certification</b> from an OB GYN or Midwife
<b>Apply for parental leave</b>	Online at: <a href="http://bmfsfj.de">bmfsfj.de</a> › Familie › Elterngeld/Elternzeit › Alles Wissenswerte zur Elternzeit im Überblick	A minimum of 7 weeks before your parental leave begins.	<b>Employer or Jobcenter</b>	<b>Completed application</b>

WHAT?	INFORMATION	WHEN?	WHERE?	IMPORTANT DOCUMENTS
<b>AGENCIES</b>				
<p><b>Certify the paternity acknowledgement</b></p>	<p>The acknowledgement of paternity is recommended for unmarried parents.</p>	<p>It is recommended to do this before the birth, but it can also be done after.</p> <p><b>Standesamt Tempelhof-Schöneberg</b>                      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><b>Appointments via: InfoPoint Jugendamt</b>                      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><b>Passports</b> (Personalausweise) and <b>Birth Certificates</b> (Geburtsurkunden) of both parents <b>Maternity Passport</b> (Mutterpass)</p> <p>If the child has been born, also bring: <b>Child's Birth Certificate</b> (Geburtsurkunde) additional documents may also be required.                      Before the birth: <b>Maternity Passport</b> (Mutterpass)</p> 
<p><b>Notarize the declaration of custody</b> (Sorgeerklärung) for unmarried parents</p>	<p>Parents who are not married to one another must submit a declaration of custody if they wish to have joint custody of their child.</p>	<p>Before or after the birth.</p>	<p><b>Appointments via: InfoPoint Jugendamt</b>                      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><b>Passports</b> (Personalausweise) <b>Birth Certificates</b> (Geburtsurkunden) of both parents <b>Maternity Passport</b> (Mutterpass)</p> <p>If the child has been born, also bring: <b>Child's Birth Certificate</b> (Geburtsurkunde) and <b>Paternity Acknowledgement</b> (Vaterschaftsanerkennung)</p>

## BEFORE THE BIRTH

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WHAT?	INFORMATION	WHEN?	WHERE?	IMPORTANT DOCUMENTS
<b>FINANCES</b>				
<b>Apply for Maternity Benefits</b>	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.	<b>Health Insurance Provider</b>	<b>Request form</b> from your Health Insurer <b>Certificate of pregnancy</b> from your OB GYN or Midwife
<b>Apply for Welfare Benefits</b> (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.	<b>JobCenter</b> 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	<b>Completed application</b> <b>Certificate</b> from the gynecologist indicating the <b>estimated due date</b> (VET).


WHAT?	INFORMATION	WHEN?	WHERE?	IMPORTANT DOCUMENTS
<b>FINANCES</b>				
<p><b>Apply for Help Foundation Benefits</b></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><b>Any pregnancy counseling center</b></p> <p>Online at: <a href="http://stiftunghilfe.de">stiftunghilfe.de</a></p> <ul style="list-style-type: none"> <li>› Beratungsstellen</li> <li>› Schwangere</li> <li>› Tempelhof/Schöneberg</li> </ul>	<p><b>Passport</b> (Personalausweis/ Reisepass) and <b>registered address document</b> (Meldebestätigung)  <b>Maternity Passport</b> (Mutterpass)</p> <p>Documents about any personal assets you may have <b>Bank statements</b> (Kontoauszüge) <b>rental contract</b> (Mietvertrag) and <b>proof of income</b> (Einkommensnachweise)</p> <p><b>Notices from the JobCenter</b> regarding the allocation of additional benefits</p>

## AFTER THE BIRTH

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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
<b>HEALTH</b>				
<b>Take advantage of developmental “U-screenings“</b>	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	<b>Pediatrician</b>	<b>Yellow Booklet</b> (Gelbes Heft) for preventative medical checkups <b>Proof of Immunizations</b> (Impfpass)
<b>Obtain health insurance for the child</b> (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	<b>Health Insurance Provider</b>	<b>Your Child’s Birth Certificate</b> (Geburtsurkunde) filled out <b>Health Insurance Form Medical Insurance Card</b> (if you already have one)
<b>Take advantage of child and youth health services (KJGD - Kinder- und Jugendgesundheitsdienst)</b>	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	<b>Child and Youth Health Services (Kinder- und Jugendgesundheitsdienst)</b> <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	<b>Yellow Booklet</b> (Gelbes Heft) for preventative medical checkups and U-screenings <b>Proof of Immunizations</b> (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
<b>AGENCIES</b>				
<p><b>Register the child's birth at the Civil Registry Office</b></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><b>Civil Registry Office (Standesamt)</b>                      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><b>Original Certificate of Birth</b> (Original-Geburtsbescheinigung) from the birth center or from a home birth. No scans, no copies!  <b>Birth Certificates</b> (Geburtsurkunden) of both parents  <b>Passport</b> (Personalausweise) of both parents  <b>Marriage Certificate</b> (Heiratsurkunde) of the parents</p> <p>If the parents are not married:  <b>Paternity Acknowledgement</b> (Vaterschaftsanerkennung) if available and <b>Declaration of Custody</b> (Sorgerechtserklärung) if needed.                      If the mother is divorced: <b>Marriage Certificate</b> (Heiratsurkunde)  <b>Divorce Papers</b> (Scheidungsurteil)</p> <p>For previous children: Child(s)/rens <b>Birth Certificate(s)</b> (Geburtsurkunden der Kinder), and additional document if required based on individual case.</p>
<p><b>Register the child's address</b></p>	<p>The address registration is done automatically by the Civil Registry Office upon notification of the child's birth.</p>			

# AFTER THE BIRTH

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WHAT?	INFORMATION	WHEN?	WHERE?	IMPORTANT DOCUMENTS
<b>AGENCIES</b>				
<p><b>Find a Daycare</b> (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><b>Internet</b></p> <div style="display: flex; justify-content: space-around;">    </div> <p><u>Kitas:</u> bit.ly/37aS8Ez</p> <p><u>Kindertagespflegestellen:</u> bit.ly/2J7wuZP</p>	<p><u>Kita-Navigator:</u> https://kita-navigator.berlin.de/</p>
<p><b>BCA-Consultation</b> 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 (<b>Familienzentren</b>) 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 <a href="https://www.berlin.de/jobcenter-tempelhof-schoeneberg/ueber-uns/beauftragte-fuer-chancengleichheit-am-arbeitsmarkt/">https://www.berlin.de/jobcenter-tempelhof-schoeneberg/ueber-uns/beauftragte-fuer-chancengleichheit-am-arbeitsmarkt/</a> zu finden.</p>	<p><b>None</b></p>



WHAT?	INFORMATION	WHEN?	WHERE?	IMPORTANT DOCUMENTS
AGENCIES				
<p><b>Education and Participation Support</b> (Bildungs- und Teilhabepake-<b>BuT</b>) 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 AsysbLG) 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:  <a href="http://www.berlin.de/sen/bjw/bildungspaket">www.berlin.de/sen/bjw/bildungspaket</a>                      or at  <b>BuT – Beratung</b>  <a href="http://www.but-beratung.de">www.but-beratung.de</a>                      Tel.: (030)5771300404</p>	<p><b>None</b></p>
<p><b>Apply for Daycare Assistance</b> (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><b>Jugendamt Tagesbetreuung für Kinder</b>  <b>Anmeldung Kita, Kindertagespflege, Schulhort</b>                      Rathausstr. 27                      12105 Berlin                      Helpline: 115                      Infopoint Jugendamt:                      (030)90277-4000</p>	<p>Completed <b>Application</b> (Antragsformular) and <b>relevant documents</b></p>  <p>Link to form:  <a href="https://fms.verwalt-berlin.de/kita/">fms.verwalt-berlin.de/kita/</a></p>

# AFTER THE BIRTH

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WHAT?	INFORMATION	WHEN?	WHERE?	IMPORTANT DOCUMENTS
<b>FINANCES</b>				
<p><b>Apply for child benefit allowance</b> (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): <a href="http://www.arbeitsagentur.de">www.arbeitsagentur.de</a> It is also possible to apply online.</p>	<p>Within 6 weeks after the birth</p>	<p><b>Bundesagentur für Arbeit Berlin-Süd Familienkasse</b> Sonnenallee 282 12057 Berlin Tel. 0800 5 4444 30 or Tel. 0 331880 2222</p> <p>Office Hours Tue: 9AM-12PM Thu: 9AM-12PM &amp; 3-6PM</p>	<p>Completed <b>Application</b> (Antragsformular) and <b>Tax ID Number</b> (Steueridentifikationsnummer) of the child</p>  <p>Link to Form: <a href="https://bit.ly/3GISJCL">https://bit.ly/3GISJCL</a></p>
<p><b>Apply for supplemental child assistance</b> (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><b>Bundesagentur für Arbeit Berlin-Süd Familienkasse</b> Address and contact information above</p>	<p>Completed <b>Application</b> (Antragsformular) <b>Attach</b> the child's proof of income, living expenses and other expenses.</p>  <p>Link to Form: <a href="https://bit.ly/3gi7g7X">https://bit.ly/3gi7g7X</a></p>
<p><b>Apply for parental benefit allowance</b> (Elterngeld)</p>	<p>The parental allowance is usually 65% of the average net earnings of the last 12 months. Online parental allowance calculator: <a href="http://www.bmfsfj.de">www.bmfsfj.de</a> (Service/Onlinerechner) <a href="mailto:elterngeld@ba-ts.berlin.de">elterngeld@ba-ts.berlin.de</a></p>	<p>Within the first 3 months after birth (parental allowance is paid retroactively for only 3 months).</p>	<p><b>Youth Welfare Office</b> (Jugendamt) <b>Elterngeldstelle</b> <a href="mailto:elterngeld@ba-ts.berlin.de">elterngeld@ba-ts.berlin.de</a> or InfoPoint Tel. (030)90277-4000 Helpline Tel. 115</p>	<p>Completed <b>Application</b> (Antragsformular) <b>Birth Certificate</b> (Geburtsurkunde) from the Civil Registry Office for the parental benefit application <b>Passport (Personalausweise)</b> from both parents <b>Proof of Income</b> (Nachweise über Einkommen &amp; Mutterschaftsgeld)</p>

WHAT?	INFORMATION	WHEN?	WHERE?	IMPORTANT DOCUMENTS
<b>FINANCES</b>				
<b>Apply for rental assistance</b> (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><b>Bürgeramt</b>  <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><b>Helpline</b> Tel. 115                      www.Berlin.de/                      ba-tempelhof-schoeneberg                      (›Bürgerservice ›Bürgeramt)</p>	<p><b>Completed Application</b> (Antragsformular)</p> <p><b>Proof of Income</b> (Nachweis über Einkommen)</p> <p><b>Proof of Rent</b> (Nachweis über Miete)</p>
<b>Apply for unemployment benefits</b> (Arbeitslosengeld II)	ALG II can be applied for if one's livelihood is not secured by their own earnings.	As needed	<p><b>JobCenter</b>                      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 <b>Application and attachments</b> (Antragsformular und Anlagen) <b>Passport</b> (Personalausweis)</p> <p><b>Proof of Income/Assets</b> (Einkommen/Vermögen)</p> <p><b>Bank Statements</b> (Kontoauszüge)</p> <p><b>Rental Contract</b> (Mietvertrag)</p> <p><b>Proof of Health Insurance Membership</b> (Mitgliedsbescheinigung Krankenkasse)</p>

## AFTER THE BIRTH

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WHAT?	INFORMATION	WHEN?	WHERE?	IMPORTANT DOCUMENTS
<b>FINANCES</b>				
<b>Request advance child support</b> (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><a href="mailto:unterhaltsvorschuss@ba-ts.berlin.de">unterhaltsvorschuss@ba-ts.berlin.de</a></p>	From birth until (max) 18 years of age	<p><b>Jugendamt Unterhaltsvorschussstelle</b></p> <p>Helpline Tel. 115</p> <p>Contact via:  <a href="mailto:unterhaltsvorschuss@ba-ts.berlin.de">unterhaltsvorschuss@ba-ts.berlin.de</a>                      or InfoPoint Tel. (030)90277-4000</p>	<p>Completed <b>Application</b> (Antragsformular)</p> <p><b>Passport</b> (Personalausweis)</p> <p><b>Birth Certificate</b> (Geburtsurkunde) of the child</p> <p><b>Paternity Acknowledgement</b> (Vaterschaftsanerkennung)</p> <p><u>For divorced parents:</u>  <b>Divorce Papers</b> (Scheidungsbeschluss) or <b>Proof of Separation from an Attorney</b> (Nachweis vom Rechtsanwalt über das Getrenntleben)</p>
<b>Apply for household assistance</b> (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><b>Health Insurance Provider</b> (Krankenkasse) or, in emergencies, via the Jugendamt</p>	<p><b>Maternity Passport</b> (Mutterpass)</p> <p><b>Doctor's statement</b> (Attest) or <b>Certificate from the Midwife</b> (Bescheinigung der Hebamme) declaring the urgent need for household assistance (Haushaltshilfe).</p>

WHAT?	INFORMATION	WHEN?	WHERE?	IMPORTANT DOCUMENTS
<b>FINANCES</b>				
<p><b>Apply for reimbursement for the cost of contraceptives</b> (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><b>Zentrum für Familienplanung</b> 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><b>Prescription</b> (Rezept) from doctor <b>Passport</b> (Personalausweis) <b>ALGI-Proof</b> or <b>ALGII-Proof</b> or <b>Basic Income Assistance</b> (Grundsicherung) or <b>Proof of Income</b> (Einkommensnachweis)/<b>Tax ID</b> (Steuerkarte) or <b>Bafög-/BAB-Proof</b> or <b>Alimony/Pension</b> (Unterhalt/Rentenbescheid) also spouses <b>Benefits</b> (Kinder-geld -zuschlag/ Wohngeld) <b>Asylum seeker benefits</b> (Asylbewerberleistungsbescheid) <b>Rental Contract/changes</b> (Mietvertrag/Mietänderungsschreiben)</p>

## EARLY HELP NETWORK

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	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	<a href="http://www.berlin.de/ba-tempelhof-schoeneberg/jugendamt">www.berlin.de/ba-tempelhof-schoeneberg/jugendamt</a>	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	<a href="http://www.berlin.de/ba-tempelhof-schoeneberg/jugendamt">www.berlin.de/ba-tempelhof-schoeneberg/jugendamt</a>	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	<a href="http://www.berlin.de/ba-tempelhof-schoeneberg/jugendamt">www.berlin.de/ba-tempelhof-schoeneberg/jugendamt</a>	
4	Familienservicebüro Süd Marienfelde und Lichtenrade	Jugendamt Tempelhof-Schöneberg	030 90277-4023 fsb-sued@ba-ts.berlin.de	Briesingstr. 6 12305 Berlin	<a href="http://www.berlin.de/ba-tempelhof-schoeneberg/jugendamt">www.berlin.de/ba-tempelhof-schoeneberg/jugendamt</a>	
5	Nachbarschafts- und Familienzentrum Kurmark	Pestalozzi-Fröbel-Haus Berlin	Fr. Jutta Husemann 030-25797538	Kurmärkische Str. 13 10783 Berlin	<a href="http://www.pfh-berlin.de/kurmark">www.pfh-berlin.de/kurmark</a>	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 Paßow 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 Paßow, 0170 5655129	Nachbarschaftsheim Schöneberg, Menzeldorf, Menzelstraße 5-6, 12157 Berlin		Every second Thursday of the month (on request), 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-5P;M, Baby group

## EARLY HELP NETWORK

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	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		Once a month on Mondays (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	<a href="http://www.pfh-berlin.de">www.pfh-berlin.de</a>	Course for first time parents
14	Nachbarschafts- und Familienzentrum Kurmark	Pestalozzi-Fröbel-Haus Berlin	n.n. 0151 15074500	Kurmärkische Str. 13 10783 Berlin	<a href="http://www.pfh-berlin.de/kurmark">www.pfh-berlin.de/kurmark</a>	Toddler group and other open offers
15	Nachbarschafts- und Familienzentrum Kurmark	Pestalozzi-Fröbel-Haus Berlin	Frau Joanna Kalkowski 0151 18853178	Kurmärkische Str. 13 10783 Berlin	<a href="http://www.pfh-berlin.de/kurmark">www.pfh-berlin.de/kurmark</a>	Mother Baby group (with midwife)
16	Nachbarschafts- und Familienzentrum Kurmark	Pestalozzi-Fröbel-Haus Berlin	Frau Hüsnüye Tekin 0151 72780723	Kurmärkische Str. 13 10783 Berlin	<a href="http://www.pfh-berlin.de/kurmark">www.pfh-berlin.de/kurmark</a>	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	<a href="http://www.kiezoase.de">www.kiezoase.de</a>	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	<a href="http://www.kiezoase.de">www.kiezoase.de</a>	Meeting place for families, recreation, education e.g. mothers-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	<a href="http://www.kiezoase.de">www.kiezoase.de</a>	Open meeting for pregnant women: 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	<a href="http://www.kiezoase.de">www.kiezoase.de</a>	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	<a href="http://www.kiezoase.de">www.kiezoase.de</a>	Open mother 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	<a href="http://www.kiezoase.de">www.kiezoase.de</a>	Pregangcy Yoga Wed 5:15PM-6:45PM
23	Erziehungs- und Familienberatung	Pestalozzi-Fröbel-Haus Berlin	Fr. Dr. Anne Wietzker 030-7885464 <a href="mailto:fb@pfn-berlin.de">fb@pfn-berlin.de</a>	Barbarossastr. 64 10781 Berlin	<a href="http://www.pfn-berlin.de">www.pfn-berlin.de</a>	Family advice
24	Kinder- und Familienzentrum Bülowstraße	INA.KINDER.GARTEN gGmbH	Katrin Itoua-Ayessa 030-54716473 Familienzentrum. <a href="mailto:buelowstrasse@inakindergarten.de">buelowstrasse@inakindergarten.de</a>	Bülowstr. 35 10783 Berlin	<a href="http://www.inakindergarten.de/berlin/kita-buelowstrasse">www.inakindergarten.de/berlin/kita-buelowstrasse</a>	Meeting point for families, advice, ,parent child courses for 0-6 years
25	Kinder- und Familienzentrum	INA Kindergarten gGmbH	Fr. Ute Römer 030-77326162	Neue Steinmetzstr. 1-3 10827 Berlin	<a href="http://www.pfn-berlin.de/de/nachbarschafts-und-familienzentren.de">www.pfn-berlin.de/de/nachbarschafts-und-familienzentren.de</a>	Family, parent, child meeting point

## EARLY HELP NETWORK

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	PROJECT	PROVIDER	CONTACT	ADDRESS	INTERNET	OFFER
26	Kinder- und Familienzentrum	INA Kindergarten gGmbH	Fr. Ute Römmel 030-77326162  Fr. Benjamin Freese 030-77326162	Neue Steinmetzstr. 1-3 10827 Berlin	<a href="http://www.pfh-berlin.de/de/nachbarschafts-und-familienzentren.de">www.pfh-berlin.de/de/nachbarschafts-und-familienzentren.de</a>	Playgroup and toddler group
27	Familienzentrum Nahariyastraße	Evangelische Kirchengemeinde Lichtenrade	Fr. Dörthe Schoppa 030 70722300	Nahariyastr. 33 12309 Berlin	E-Mail: <a href="mailto:familienzentrum@kg-lira.de">familienzentrum@kg-lira.de</a> , <a href="mailto:schoppa@kg-lira.de">schoppa@kg-lira.de</a>	Meeting point, advice on everyday family life, exercise offers, family education, birth offers
28	„Brücke II“	FAB e.V. / St. Joseph Krankenhaus	Fr. Wunderlich 0163-3478149  Hanna Brauer 0151-74248739 <a href="mailto:brauer@fab-ev.de">brauer@fab-ev.de</a>	Crellestr. 21 Hauptstr. 9 10827 Berlin	<a href="http://www.fab-ev.de">www.fab-ev.de</a>	Advice and guidance for families
29	Mutter-Kind-Wohnen-Schöneberg	Leben Lernen e.V.	Fr. Sandra Staske 030-78709678	Crellestr. 11 10827 Berlin	<a href="http://www.lebenlernen-berlin.de">www.lebenlernen-berlin.de</a>	Mothers with children in emergencies
30	Kinder und ihre psychisch erkrankten Eltern	GamBe gGmbH	Fr. J. Rötz 030-787151420	Feurigstr. 54 VH, Aufgang A, 10827 Berlin	<a href="http://www.gambe-berlin.de">www.gambe-berlin.de</a>	Child & youth welfare, integration aid
31	Beratungsstelle für Mädchen*, junge Frauen* und junge Mütter*	Leben Lernen e.V.	Appointments available 030/7842687 or <a href="mailto:beratung@lebenlernenberlin.de">beratung@lebenlernenberlin.de</a>	Gutzkowstr. 7 10827 Berlin	<a href="http://www.lebenlernen-berlin.de">www.lebenlernen-berlin.de</a>	Psychosocial counselling and career guidance for pregnant women, young mothers and single parents up to 27 years old
32	Nanni-Großelternpaten	Evangelischer Kirchenkreis Tempelhof-Schöneberg	Herr Möller 030-755151635	Götzstr. 22 12099 Berlin	<a href="http://www.familienbildungs.de">www.familienbildungs.de</a>	Practical support, relief for parents
33	Evang. Familienzentrum Infopoint	Diakonie Jugend- und Familienhilfe Simeon gGmbH	Fr. Astrid List-Burau 0173 6160484	Götzstr. 24a 12099 Berlin	<a href="http://www.diakoniewerk-simeon.de">www.diakoniewerk-simeon.de</a>	Advice, contacts, support

	PROJECT	PROVIDER	CONTACT	ADDRESS	INTERNET	OFFER
34	Ev. Beratungsstelle für Erziehungs- Jugend-, Paar- und Lebensfragen	Diakonie Jugend- und Familienhilfe Simeon gGmbH	Fr. Ingrid Skrodzki 030-75750270	Götzstr. 24e 12099 Berlin	<a href="http://www.diakoniewerk-simeon.de">www.diakoniewerk-simeon.de</a>	Counseling for parenting, youth, couple and life issues
35	„Das große Krabbeln“- Eltern-Kind Frühstücksguppe	Diakonie Jugend- und Familienhilfe Simeon gGmbH	Fr. Uhl 0159 04002473 Fr. List-Burau 0173 616 04	Götzstraße 24a 12099 Berlin	<a href="http://www.diakoniewerk-simeon.de">www.diakoniewerk-simeon.de</a>	Meeting place, advice, exchange, support
36	Café International	Evangelischer Kirchenkreis Tempelhof-Schöneberg	Ehrenamts-Team 030-755151635	Götzstr. 22 12099 Berlin	<a href="http://www.familienbildungs.de">www.familienbildungs.de</a>	Multicultural meeting place
37	Mama and me	Evangelischer Kirchenkreis Tempelhof-Schöneberg	Fr. Roma Kaddatz 030-755151635	Götzstr. 22 12099 Berlin	<a href="http://www.familienbildungs.de">www.familienbildungs.de</a>	Exercise for moms with their babies
38	Delfi-Kurs	Evangelischer Kirchenkreis Tempelhof-Schöneberg	Fr. Monika Sastan Fr. Valeria Lippert Velarde 030-755151635	Götzstr. 22 12099 Berlin	<a href="http://www.familienbildungs.de">www.familienbildungs.de</a>	Meeting point parent child bonding
39	Singen- Spielen- Bewegen	Evangelischer Kirchenkreis Tempelhof-Schöneberg	Fr. Petra Herzog 030-755151635	Götzstr. 22 12099 Berlin	<a href="http://www.familienbildungs.de">www.familienbildungs.de</a>	Parent and child (from 10 months), exercise and music
40	Café Atempause	Diakonie Jugend- und Familienhilfe Simeon gGmbH	Fr. Astrid List-Burau 0173 6160484	Rathausstr. 29a 12105 Berlin	<a href="http://www.diakoniewerk-simeon.de">www.diakoniewerk-simeon.de</a>	Meeting place, contacts, support, advice
41	Kinder- und Jugend Gesundheitsdienst Eltern-Kind Gruppe Krabbelgruppe / Babygruppe	Bezirksamt Tempelhof-Schöneberg von Berlin, Gesundheitsamt	Physiotherapeutinnen 90277-7296	Rathausstr. 27 12105 Berlin 3. Etage	<a href="http://www.berlin.de/ba-ts/kjgd">www.berlin.de/ba-ts/kjgd</a>	Advice, parents, baby movement, baby group, crawling group, running age group

## EARLY HELP NETWORK

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	PROJECT	PROVIDER	CONTACT	ADDRESS	INTERNET	OFFER
42	Ev. Beratungsstelle für Erziehungs- Jugend-, Paar- und Lebensfragen	Diakonie Jugend- und Familienhilfe SimeongGmbH	Fr. Friederike Fritsch 030-71301645	Domargkstr. 5 12277 Berlin	<a href="http://www.diakoniewerk-simeon.de">www.diakoniewerk-simeon.de</a>	Open office hours every second Wednesday of the month
43	Offene Sprechstunde für Eltern mit Säuglingen und Kleinkindern	Diakonie Jugend- und Familienhilfe SimeongGmbH	Fr. Friederike Fritsch 030-71301645	Domargkstr. 5 12277 Berlin	<a href="http://www.diakoniewerk-simeon.de">www.diakoniewerk-simeon.de</a>	Transition from partnership to parenthood, partnership crises/ issues, interaction and child bonding
44	Erziehungs- und Familienberatung	Jugendamt Tempelhof-Schöneberg	Anmeldung 030-902777830	Sponholzstr. 15 12159 Berlin	<a href="http://www.efb-berlin.de">www.efb-berlin.de</a>	Family advice
45	Wellcome- Praktische Hilfe nach der Geburt	Nachbarschafts- und Selbsthilfezentrum in der UFA-Fabrik e.V.	Frau Petra Hummel 030-755 03 175	Victoriastr. 13 12105 Berlin	<a href="http://www.nusz.de">www.nusz.de</a>	Support, relief for parents in daily life
46	Familien- und Nachbarschaftstreffpunkt	Nachbarschafts- und Selbsthilfezentrum in der UFA-Fabrik e.V.	Fr. Miriam Rausch 030-75503122	Victoriastr. 13 12105 Berlin	<a href="http://www.nusz.de">www.nusz.de</a>	Meeting place for families, recreation
47	Offene Eltern-Kind-Gruppe	Nachbarschafts- und Selbsthilfezentrum in der UFA-Fabrik e.V.	Fr. Miriam Rausch 030-75503122	Victoriastr. 13 12105 Berlin	<a href="http://www.nusz.de">www.nusz.de</a>	Education, financial assistance, relief
48	Schrei-BabyAmbulanz	Nachbarschafts- und Selbsthilfezentrum in der UFA-Fabrik e.V.	Michaela Reichenkron 030-75503175	Victoriastr. 13 12105 Berlin	<a href="http://www.nusz.de">www.nusz.de</a>	Body-oriented crisis support
49	Nachbarschaftstreff Britzerstraße	Nachbarschafts- und Selbsthilfezentrum in der UFA-Fabrik e.V.	Fr. Dorota Bielecka 030-70170970	Britzer Str. 60e 12109 Berlin	<a href="http://www.nusz.de">www.nusz.de</a>	Play and toddler groups, baby massage, advice and support (German/Polish), parent-child courses
50	Familienzentrum Marienfelde	Nachbarschafts- und Selbsthilfezentrum in der UFA-Fabrik e.V.	Fr. Andrea Bölk 030-72018946	Luckeweg 15 12279 Berlin	<a href="http://www.nusz.de">www.nusz.de</a>	Families with children from 0-6 years

	PROJECT	PROVIDER	CONTACT	ADDRESS	INTERNET	OFFER
51	Familienzentrum in Friedenau	Nachbarschaftsheim Schöneberg e.V.	Fr. Franziska Fittkau 030 859951322 015777202700	Menzelstraße 5-6 12157 Berlin	www.berliner-familienzentren.de www.nbhs.de www.familienbildung.nbhs.de/familienzentrum-in-friedenau	Families with children from 0-6 years
52	Navitas - Aufsuchende Elternhilfe	Navitas gemeinnützige GmbH	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
53	Wellcome-Praktische Hilfe nach der Geburt	Nachbarschaftsheim Schöneberg pflegerische Dienste gGmbH	Fr. Sylvia Braband-Alkabr 030 859951227	Cranachstr. 7 12157 Berlin	www.wellcome.nbhs.de	Support, relief for parents in daily life
54	Ambulante Familienpflege	Nachbarschaftsheim Schöneberg Pflegerische Dienste gGmbH	Fr. Sylvia Braband-Alkabr 030 859951227	Cranachstr. 7 12157 Berlin	www.familiepflege.nbhs.de	Relief for families in everyday life when one parent is absent
55	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
56	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
57	BAER Gruppe	H.U.G.O. e.V.	Marina Schoof 017639326935	Rubensstr. 84 12157 Berlin	www.hugoev.de	Parent-child meeting from 2 years
58	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

## EARLY HELP NETWORK

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	PROJECT	PROVIDER	CONTACT	ADDRESS	INTERNET	OFFER
59	Mama, Papa spiel mit mir	Nachbarschafts- und Selbsthilfezentrum in der UFA-Fabrik e.V.	Frau Özdemir, Frau Bayer 030- 75518720	Bosestr. 6 12103 Berlin	<a href="http://www.kids-berlin.com">www.kids-berlin.com</a>	For children from 1 year, guided play
60	Eltern-Kind-Sportgruppe	Turn- und Sportverein Marienfelde	Fr. Egermann 030-7211109	Erbendorfer Weg 13 12279 Berlin	<a href="http://www.tsv-marienfelde.de">www.tsv-marienfelde.de</a>	Meeting place, exercise, parents, children
61	Eltern-Kind-Sportgruppe	Turn- und Sportverein Marienfelde	Fr. Egermann 030-7211109	Prechtlstr. 21-23 12277 Berlin	<a href="http://www.tsv-marienfelde.de">www.tsv-marienfelde.de</a>	Meeting place, exercise, parents, children
62	Regenbogen Familienzentrum	Lesben- und Schwulenverband in Deutschland (LSVD) Berlin-Brandenburg	Anmeldung 030-91901628	Cheruserstr. 22 10829 Berlin	<a href="http://berlin.lsvd.de/projekte/regenbogenfamilien">http://berlin.lsvd.de/projekte/regenbogenfamilien</a>	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
63	Stillgruppe	St. Joseph-Krankenhaus	Fr. Bastiansen 030 78822738	Wüsthoffstr. 15 12101 Berlin	E-Mail: <a href="mailto:elternschule@sjk.de">elternschule@sjk.de</a>	Mothers, advice
64	Einführung der ersten Beikost	St. Joseph-Krankenhaus	Fr. Bastiansen 030-78822738	Wüsthoffstr. 15 12101 Berlin	E-Mail: <a href="mailto:elternschule@sjk.de">elternschule@sjk.de</a>	Education, nutrition, parenting
65	Pekip	St. Joseph-Krankenhaus	Fr. Bastiansen 030-78822738	Wüsthoffstr. 15 12101 Berlin	E-Mail: <a href="mailto:elternschule@sjk.de">elternschule@sjk.de</a>	Early intervention
66	Elternschule	St. Joseph Krankenhaus Tempelhof	Frau Bastiansen 030 78822738 <a href="mailto:elternschule@sjk.de">elternschule@sjk.de</a>	Wüsthoffstr. 15 12101 Berlin	<a href="http://www.sjk.de">www.sjk.de</a> E-Mail: <a href="mailto:elternschule@sjk.de">elternschule@sjk.de</a>	Early intervention
67	Gesundheitslotsin im St. Joseph Krankenhaus	St. Joseph-Krankenhaus	030 78825165	Wüsthoffstr. 15 12101 Berlin	<a href="http://www.sjk.de">www.sjk.de</a> E-Mail: <a href="mailto:gesundheitslotse@sjk.de">gesundheitslotse@sjk.de</a>	Counseling and care for premature babies after hospitalization

	PROJECT	PROVIDER	CONTACT	ADDRESS	INTERNET	OFFER
68	bärenstark ins Leben © mit ehrenamtlichen Familienpaten	Sozialdienst kath. Frauen e.V. Berlin	Christina Homann 0151 146 487 52 homann@skf-berlin.de	Wüsthoffstr. 15 12101 Berlin	www.skf-berlin.de	Support, relief for pa- rents, sponsorships
69	Krabbelgruppe	Evangelische Kirchen- gemeinde Mariendorf süd	Fr. Frauke Lobeck 0163-8257858	12107 Berlin Grimmingweg 1	www.mariendorf-sued. de	Meeting place, mo- thers with babies
70	Familiencafé	Evangelische Familien- bildung Kirchenkreis Tempel- hof-Schöneberg	Dr. Christa Oswald und Team Fr. Wittek-Welz 030-755151635	Waldsassener Str.9 12279 Berlin	www.familienbil- dung-ts.de	Meeting place. Fami- lies with children
71	Zentrum für Familien- planung	Bezirksamt Steglitz-Zehlendorf von Berlin	Registration 030 90299 1701 Fr. Ilse Schulz 030 90299 1708 Fr. Paduch 030 90299 1711	Auguste-Victoria-Kli- nikum Rubensstr. 125 Haus 30 4. Etage	www.steglitz-zehlen- dorf.de/zentrum-fami- lienplanung  E-Mail: zentrum-fami- lienplanung@ba-sz. berlin.de	Counseling, families, women, pregnant women, contraception (free of charge), me- dical and educational care for uninsured persons
72	Kinder- und Jugend Gesundheitsdienst Mitte	Bezirksamt Tempel- hof-Schöneberg von Berlin, Gesundheit- samt	030 90277-7418 -2697 (Tempelhof) 030 90277 – 7320 (Mariendorf nördl. Teil)	Kaiserstr. 126 12105 Berlin	www.berlin.de/ba-ts/ kjgd	Counseling, family, baby, children, health, family voucher
73	Kinder- und Jugend Gesundheitsdienst NORD	Bezirksamt Tempel- hof-Schöneberg von Berlin, Gesundheit- samt	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
74	Familienhebammen und Familien- Gesundheits- und Kinderkrankenpflegerinnen	Gesundheitsamt	Christiane Hollburg Koordinatorin Frühe Hilfen Tel. 030 90277- 6987  Vertreterin: Milena Aust Tel. 030 90277 6126	Welserstr. 23 10777 Berlin	<a href="mailto:hollburg@ba-ts.berlin.de">hollburg@ba-ts.berlin.de</a> <a href="mailto:aust@ba-ts.berlin.de">aust@ba-ts.berlin.de</a>	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
75	Säuglings- und Kleinkindtherapeutin	Psychologische Praxisgemeinschaft	Fr. I. Spieler 030 63 33 17 13	Stresemannstraße 30 10963 Berlin		Parent-infant and toddler therapy, psychological counseling for families, adolescents, couples and life issues (all health insurances and private)
76	„Schwangerschaft hat viele Gesichter“ – Psychologisch begleitete Video-Gruppe in der Schwangerschaft“	pro familia	Elisabeth Schleert <a href="mailto:psychologie.berlin@profamilia.de">psychologie.berlin@profamilia.de</a> Tel: 030 39849898	Kalckreuthstr. 4 10777 Berlin	<a href="http://www.profamilia.de/angebote-vor-ort/berlin/beratungszentrum/psychologisch-begleitete-selbsthilfegruppen">www.profamilia.de/angebote-vor-ort/berlin/beratungszentrum/psychologisch-begleitete-selbsthilfegruppen</a>  <a href="mailto:psychologie.berlin@profamilia.de">psychologie.berlin@profamilia.de</a>	Psychologically guided video group for sharing questions and stresses during pregnancy. Free of charge, appointments on request



	PROJECT	PROVIDER	CONTACT	ADDRESS	INTERNET	OFFER
77	„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
78	Startup DAD	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 fathers, counseling, baby
79	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
80	Compass MOM	Verein für betreuten Umgang e.V.	Fr. L. Daesler 030 78824065 oder Hr. R. Bub 030-78899229	Elternschule (UG) St. Joseph-Krankenhaus, Wüsthoffstr. 15, 12101 Berlin	http://www.startupfamily.net/startupmom.html	Group for women to prevent + cope with psychological stress during pregnancy + around birth
81	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

## EARLY HELP NETWORK

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	PROJECT	PROVIDER	CONTACT	ADDRESS	INTERNET	OFFER
82	Nachbarschaftszentrum Steinmetz	Pestalozzi-Fröbel-Haus Berlin	Hr. H. Nasser 030 23608688	Steinmetzstraße 68 10783 Berlin	<a href="http://www.pfh-berlin.de">www.pfh-berlin.de</a> <a href="mailto:steinmetz@pfh-berlin.de">steinmetz@pfh-berlin.de</a>	Counseling, offers for fathers, promotion of multilingualism
83	Dad's Coffee – offener Treff für Väter	Nachbarschafts- und Selbsthilfezentrum in der UFA-Fabrik e.V.	Herr Ulrich Stern 0176 25231365	Victoriastraße 13 12105 Berlin	<a href="http://www.nusz.de">www.nusz.de</a>	Meeting place. Counseling, parent-child bonding
84	Familiensprechstunde –für alle Fragen rund um Kind und Familie	Nachbarschafts- und Selbsthilfezentrum in der UFA-Fabrik e.V.	Daniela Grunz 0177 4830533	Victoriastraße 13 12105 Berlin	<a href="http://www.nusz.de">www.nusz.de</a>	Counseling, parent-child bonding family sessions
85	Musikmäuse- Eltern-Kind-Musikkurs für Kinder ab 6 Monaten	Nachbarschafts- und Selbsthilfezentrum in der UFA-Fabrik e.V.	Miriam Rausch 030 75503122	Victoriastraße 13 12105 Berlin	<a href="http://www.nusz.de">www.nusz.de</a>	Movement, music, meeting point
86	Pekip	Nachbarschafts- und Selbsthilfezentrum in der UFA-Fabrik e.V.	Miriam Rausch 030 75503122	Victoriastraße 13 12105 Berlin	<a href="http://www.nusz.de">www.nusz.de</a>	Movement for babies, Parent child bonding
87	Babymassage	Nachbarschafts- und Selbsthilfezentrum in der UFA-Fabrik e.V.	Miriam Rausch 030 75503122	Victoriastraße 13 12105 Berlin	<a href="http://www.nusz.de">www.nusz.de</a>	Meeting place, advice, parent child bonding
88	SpielundRaum-Spiel und Bewegungsanregungen für Familien am Samstag	Nachbarschafts- und Selbsthilfezentrum in der UFA-Fabrik e.V.	Miriam Rausch 030 75503122	Victoriastraße 13 12105 Berlin	<a href="http://www.nusz.de">www.nusz.de</a>	Meeting place, advice, parent child bond Movement simulation
89	Familienzentrum Lichtenrade	Nachbarschafts- und Selbsthilfezentrum in der UFA-Fabrik e.V.	Fr. Rahel Lührs 030-70176413 0176 73008157	Lichtenrader Damm 198-212 12305 Berlin	<a href="http://www.nusz.de">www.nusz.de</a>	Meeting place for families, education, recreation
90	SpieleRAD	Nachbarschafts- und Selbsthilfezentrum in der UFA-Fabrik e.V.	Tel: 030-75503175 <a href="mailto:jasmin.heinecke@nusz.de">jasmin.heinecke@nusz.de</a>	Various locations in Volkspark Mariendorf, Tue from 3:30-4:30PM at Drachenspielplatz	<a href="http://www.nusz.de/angebote/spielerad">www.nusz.de/angebote/spielerad</a>	Creative play activities for families with children 0-3 years old

	PROJECT	PROVIDER	CONTACT	ADDRESS	INTERNET	OFFER
91	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
92	Familienprechstunde im Familienzentrum Lichtenrade	Nachbarschafts- und Selbsthilfezentrum 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
93	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	nusz.de Facebook und Instagram: Familienzentrum.lichtenrade	Advice
94	Babycafe	Nachbarschafts- und Selbsthilfezentrum in der UFA-Fabrik e.V.	030 – 70 17 64 13 Familienzentrum.lichtenrade@nusz.de	Familienzentrum Lichtenrade Lichtenrader Damm 189-212	nusz.de Facebook und Instagram: Familienzentrum.lichtenrade	Meeting place, exchange for parents in the 1st year after birth, counseling
95	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	nusz.de Facebook und Instagram: Familienzentrum.lichtenrade	Parent-child bonding, meeting place
96	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	nusz.de Facebook und Instagram: Familienzentrum.lichtenrade	Meeting place, exchange for parents in the first months after birth, counseling, parent-child bonding
97	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	nusz.de Facebook und Instagram: Familienzentrum.lichtenrade	Meeting place, exchange for parents from the 1st-3rd year after birth, counseling

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	PROJECT	PROVIDER	CONTACT	ADDRESS	INTERNET	OFFER
98	Hand in Hand ins Bewegungsland	Nachbarschafts- und Selbsthilfezentrum in der UFA-Fabrik e.V.	030 – 70 17 64 31 Familienzentrum.lichtenrade@nusz.de	Familienzentrum Lichtenrade Lichtenrader Damm 189-212	nusz.de Facebook und Instagram: Familienzentrum.lichtenrade	Movement, music, meeting place
99	„Früh geborgen“	WEG DER MITTE gem.e.V.	Fr. Janika Cammann Joanna Bohlmann Tel: 030 814 10 67	Ahornstraße 18 14163 Berlin	www.wegdermitte.de	Holistic support for families with premies
100	Soziale Dienste-Familienpflege	WEG DER MITTE gem.e.V.	Joanna Bohlmann Tel: 030 814 10 67	Ahornstraße 18 14163 Berlin	www.wegdermitte.de	Family care surrounding childbirth and in high-risk pregnancies and in older age
101	Schwangerschaftsberatung Lydia	Sozialdienst kath. Frauen e.V. Berlin	Fr. Ihrlich 030-2814185	Selchower Str. 11 12049 Berlin	www.offenesozialarbeit-skf.de	Advice for pregnant women, confidential birth
102	Familientreffpunkt	Deutsches Rotes Kreuz Schöneberg-Wilmersdorf e. V.	Frau Helen Crasselt Tel.: 030 2332196171	Ebersstr. 80/80a 10827 Berlin	www.drk-wilmersdorf.de	Meeting place, advice, exchange, exercise offers, support

## SPECIAL OFFERS IN THE NEIGHBORHOOD

INFORMATION	WHEN?	WHERE?	NOTES
<p><b>Pediatric on-call service</b></p>		<p>Tel. 030-310 031</p>	
<p><b>Child and Adolescent Psychiatric Service</b></p>		<p>Welserstr. 23 10777 Berlin Tel. 030-90277-6900</p>	
<p><b>Free offers</b> at the health office. No registration required.</p>	<p><b>Baby group</b> (up to crawling age) Thurs 10AM <b>Toddler group</b>(crawling age) Thurs 11AM <b>Parent-child gymnastics</b>(walking age) Thurs 12PM <b>Baby group</b> 0-1 year, Mondays 12:30PM</p>	<p><b>Gesundheitsamt</b> Rathausstr. 27 12105 Berlin Tel. 030-90277-7296</p> <p><b>Familientreffpunkt</b> Kurmärkische Str. 1-3 10783 Berlin Tel. 030-25797538</p>	
<p><b>SchreiBabyAmbulanz</b> About the therapists of the Neighborhood and Self-Help Center in the Ufa-Fabrik e.V. (also outreach).</p>		<p><b>UFA-Fabrik</b> Viktoriastr. 13 12105 Berlin Tel. 030 7550-3122</p>	
<p><b>Wellcome</b> Practical help for families after birth. Free of charge for low-income families.</p>		<p>Nachbarschaftsheim Schöneberg Holsteinische Str. 30 12161 Berlin Tel. 030 85995127</p>	
<p><b>Kinder- und Jugendambulanz/Sozialpädiatrisches Zentrum (KJA/SPZ)</b> For children with developmental delays or a disability.</p>		<p>Diakonie Jugend- und Familienhilfe Simeon gGmbH Riegerzeile 1 12105 Berlin Tel. 030 751 02 28 kja.spz@diakoniewerk-simeon.de</p>	

## SPECIAL OFFERS IN THE NEIGHBORHOOD

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	INFORMATION	WHEN?	WHERE?	NOTES
<b>Health Guide</b>	<p>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.</p>	Thu 12:45PM	<p>Elternschule im SJK Tel: 030 7882-5165 oder gesundheitslotse@sjk.de  Internet: bit.ly/33hexPl</p>	<ul style="list-style-type: none"> <li>-Exchange between parents</li> <li>- Motor development of the child</li> <li>- Introduction of complementary food</li> <li>- Age-appropriate play instructions</li> <li>- Clarification of questions about applications and dealing with authorities</li> <li>- Networking with offers close to home</li> </ul>
	<p>Josephinchen – Zentrum für Kinder- und Jugendgesundheit <b>Counseling for families with babies with regulation difficulties</b></p>		<p>Wüsthoffstraße 15 12101 Berlin Tel. 788 22859 josephinchen@sjk.de</p>	<p>Advice</p> <ul style="list-style-type: none"> <li>- Diagnostics</li> <li>- Therapy</li> </ul>
	<p>Neighborhood and Self-Help Center in the UFA-Fabrik e.V. <b>Open parent - baby consultation</b></p>		<p>Viktoriastr. 13 12105 Berlin Tel. 755 03122</p>	
<b>Integration Guides</b>	<p>Nachbarschafts- und Selbsthilfezentrum in der UFA-Fabrik e.V.</p>		<p>Viktoriastr. 13 12105 Berlin Piruze Etesami: Tel: 0176 42736981 integrationslotsen@nusz.de</p>	<ul style="list-style-type: none"> <li>- Support people with migration and escape history both in presence and by telephone linguistically at appointments with authorities and institutions</li> <li>- Help with filling out applications and forms</li> <li>- Information on all relevant areas of life</li> </ul>
<b>Volunteering</b>	<p>Wellcome - <b>Practical help</b> for families after birth Neighborhood meeting point</p>		<p>Victoriastraße 13 12105 Berlin Tel: 030 75 50 31 75</p>	
<b>Sponsorships</b>	<p>Evangelische Protestant Family Education Tempelhof-Schöneberg Nanni - volunteer grandparent mentors</p>		<p>Götzstr. 22 12099 Berlin Fr. Wyss Tel. 030-755 15 16 35</p>	

## SPECIAL OFFERS IN THE NEIGHBORHOOD

INFORMATION	WHEN?	WHERE?	NOTES
<b>Sponsorships</b> Social service of catholic women registered association Berlin bear-strongly into the life with honorary <b>family godparents</b>		Wüsthoffstraße 15 12101 Berlin Fr. Birte Coldewey Tel. 030-78822326	
<b>Ev. Familienzentrum Tempelhof Känguru</b> helps and accompanies (for mothers and fathers with children in the 1st year of life)		Götzstraße 24a 12099 Berlin Tel: 0163 6890413	Volunteer outreach work, support and linkage to other appropriate services.
<b>Inpatient addiction rehabilitation center I</b> 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@diakoniewerk-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"> <li>- anonymous counseling</li> <li>- curative pedagogical anamnesis with observation of the child</li> <li>- conversation with the reference person in the daycare center or the daycare staff (only with the consent of the parents)</li> <li>- accompaniment of the parents during conversations in the daycare center</li> <li>- counseling on support and promotion offers in the living environment</li> <li>- anonymous counseling possible</li> </ul>
Down syndrome - detected before or after birth		Eisenacher Str. 3 12109 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 Kitagutscheine<sup>4</sup> (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](mailto: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  
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