



# Rostock Guide for parents

Bundesstiftung  
Frühe Hilfen

Gefördert von:



Bundesministerium  
für Familie, Senioren, Frauen  
und Jugend





## Local Alliance for Families Rostock

### Who are we, what do we want to achieve?

The Local Alliance for Families in Rostock is a coalition of members of institutions, clubs, federations, companies and private individuals. We wish to bring the subject of "family" to the public eye and lobby for a family-friendly policy and family-friendly living conditions in the Hanseatic and University City of Rostock.

### The Local Alliance for Families Rostock advocates for

- adequate, high-quality childcare,
- promoting health in different family spaces,
- the provision of advice, education, support, cultural and leisure opportunities for families, parents and single parents.

The Local Alliance for Families Rostock supports the compatibility of working life and private life in order to motivate companies, institutions and associations to help facilitate it.

### Contact

Hanseatic and University City of Rostock  
Amt für Jugend, Soziales und Asyl  
(Office for Youth, Social Affairs and Asylum)  
Andrea Wehmer  
Children, Youth and Family Coordinator  
St.-Georg-Str. 109, Haus II, 18055 Rostock  
Email: [andrea.wehmer@rostock.de](mailto:andrea.wehmer@rostock.de)  
[www.familie-in-rostock.de](http://www.familie-in-rostock.de)

## Foreword

### Dear mothers, fathers, parents,

*"It takes a whole village  
to raise a child."*  
(African proverb)

Children are a great gift but at the same time a challenge.

An exciting time lies ahead of you. You want the best for your child or children.

This requires a lot of love, patience, serenity and sometimes also support and someone to ease the burden. After all, this is a major responsibility that you bear.

In the new edition of the Rostock Guide for (expectant) parents, you will find a wealth of information on the subject of applications, financial support, training courses, counselling services and much more besides.

The Hanseatic and University City of Rostock will be happy to support you on this journey. We don't want to poke our nose in. We just want you to know that we are there for you.

You are the experts when it comes to your child or children.

It is your right and the right of your child to take advantage of advice and help.

There are many points of contact and experts near you who will be happy to support you.

We would like to inform you, support you and back you up.

Don't hang back, talk to us!

Yours Steffen Bockhahn  
Senator for Youth and Social Affairs, Health,  
Schools and Sport



## Regions of the Hanseatic and University City of Rostock

- **Northwest**  
(Lichtenhagen, Lütten Klein, Evershagen)
- **North**  
(Warnemünde, Groß Klein, Schmarl, Hohe Düne, Markgrafenheide)
- **Central**  
(Reutershagen, Gartenstadt, Hansaviertel, Kröpeliner-Tor-Vorstadt, town centre, Südstadt, Biestow, Brinckmansdorf)
- **Northeast**  
(Dierkow, Toitenwinkel, Gehlsdorf)



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## Checklist before giving birth

What?	When?	Where?	✓
Pregnancy counselling	as and when needed, during pregnancy and after the birth	Pregnancy counselling service	
Look for a gynaecology practice	from the start of pregnancy	Internet	
Look for a midwife	from the start of pregnancy	Internet, pregnancy counselling centre	
Look for a birth centre/ making a reservation for giving birth	during pregnancy	Birth centre	
Look for a paediatric practice for baby check-ups	during pregnancy	Internet	
Announce pregnancy at your place of work	No deadline, as soon as possible after you learn you're pregnant	Employers	
Apply for parental leave	at least 7 weeks before start of parental leave	Employers	
Have acknowledgement of paternity certified (for unmarried couples)	before or after birth	Office for Youth, Social Affairs and Asylum or Registry Office	
Submit a custody declaration (for unmarried couples)	before or after birth	Office for Youth, Social Affairs and Asylum	
Apply for maternity allowance	Submit certification of pregnancy no later than 7 weeks before birth	Health insurer	
Benefits from the Job Centre / Office for Youth, Social Affairs and Asylum: Additional needs for pregnant women / maternity clothes / initial package subsidy	Additional needs for pregnant women, maternity clothes: from the 13th week of pregnancy, initial baby pack: 2-3 months before the calculated due date	Job centre / Office for Youth, Social Affairs and Asylum	
Apply for payment from the Foundation "Hilfe für die Familie – Schwangere in Not" (Help for the Family – Pregnant Women in Need")	in the first months of pregnancy	Pregnancy counselling service	





What?	When?	Where?	✓
Take advantage of baby check-ups	from birth	Paediatric practice	
Take out health insurance for the baby	immediately after birth	Health insurer	
Register the birth with the Registry Office	within one week of the birth	Registry Office	
Registration of the baby with City Hall	will be conducted automatically by the Registry Office		
Look for a place in a kindergarten	as early as possible	Internet	
Register your need for a kindergarten place	at least 3 months before care is due to start	Office for Youth, Social Affairs and Asylum	
Apply for children's allowance	from birth	Family Benefits Office	
Apply for children's supplementary allowance	if required	Family Benefits Office	
Apply for parental allowance	within the first 3 months after the birth	Social Security Office	
Apply for housing benefit	if required	Office for Youth, Social Affairs and Asylum	
Apply for unemployment benefit II	if required	Job centre	
Apply for maintenance advance	if required	Office for Youth, Social Affairs and Asylum	
Apply for support with parental contribution	if required	Office for Youth, Social Affairs and Asylum	
Apply for sibling discount	if required	Office for Youth, Social Affairs and Asylum	

### What is this?

Any questions or problems to do with pregnancy, birth and the family can be discussed here. Our counsellors will be happy to look for solutions with you. There is information on your legal rights and offers of assistance as well as support in filling in applications. Financial help with the initial items to buy for the baby can be applied for. Counselling is free of charge. Counsellors have a duty of confidentiality.

### When can I take advantage of the counselling?

Women, men and couples can seek advice during the pregnancy and for up to three years after the birth. Anonymous consultations are also possible. Help is also available at short notice in emergencies. Otherwise, it makes sense to make an appointment by telephone or in person.

### Where is the counselling held?

-  Caritas für das Erzbistum Hamburg e.V.  
Region of Rostock  
Counselling Centre for Women and Family  
Counselling Centre for Pregnant Women  
Augustenstr. 85, 18055 Rostock  
Tel. 0381 454720  
[www.caritas-im-norden.de](http://www.caritas-im-norden.de)
-  Caritas für das Erzbistum Hamburg e.V.  
Region of Rostock  
Counselling Centre for Women and Family  
Counselling Centre for Pregnant Women  
Hannes-Meyer-Platz 27, 18146 Rostock  
Tel. 0381 6009110  
[www.caritas-im-norden.de](http://www.caritas-im-norden.de)
-  Diakonie Rostocker Stadtmission e.V.  
Pastoral and Psychological  
Counselling Centre  
Bergstr. 10, 18057 Rostock  
Tel. 0381 27757  
[www.rostocker-stadtmission.de](http://www.rostocker-stadtmission.de)
-  Diakonie Rostocker Stadtmission e.V.  
Psychological Counselling Centre  
Stockholmer Str. 1, 18107 Rostock  
Tel. 0381 713008  
[www.rostocker-stadtmission.de](http://www.rostocker-stadtmission.de)
-  donum vitae e.V.  
Pregnancy Advice Centre  
Paulstr. 48, 18055 Rostock  
Tel. 0381 29417072  
[www.rostock.donumvitae.org](http://www.rostock.donumvitae.org)
-  pro familia Landesverband Mecklenburg-Vorpommern e.V.,  
Rostock Counselling Centre  
Wismarsche Str. 6-7 (Feldstr. entrance),  
18057 Rostock  
Tel. 0381 31305  
[www.profamilia.de/rostock](http://www.profamilia.de/rostock)



## Gynaecological screening

### What is this?

All those insured have a right to medical care during pregnancy.

Prenatal care comprises the following:

- confirming the pregnancy,
- establishing the probable due date,
- ruling out genital infections to avoid premature birth,
- looking for deformities in the 20th week of pregnancy,
- ruling out gestational diabetes or treating gestational diabetes and
- supervising proper child growth and the welfare of mother and child at the end of the pregnancy.

### When can I take advantage of the medical care?

There is a right to medical care before and during the pregnancy, during and after delivery.

### Where can I receive medical care?

You will find a list of all gynaecologists on the site of the Association of Statutory Health Insurance Physicians of Mecklenburg Western Pomerania.

[www.kvmv.info](http://www.kvmv.info)



## Information on pregnancy/ maternity protection

### What is this?

Women should inform their employer of their pregnancy and tell them the expected due date as soon as they become aware of these facts.

The employer is obliged to inform the responsible supervisory authorities of the pregnancy.

Maternity protection protects (expectant) mothers with a contract of employment from health risks, over-exertion at the workplace, financial loss and loss of their job.

### When can I take advantage of the benefits?

From the start of the pregnancy and for a period of four months after delivery, the company is not permitted to terminate the contract of employment except in a few exceptional circumstances.

If the expectant or nursing mother cannot be employed in such a way that she is sufficiently protected from risks to life and limb, the employer will be obliged to implement a general work ban.

In the event of a personal complaint from the mother-to-be, a specific work ban may be issued by a doctor for her protection.

If a woman stops working partially or wholly due to a work ban, or if she is transferred to a different place of work, she will at the least retain her average earnings (maternity protection wage).

During her ante-natal maternity leave from six weeks before the birth of her child, the expectant mother may only be employed if she explicitly so desires herself.

During her post-natal maternity leave of eight weeks after delivery (twelve weeks in the event of premature birth or multiple births, or after the birth of a child with a disability), an absolute work ban applies.

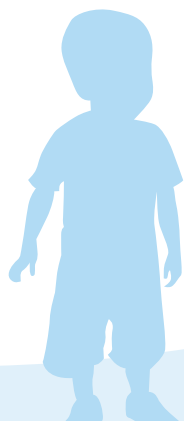
During their maternity leave before and after delivery and for the day of delivery, women are financially secured by their maternity allowance and employer's contribution.



### Where can I seek advice?

- Landesamt für Gesundheit und Soziales (State Office for Health and Social Affairs) Dept. for Health and Safety at Work and Technical Security - Rostock Unit Erich-Schlesinger-Str. 35, 18059 Rostock Tel. 0381 33159000

[www.lagus.mv-regierung.de](http://www.lagus.mv-regierung.de)



## Additional needs/initial package with ALG II/welfare allowance

### What is this?

Additional needs amounting to 17 percent in addition to their definitive, regular needs are granted to expectant mothers from the 13th week of pregnancy until delivery.

Benefits for initial pregnancy and birth packs are not covered by normal requirements and are provided separately. People who, although able to support themselves, cannot meet the one-off expenses caused by the birth, are also entitled to claim this benefit.

### When can I take advantage of the benefit?

As soon as the woman knows that she is pregnant, she should inform her personal contact at the Job Centre and the Office for Youth, Social Affairs and Asylum of the due date calculated by the doctor and present her pregnancy log book. An application for an initial clothing pack due to the pregnancy and an initial baby pack can also be submitted to the point of contact or benefits advisor at the Job Centre/Office for Youth, Social Affairs and Asylum from the 13th week of pregnancy.

### Where does the application have to be submitted?

- Hanse Job Centre Rostock  
Friedrich-Engels-Platz 5 – 8, 18055 Rostock
- Job centre U25  
Kopernikusstr. 1a, 18057 Rostock



## Midwife help

### What is this?

Midwives provide support to pregnant women and young mothers through their knowledge and skill. Their duties comprise prenatal care, providing support during childbirth and confinement as well as helping to look after the new-born baby and with breast-feeding. There are freelance midwives and hospital midwives.

### When can I take advantage of this service?

The services of a midwife can be used when the pregnancy begins as well as during and after the birth.

### Midwife help during pregnancy:

Midwives support and assist expectant mothers and fathers during pregnancy. They are authorised to confirm the pregnancy and issue the maternity log book. They can carry out certain medical checkups provided for in the maternity log book. Midwives help with pregnancy complaints, offer pregnancy gymnastics and provide prenatal classes. They help in deciding where to give birth and the birth method to be used.

### Midwives during and after the birth:

When a birth runs normally, the midwife takes responsibility for managing it. She will monitor the state of the baby and support the mother in managing the contractions and controlling the pain of childbirth. She observes the course of the birth and decides if additional medical help and the presence of a doctor are required.

Her duties also include assessing and testing the vital functions of the newborn baby, e.g. breathing, pulse, basic tension, appearance and reflexes. The midwife ensures that mother and child get off to an optimum start with breastfeeding.

### Support during confinement and breastfeeding time:

Even after the birth, the midwife will be there for the mother and her newborn baby. She will help and provide support in all questions relating to the baby and the mother's health. For example, she checks the retraction of the uterus, takes care of sutures, provides tips on afterpains or on breastfeeding or feeding the baby. She checks the



health of the newborn, looks after the navel and gives instructions on how to care for the baby. She helps young parents to handle their baby with confidence.

### How long can the help of a midwife be provided?

After the birth, every woman with statutory insurance has a right to the support of a midwife during confinement for 12 weeks, if necessary even to the end of the breastfeeding period. In the first ten days following the birth, the midwife can make up to 20 home visits. She then has a right to breastfeeding and/or nutritional advice up to eight times until the end of breastfeeding and if the baby continues to be breastfed, until the baby reaches the age of 9 months.

### Where is the counselling held?

Addresses of freelance midwives can be obtained from midwives associations and networks. Pregnancy advice centres as well as doctors can help with providing midwives.

### Midwives can be found via:

Midwives' practices and birth centres, gynaecologists, maternity clinics, health authorities, health insurance companies, yellow pages or on the internet at [www.hebammenverband.de](http://www.hebammenverband.de).

### Who are these groups?

Family Midwives and Family, Health and Paediatric Nurses will support you as parents as and when needed, from the ninth week of life until your child's first birthday. To do so, they will visit you at home and discuss what support you need in what area.

In the FH/FGKIKP, you will find points of contact for subjects such as

- being a parent and bonding
- feeding and caring for your child
- reorganizing everyday life with your child
- information to improve the family's health in situations that may be perceived as stressful – particularly families with disabled, chronically ill children and children with regulatory dysfunctions as well as those born prematurely
- motivating people to take advantage of screening
- removing the insecurities and fears of parents
- brokering and making contact with authorities, doctors and information centres

Their deployment is coordinated and if necessary brokered in collaboration with hospitals, gynaecologists and paediatricians, midwives and other carers in the health system.

Parents also have the chance to register with the health authority themselves.

### Where can I apply?

- Hanseatic and University City of Rostock Health Authority  
Health Service for Children and Adolescents  
Paulstr. 22, 18055 Rostock  
Tel. 0381 381-5342, -5336  
Email: ga.jugendarzt@rostock.de  
or katja.clemens@rostock.de



### What do I need to bring with me in order to apply?

Nothing.

### Can I also apply on the internet?

It is possible to register by email or phone.



### What is this?

Paternity of a child whose parents are not married at the time of its birth is legally only proved if the father accepts paternity or it is legally established. The acknowledgement of paternity must be publicly declared and certified. As a general rule, the mother's agreement is also required and must be certified. If the father accepting paternity and/or the mother are not yet of legal age, the agreement of their legal guardian is also required.

### When can I take advantage of this counselling/certification?

Counselling and certification can take place before or after the birth of the child. Acknowledgement of paternity and the agreement of the mother are certified free of charge in the Office for Youth, Social Affairs and Asylum by appointment and can be combined with certification of a custody declaration. The agreement of the mother can also be obtained at a different time.

If paternity has to be established first, the under-age child can be represented in the determination process by the Office for Youth, Social Affairs and Asylum for support (see p. 37).

### What do I need to bring with me for certification?

The original of the following documents:

- Identity cards or passports of the parents
- Birth certificates of the parents

If your name differs from the name on the birth certificate, you must provide documentary evidence to explain it (e.g. certification of the name change, marriage certificate).

### In addition, if paternity is acknowledged before the birth:

- Maternity log book (page showing the calculated due date) or medical confirmation of the due date

### In addition, if paternity is acknowledged after the birth:

- Birth certificate of the child



### For further declarations of consent (e.g. by legal guardians of an underage parent):

- Identity card or passport of the person giving their consent
- Certified copy of the declaration to which consent is being given
- If applicable, evidence of their status as legal guardian

Further documents may be requested in individual cases. Please check in this regard with the office responsible for you.

### Where will the counselling/certification take place?

- Hanseatic and University City of Rostock Office for Youth, Social Affairs and Asylum Department for Maintenance Affairs and Daily Child Support  
Guardianships/Certifications Unit  
St.-Georg-Straße 109, Haus II, 18055 Rostock  
Tel. 0381 381-5019

### further responsible offices (possibly for a fee):

- Registry Office – acknowledgement of paternity can usually be certified at any Registry Office.
- District Courts
- Notaries
- Consular officials in German foreign embassies authorised to issue certifications



## Certification of custody declaration

### What is this?

Legislators have created an opportunity for unmarried parents to obtain joint custody for an underage child if both parents declare that they wish to take on joint custody (so-called custody declarations). A custody declaration of this nature must be publicly certified.

### When can I have the certification issued?

Certification can be issued before or after the birth of the child. The custody declaration can be certified free of charge in the Office for Youth, Social Affairs and Asylum by appointment and can be combined with the required certification of the acknowledgement of paternity.

### What do I need to bring with me for certification?

The original of the following documents:

- Identity cards or passports of the parents
- Birth certificates of the parents – If your name differs from the name on the birth certificate, you must provide documentary evidence to explain it (e.g. certification of the name change, marriage certificate).
- Certificate acknowledging paternity and declaration of consent from the mother

In addition, if a custody declaration is submitted before the birth:

- Maternity log book (page showing the calculated due date) or medical confirmation of the due date

In addition, if custody declaration is submitted after the birth:

- Birth certificate of the child (if no birth certificate has been issued yet: certificate from the hospital/doctor showing the date and place of the child's birth)

Further documents may be requested in individual cases. Please check in this regard with the office responsible for you.



### Where will the counselling/certification take place?

- Hanseatic and University City of Rostock  
Office for Youth, Social Affairs and Asylum  
Department for Maintenance Affairs and Daily Child Support  
Guardianships/Certifications Unit  
St.-Georg-Straße 109, Haus II, 18055 Rostock  
Tel. 0381 381-5019

further responsible offices:

- Notaries (fee charged)

## Household help

### What is this?

If the home cannot be run by the relevant individuals themselves, the household help will run the home and, if necessary, look after the children thereby ensuring a regular daily routine.

### When can I submit my application?

If

- the home cannot be maintained due to pregnancy or childbirth and
- in particular, further children under the age of 12 or 14 or a disabled child also have to be cared for and
- there is no-one else to take charge, an application can be submitted.

A medical certificate must be available.

### Where must I submit my application?

To my health insurance company.



## Maternity allowance

### What is this?

During their maternity leave before and after delivery and for the day of delivery, women who are insured with a statutory health insurance company, will receive maternity benefits which in total will replace the full wage they were earning before becoming pregnant.

They will then receive a maternity allowance of up to 13 euros per day from the statutory health insurance company together with an employer's contribution.

The condition is that they have a contract of employment (in an employment relationship since 01.01.2018) or the contract of employment (employment relationship since 01.01.2018) was justifiably terminated by the employer during the pregnancy or during the protected periods.

Women who are not themselves members of a statutory health insurance company but instead are privately insured or who have family insurance from a statutory company, can under certain circumstances receive a maternity allowance of up to 210 euros from the Bundesversicherungsamt (Federal Social Insurance Authority) plus an employer's contribution amounting to the difference between 13 euros and their average monthly wage. Self-employed women are subject to special rules depending on their health insurance or their daily sickness benefits insurance. Recipients of Unemployment Benefit I receive a maternity allowance from their health insurance company amounting to their previous Unemployment Benefit I.

### When can I submit my application?

The necessary certification will be issued by the gynaecologist/midwife seven weeks before the probable due date at the latest.

### Where must I submit my application?

To my health insurance company  
or to the Federal Social Insurance Authority  
(Maternity Allowance Office)  
Friedrich-Ebert-Allee 38, 53113 Bonn  
Tel. 0228 6191888



Information and application forms are available on the internet:

[www.mutterschaftsgeld.de](http://www.mutterschaftsgeld.de)



## Parental leave

### What is this?

Mothers and fathers, foster parents and adoptive parents, as well as, in exceptional cases, grandparents and third-degree relatives who are in a contract of employment are entitled to parental leave.

Those eligible must be living with the child in the same household, largely looking after it and bringing it up themselves and not working more than 30 hours a week on average per month during their parental leave.

Each parent has a right to parental leave independently of the other parent until the child reaches the age of three. A proportion of up to 24 months can be claimed between the child's third and eighth birthday.

During parental leave, the employer cannot terminate the employment relationship.

### When must people register?

Any parental leave between the birth of the child and its third birthday must be requested in writing from the employer at the latest seven weeks before that leave begins. The registration deadline is 13 weeks for parental leave between the child's third and eighth birthday.

### Where can I seek advice?

The following office is responsible for Rostock:

- Landesamt für Gesundheit und Soziales MV  
(State Office for Health and Social Affairs for  
Mecklenburg Western Pomerania)  
Rostock Unit  
Erich-Schlesinger-Str. 35, 18059 Rostock  
Tel. 0381 33159177  
[www.lagus.mv-regierung.de](http://www.lagus.mv-regierung.de)



## Reservation for giving birth

### What is this?

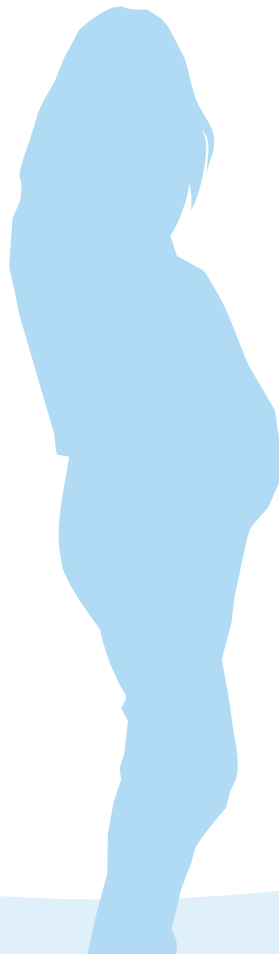
The child can be born in different locations. Children can be born in hospitals/clinics, birth centres or at home.

If you are already in contact with a midwife, she will be able to establish a link to the hospital. If the birth is scheduled for a birth centre or a home birth is planned, the registration can generally be made via the relevant midwife.

### When must people register?

It is not essential to register but it is to be recommended, especially to those with high-risk pregnancies.

From the 30th week of pregnancy, an appointment should be made with the hospital by phone or the expectant mother should attend a corresponding info evening.



## Initial counselling from the Frühe Hilfen network (Early Help)

### What is this?

The birth of a child is a new start that turns all the young parents' previous habits upside down. Experts from the health system, from pregnancy advice centres, child and youth support offices and (family) midwives work together in the Network for Early Help.

The aim is to provide information, advice and support at an early stage before small worries turn into major problems.

### When can I take advantage of this counselling?

All (expectant) parents in the Hanseatic and University City of Rostock, particularly parents of small children under the age of three, can approach the regional points of contact or network coordinator if they are looking for support but don't know exactly who can help them.

Are you looking for advice, help or support?  
Please get in touch with us!

### Where is the counselling held?

- Charisma e.V.  
Eutiner Str. 20, 18109 Rostock  
Ms. Hagen  
Tel. 0381 2079161  
Email: marie.hagen@charismarostock.de
- ASB gGmbH  
Am Schmarler Bach 1, 18106 Rostock  
Ms. Bohn  
Tel. 0381 1218118  
Email: sbz-haus12@asb-kjh.de
- Diakonie Rostocker Stadtmission e.V.  
Ms. Clasen  
Bergstr. 10, 18057 Rostock  
Tel. 0381 27757  
Email: jana.clasen@rostocker-stadtmission.de

- DRK Rostocker Kinder u. Jugendhilfe gGmbH  
Brahestr. 37, 18059 Rostock  
Ms. Fink  
Tel. 0381 36465415  
Email: c.fink@drk-rostock.de
- Charisma e.V.  
Eutiner Str. 20, 18109 Rostock  
Ms. Dahlke  
Tel. 0381 2079161  
Email: maria.dahlke@charismarostock.de
- Diakonie Rostocker Stadtmission e.V.  
Stockholmer Str. 1, 18107 Rostock  
Ms. Symanzik  
Tel. 0381 713008  
Email: psychberatung.lk@rostocker-stadtmission.de
- Deutscher Kinderschutzbund Rostock e.V.  
Kurt-Schumacher-Ring 160, 18146 Rostock  
Ms. Janke  
Tel. 0381 7680215  
Email: grit.janke@kinderschutzbund-rostock.de
- Caritasverband für das Erzbistum Hamburg  
Dierkow Advice Centre  
Hannes-Meyer-Platz 27, 18146 Rostock  
Ms. Kaiser  
Tel. 0381 6009110  
Email: katharina.kaiser@caritas-im-norden.de
- Network Coordinator Frühe Hilfen  
Hanseatic and University City of Rostock  
Office for Youth, Social Affairs and Asylum  
Planning/Quality Development Unit  
Ms. Katrin Oldörp  
Tel. 0381 381-1024  
Email: katrin.oldorp@rostock.de

Counselling can take place in the office or at home.

### What is this?

This department offers a diverse, individually usable range of offers on the subject of pregnancy, birth and post-natal care.

The clinic aims to support parents from pregnancy to birth and beyond the breastfeeding stage. Midwives, nurses, doctors and a breastfeeding and lactation counsellor provide support to parents. The clinic offers information events as well as special consultations (support for high-risk pregnancies, birth planning) and a course for siblings.

### Family-oriented obstetrics

Gynaecologist	24 hr. availability
Midwife	24 hr. availability
Anaesthetist	24 hr. availability
Paediatrician/neurologist	24 hr. availability
Paediatric intensive care unit for premature births and sick newborns	available
Partner in the delivery room	permitted
Family rooms	Depending on capacity
24 hr. rooming-in	permitted

### Where is the counselling held?

- Klinikum Südstadt Rostock  
Südring 81, 18059 Rostock  
Tel. 0381 4401-4546  
Email: kreißaal@kliniksued-rostock.de



What?	When?	Where?
Birth planning	from Week 36	By appointment with the delivery room Tel. 0381 4401-4546
in the event of breech presentation in the event of twin pregnancies	from Week 36 from Week 32	
Consultations after unusual course of birth	as required	By appointment with the delivery room Tel. 0381 4401-4546
Info evening for expectant parents Incl. visit to delivery room, maternity ward and paediatric intensive care unit	First Monday in the month	7 p.m. in the hospital auditorium
Sibling school	1 x quarter on Saturdays	Maternity ward 1 Tel. 0381 4401 -4546
Midwife consultation to set up papers for birth	from Week 36	Delivery Room Tel. 0381 4401 -4546 Appointments in Week 36





# Heute schon mit Ihrem Kind gesprachen?

[www.medienwissen-mv.de](http://www.medienwissen-mv.de)



## Child allowance

### What is this?

A child allowance is paid to cover the need to support, bring up or educate the child. Only one person receives the child allowance for one and the same child.

As a general rule, people in Germany receive a child allowance for their children if the applicant (person eligible for a child allowance) and their child are resident or have their usual place of residence in Germany. Special rules apply to people employed in the EU, Germans living abroad and foreigners, refugees and asylum-seekers living in Germany.

### The following can be considered to be children:

- your own or adopted children
- your spouse's children and grandchildren if they live in the household
- foster children

### When can I take advantage of the benefit?

As a general rule, there is a right to child allowance for any month in which the conditions for entitlement have been met on at least one day. Child allowance can be applied for retroactively for four years. However, a statutory payment restriction only allows 6 months to be paid before the application is submitted. As a general rule, child allowance can be paid until the age of 25.

### Where does the application have to be submitted?

Familienkasse Nord, 20069 Hamburg  
(Family Benefits Office)

#### Address for visitors:

- Kopernikusstr. 1a, 18057 Rostock  
Tel. 0800 455-5530 (personal matters) or  
0800 455-5533 (payment dates)

Or also online. You will find details on this on the website of the Family Benefits Office.

Applications to be printed and filled in can be obtained at:

[www.familienkasse.de](http://www.familienkasse.de)



## Parental allowance

### What is this?

Parental allowance (basic parental allowance/Parental Allowance Plus) is an income replacement benefit to which mothers and fathers are entitled if

- they look after and bring up their child themselves after it is born,
- they are not employed for more than 30 hours a week,
- they live with their children in one household and
- they live or have their customary place of residence in Germany.

Mothers and fathers are entitled to up to 14 monthly contributions of basic parental allowance which they can share between them. The minimum basic parental allowance is 300 euros. Parental Allowance Plus amounts to max. half of the parental allowance to which parents without any part-time income would be entitled after the birth. However, it is paid for double the time period.

You can find further information on the level of benefits at:

<https://www.familien-wegweiser.de/Elterngeld-rechnerPlaner>.

### When can I submit my application?

A written application for parental allowance is submitted after the birth of the child. Payments are only made retroactively for the last three months of the child's life.

### Where must I submit my application?

The following office is responsible for Rostock:

- State Office for Health and Social Affairs for Mecklenburg Western Pomerania  
Rostock Unit  
Erich-Schlesinger-Str. 35, 18059 Rostock  
Tel. 0381 3315-9177  
Fax 0381 3315-9049

Application forms also available online:  
[www.lagus.mv-regierung.de](http://www.lagus.mv-regierung.de)



## Maintenance

### What is this?

#### Child support

As a general rule, children have a right to be supported by their parents until they reach financial independence.

If the parents are separated, the parent with whom the underage child grows up usually makes their contribution towards that support by caring for and bringing up the child. No monetary payments are then expected from this parent. The other parent, on the other hand, must make maintenance payments. When the child reaches the age of majority, support in the form of care and upbringing no longer applies. In that case, both parents are normally obliged to make maintenance payments. The level of the maintenance payment to be made depends on the age and maintenance needs of the child, the income of the parent obliged to pay maintenance and the number of persons entitled to maintenance. The calculation is made on the basis of the Düsseldorf Table and the statutory maintenance guidelines of the family court of the Higher Regional Court of Rostock.

#### Maintenance entitlement of mother and father occasioned by the birth

The father must pay the mother maintenance for the duration of six weeks before and eight weeks after the birth of the child. If the mother is not working because she is not able to due to pregnancy or delivery, the father will be obliged to pay her maintenance for a longer period. The father/mother is also obliged to pay maintenance if the mother/father is unable to work due to looking after and bringing up the child.

The obligation to pay maintenance begins four months before the birth at the earliest and continues for a minimum of three years after the birth.

Mothers and fathers who are caring for their child alone, are entitled to counselling and support in asserting their maintenance claims for the child as well as claims arising from the birth. Young adults are also entitled to counselling and support in asserting their maintenance claims until they reach the age of 21.



### When can I take advantage of this counselling?

Counselling can be obtained by appointment at any time, as and when required.

In order to enforce their maintenance claims, underage children can be represented by the Office for Youth, Social Affairs and Asylum for support (see p. 37).

### Where is the counselling held?

- Hanseatic and University City of Rostock  
Office for Youth, Social Affairs and Asylum  
Guardianships/Certifications Unit  
St.-Georg-Straße 109, Haus II, 18055 Rostock  
Tel. 0381 381-5019



## Maintenance advance

### What is this?

The “maintenance advance benefit” is a financial help to single mothers or fathers who receive no maintenance or too little maintenance from the other parent for the child living with them.

### When can I take advantage of the counselling/ benefit?

A maintenance advance can be granted on a written application of one parent for children who

- have not yet reached the age of 18,
- are living in Germany with one parent who is single, widowed or divorced or living permanently separated from their spouse and
- are not drawing maintenance from the other parent, or not on a regular basis, or if that parent or step-parent has died, are not drawing any orphan benefits at the level of the maintenance advance.

From the age of 12 to 18, however, this entitlement only exists if no benefits are drawn under SGB II (2nd Chapter of German Social Security Code) or the child is no longer dependent on SGB II benefits because of the maintenance advance or the parent with whom the child is living has an income of at least 600 euros.

### Where is the counselling held?

- Hanseatic and University City of Rostock  
Office for Youth, Social Affairs and Asylum  
Department for Maintenance Affairs and Daily Child Support  
Maintenance Advance Unit  
St.-Georg-Straße 109, Haus II, 18055 Rostock  
Tel. 0381 381-5019

### What do I need to bring with me to apply for the maintenance advance?

- Identity card or passport or residence permit of the applicant
- Birth certificate of the child
- Certificate of acknowledgement of paternity or resolution establishing paternity



- Any official definition of the level of the maintenance obligation (maintenance order) - original document or enforceable copy.
- Any divorce decree/resolution/cancellation order
- If applicable, written confirmation of separation from a lawyer
- Income records such as child allowance, half-orphan's benefit, maintenance payments
- Complete approval notice from the Job Centre for unemployment benefit from the age of 12
- From the age of 15, evidence of attendance of a school for general education or proof of income

Further documents may be requested in individual cases. Please check in this regard with the office responsible for you.

## Child supplement

### What is this?

The child supplement offers financial support to low-income families. Only one person can receive the child supplement for one and the same child. If necessary, it will be paid together with the child allowance.

### The following conditions must be met in order to qualify for it:

- A child allowance (or comparable benefit) is being paid for the child.
- The gross monthly income of the parents is at least 900 euros (two parents) or 600 euros (single parent).
- The gross monthly income does not exceed the upper income limit.
- The needs of the family are met by payment of the child supplement and any housing benefit to which it is entitled and there is therefore no entitlement to unemployment benefit II or income support.

### When can I take advantage of this benefit?

If the conditions are satisfied, child supplement will be paid from the month in which the application is made. It is not paid retroactively. Child supplement can only be paid until the age of 25 at the longest.

### Where does the application have to be submitted?

Familienkasse Nord, 20069 Hamburg  
(Family Benefits Office)

#### Address for visitors:

- Kopernikusstr. 1a, 18057 Rostock  
Tel. 0800 455-5530 (personal matters) or 0800 455-5533 (payment dates)

The application forms can be called up and filled in at **www.familienkasse.de**. However, they must be printed out and signed.



## Early support

### What is this?

Early support is a free offer aimed at children who are threatened by a disability or who are disabled with regard to their stage of development, and at their families. The help can be obtained from birth to when the child starts school. Early support can consist of purely remedial help or an offer of medical therapeutic support.

As a result of holistic support agreed with the parents, the child is helped to develop in accordance with its resources, compensate for any impairments and thereby to participate better in its environment. The support can be provided in Early Support Centres, at home or in kindergarten.

### When can I take advantage of Early Support?

Every child's development is individual. However, if it is established that a child's development by comparison with children of its own age is significantly slower or conspicuously different, the parents can apply for Early Support to the Office for Youth, Social Affairs and Asylum.

### Where can I submit my application?

- Amt für Jugend, Soziales und Asyl (Office for Youth, Social Affairs and Asylum)  
St.-Georg-Str. 109, Haus II, 18055 Rostock  
Tel. 0381 381-5231  
Email: katja.blumenthal@rostock.de

### Interdisciplinary Early Support Centres:

- Centrum für Interdisziplinäre Frühberatung und Frühförderung (Centre for Interdisciplinary Early Counselling and Early Support)  
Georg-Adolf-Demmler-Str. 12b, 18146 Rostock  
Tel. 0381 7688443  
Email: fruehfoerderung@lebenshilfe-rostock.de
- Centrum für Pädagogik und Therapie (Centre for Pedagogics and Therapy)  
Trelleborger Str. 10c, 18107 Rostock  
Tel. 0381 7788806  
Email: info@cepaeth.de



- DRK Kreisverband Rostock e.V. (German Red Cross District Association of Rostock)  
Patriotischer Weg 93, 18057 Rostock  
Tel. 0381 1216377  
Email: fruehfoerderung@drk-rostock.de

### Early Support Centres:

- Frühförderung KJG (Charitable Association for the Early Support of Children and Adolescents)  
Albrecht-Tischbein-Str. 46, 18109 Rostock  
Tel. 0381 877453755  
Email: info@kjg-rostock.de
- Frühförderung Sonnenblume (Early Support Centre Sonnenblume)  
Sonnenblumenweg 49, 18119 Rostock-Diedrichshagen  
Tel. 0381 5192990 or  
Mobile: +49 0160 8333163
- Gesellschaft für Gesundheit und Pädagogik mbH  
Goerdelerstr. 50, 18069 Rostock  
Tel. 0381 81727-3840 or  
Mobile: 0151 18250684  
Email: madlen.spaans@ggp-rostock.de

## Unemployment benefit II / income support

### What is this?

If the family's maintenance (e.g. during parental leave) is not sufficient to meet its living costs, it may be granted Unemployment Benefit II – also referred to as basic security for job-seekers or Hartz IV. Children under the age of 15 can receive income support.

### Who is eligible to what benefits?

As soon as the need exists, you can submit an application to your Job Centre. Parents or single parents who have been receiving benefits from the Job Centre even before the birth of the child, should immediately submit their child's birth certificate to the Hanse Job Centre in Rostock.

### When can I take advantage of this benefit?

If the conditions are satisfied, child supplement will be paid from the month in which the application is made. It is not paid retroactively. Child supplement can only be paid until the age of 25 at the longest.

### Where can you submit your application?

- Hanse Job Centre Rostock  
Friedrich-Engels-Platz 5-8, 18055 Rostock
- Jugendhaus  
Kopernikusstr. 1a, 18057 Rostock
- Hanse Job Centre Rostock  
Schweriner Str. 50/51, 18069 Rostock

Hotline: +49 0381 46110





## Education and participation

### What is this?

Needy children and adolescents have a legal entitlement to participate – for example, in day trips and lunch in school and kindergarten, music, sport and games in clubs and groups.

### Who is eligible to what benefits?

In particular, children, adolescents and young adults who receive Unemployment Benefit II, income support or welfare or whose parents are drawing the child supplement or housing benefit, have a basic entitlement to educational and participatory services. Anyone receiving benefits under the Asylum-seekers Benefits Act may be entitled to the education package. In addition, there may be an entitlement to benefits in the educational package under SGB II, if the child or its parents, while not drawing any of the other social benefits mentioned, are not able to meet the specific educational and participation needs of their child.

- Extra expenses for lunch in kindergarten, school and in child day care centres: A subsidy towards taking lunch together may apply if expenses are incurred for taking lunch together. The parents' own share remaining or that of the child stands at one euro per day and meal.
- Learning support: Needy schoolchildren can take advantage of learning support if this is the only way to achieve the main learning goal. In particular, the condition is that the school confirms the need and there are no comparable school offers.
- Culture, Sport, Participation: Children in need should not be excluded during leisure time but should participate in sport, play and culture. A monthly amount of up to 10 euros in total is available for this purpose, e.g. for membership of a sports club, fees for music school or in exceptional cases even for items of equipment such as sports shoes or music instruments.
- Personal school needs: For equipping schoolchildren with their personal school needs (e.g. school bag, writing and drawing utensils, maths instruments), a subsidy is paid to them twice every school year: 70 euros at the beginning of the school year and 30 euros in February.



- Excursions: The cost of trips undertaken by schools, kindergartens and child day care centres lasting one or more days will be paid (e.g. class trips).
- Transport for schoolchildren: Someone attending high school, in particular, often has a long journey to school. You can obtain a subsidy towards transport costs for schoolchildren to the nearest school if the journey is more than 2 km up to Grade 6 and more than 4 km from Grade 7 onwards.

### Where can you submit your application?

- Hanse Job Centre Rostock  
Friedrich-Engels-Platz 5 – -8, 18055 Rostock
- Jugendhaus  
Kopernikusstr. 1a, 18057 Rostock
- Hanse Job Centre Rostock  
Schweriner Str. 50/51, 18069 Rostock

Hotline: +49 0381 46110

## Additional needs/initial package with ALG II (unemployment benefit)/income support

### What is this?

Additional needs amounting to 17 percent in addition to their definitive, regular needs are granted to expectant mothers from the 13th week of pregnancy until delivery.

Benefits for initial pregnancy and birth packs are not covered by normal requirements and are provided separately. People who, although able to support themselves, cannot meet the one-off expenses caused by the birth, are also entitled to claim this benefit.

### Who is eligible to what benefits?

Single parents and expectant women can obtain additional needs from the 13th week of pregnancy on the proviso that they require the help.

They can also obtain benefits for initial packages in the event of pregnancy and birth. The following benefits will be paid upon application if the statutory requirements are met:

Initial package of clothing due to pregnancy .....	EUR 80
Initial package for furnishing a nursery in the flat .....	EUR 325
Initial baby pack and breastfeeding needs .....	EUR 195
<b>Total: .....</b>	<b>EUR 600</b>

If a further child is born at an interval of three years, the following amounts are payable:

To extend the existing nursery or as an initial package for the flat .....	EUR 250
To clothe the child and for breastfeeding needs .....	EUR 150
<b>Total: .....</b>	<b>EUR 400</b>

### Additional support

A pregnant woman or mother and child are entitled to have their appropriate housing needs met.

If a move is required in connection with the upcoming birth, you can obtain important information on this from staff at the Hanse Job Centre in Rostock. Make sure to obtain the agreement of the Hanse Job Centre Rostock before signing a new rent contract.



### Where can you submit your application?

- Hanse Job Centre Rostock  
Friedrich-Engels-Platz 5 – -8, 18055 Rostock
- Jugendhaus  
Kopernikusstr. 1a, 18057 Rostock
- Hanse Job Centre Rostock  
Schweriner Str. 50/51, 18069 Rostock

Hotline: +49 0381 46110

## Housing benefit

### What is this?

Housing benefit serves the purpose of putting suitable, family-appropriate housing on a secure financial footing. Housing benefit is a subsidy towards the expenses incurred for the housing used by the person concerned. It is designed to help persons of low income meet their housing costs. Tenants in a flat or room receive a rent subsidy, owners of their own house or apartment a subsidy towards homeowners' dues. Those qualifying as eligible are legally entitled to housing benefit.

The decision as to whether you have a claim to housing benefit on paper depends on three factors:

- the number of household members to be taken into account
- the level of the rent or dues to be considered
- the level of total income of all household members to be included.

Housing benefit is calculated by a formula which takes account of these three factors. There are no rigid income thresholds.

The following recipients, in particular, have no claim to housing benefits:

- recipients of Unemployment Benefit II/income support,
- recipients of basic benefits in old age and in the case of reduced earning capacity and
- recipients of help with living costs (social welfare),

If accommodation costs have been taken into account in calculating such benefits. Household members who have been taken into account for the joint determination of their needs/benefits are also excluded.

The Housing Benefit Act is not to be applied to households containing exclusively persons who have a basic claim to BAföG (university grant), BAB (training support grant) or an education benefit under SGB III. This also applies if no benefits are provided based on levels.



### Where can you submit your application?

- Hanseatic and University City of Rostock  
Office for Youth, Social Affairs and Asylum  
Hans-Fallada-Str. 1, 18069 Rostock  
Tel. 0381 381-5096  
Email: [wohngeld@rostock.de](mailto:wohngeld@rostock.de)





### What is this?

The birth certificate of the newborn child is issued.

### When can I have the certification issued?

You can make an appointment with the Registry Office seven days after the child's birth at the earliest.

### Where will the certification take place?

- Hanseatic and University City of Rostock  
City Hall/Registry Office  
Hinter dem Rathaus 5, 18055 Rostock  
Contact: Ms Wiedow  
Tel. 0381 381-1480, -1474  
Fax 0381 381-1934  
Email: [standesamt@rostock.de](mailto:standesamt@rostock.de)  
[www.rostock.de/standesamt](http://www.rostock.de/standesamt)

### Opening times:

Tue: 9:00 a.m. – 12 noon and 1:30 – 6:00 p.m.  
Thu: 9:00 a.m. – 12 noon and 1:30 – 4:00 p.m.

### What do I need to bring with me for certification?

We kindly request that you arrange an appointment with the Registry Office in advance by phone or email.

The following documentation is required to issue your child's birth certificate:

- You must bring your identity card and the originals of all certificates with you.

### In the case of single mothers:

- Birth certificate

with details of the child's father in the case of single mothers:

- Birth certificates of both parents
- Acknowledgement of paternity (can also be issued in the Registry Office if both parents are present)
- If the acknowledgement of paternity and joint custody declaration are available, they must be brought to the Registry Office.

### In the case of divorced mothers:

- Birth certificate
- Marriage certificate
- Legally enforceable divorce decree
- Acknowledgement of paternity (can also be issued in the Registry Office if both parents are present)
- If the acknowledgement of paternity and joint custody declaration are available, they must be brought to the Registry Office.

### In the case of married parents:

- Birth certificates of both parents
- Marriage certificate

### In the case of foreign parents:

- Original birth certificates with translation
- Original marriage certificates with translation
- Passports
- An interpreter is essential if you do not speak or understand German.

Further substantiating documents may be required for certification.

The birth of your child will be reported to the Registry Office by the hospital within seven working days. Please phone the Registry Office, therefore, one week at the earliest after the birth of your child in order to make an appointment. The Registry Office only works by appointment.

### What costs are associated with the certification?

- one birth certificate = 12 euros
- every further copy = 6 euros

In addition, you will be given three free birth certificates to enable you to apply for parental allowance and child allowance as well as for the health insurance company.

### What is this?

A guardianship is a free service provided by the Office for Youth, Social Affairs and Asylum. The guardian represents the underage child in establishing paternity and/or asserting maintenance claims. In this context, the guardian is also entitled to represent the child in court. Parental care is not restricted by the guardianship.

### When can I take advantage of the service?

Any parent with sole right of custody or the parent with whom the child mostly lives in the event of joint custody, is entitled to submit an application. Guardianship can be terminated by this parent at any time or re-established.

### Where is the service provided?

- Hanseatic and University City of Rostock  
Office for Youth, Social Affairs and Asylum  
Guardianships/Certifications Unit  
St.-Georg-Straße 109, Haus II, 18055 Rostock  
Tel. 0381 381-5019

Counselling interviews are only held by appointment!



## Breastfeeding advice

### What is this?

Breastfeeding advice is counselling for families with special concerns during breastfeeding that cannot be clarified with other experts. For example, these may be illnesses of the child or mother, allergies, premature babies, special children, multiple births or scheduled operations.

This offer is also available to families with questions on introducing solid food, baby-led weaning or long-term breastfeeding. Advice on weaning is also available.

### When can I take advantage of weaning counselling?

This service can be availed of in pregnancy until the end of breastfeeding and if the baby is not breast fed, until the child reaches the age of 9 months.

The statutory health insurance companies will pay for up to eight consultations from the age of eight weeks until the end of breastfeeding. If the baby is not breast fed, until the baby is 9 months old.

### Where is the counselling held?

- Midwife Franziska Wiese  
Steinstr. 6, 18055 Rostock  
Mobile: +49 0176 63151343
- Midwife Kathrin Herold  
Patriotischer Weg 135, 18057 Rostock  
Mobile: 0179 4569968

Dr./IBCLC Katharina Baetje  
Mobile: +49 0176 20322801

Counselling will be offered by agreement either on a home visit or in a midwifery practice.

Parents' breastfeeding groups  
Contact: Facebook Offener Stilltreff Rostock  
(Open Breastfeeding Meeting Point for Rostock)



## Nursery care / daycare facilities Office for Youth, Social Affairs and Asylum

### What is this?

From the age of 1, there is a right to support in a crèche/daycare facility/by a child care professional. A certificate of eligibility is required to take advantage of a care place for 30 hours/week.

The Rostock daycare planner is available to help with searching for a daycare place:

[www.rostock.de/kitaplaner](http://www.rostock.de/kitaplaner) Applications to have the parents' contribution paid for can be submitted after a contract has been signed if the parents cannot be expected to shoulder the financial burden. This benefit is paid from the start of the month in which the application is submitted.

### When can applications be made?

An eligibility certificate can be applied for three to four months before care is due to begin. You will need a positive response in order to obtain a care place.

You should submit your application to have the parents' contribution/catering costs paid for no later than the month from which your child attends the daycare facility or from which you are no longer able to pay the parents' contribution yourself.

### Where can I submit the applications?

- Hanseatic and University City of Rostock  
Office for Youth, Social Affairs and Asylum  
Unit: Nursery/Daycare facility  
St.-Georg-Straße 109, Haus II (ground floor),  
18055 Rostock

You can find contact details and the person to talk to on the website:

<https://rathaus.rostock.de> > Ämter und Leistungen > Kita



### What do I need to submit for the application?

- completed application form
- up-to-date evidence of the parents' employment (form)
- evidence of further training and retraining measures/student ID, approval notice from the Job Centre/Federal Employment Agency
- When changing to a new nursery or daycare professional, confirmation of your termination of the previous arrangement must be submitted.

### For applications to have your costs paid for:

- Notices of child supplement, housing allowance, benefits under SGB II, SGB XII, Asylum Seekers Benefits Act (AsylbLG)
- Notice of education and participation (lunch)
- Care agreement with the nursery or daycare professional

### Can I also apply on the internet?

The application forms, contact details, lists of all nurseries and daycare professionals in Rostock as well as further information can be found on the website:

<https://rathaus.rostock.de> > Ämter und Leistungen > Kita



## Parental and family education

### What is this?

Parental and family education comprises education, counselling and support for family-relevant issues. Offers are aimed at all families, parents and other family members. They enrich and support living together as a family and promote successful daily routines.

### When can I take advantage of parental and family education?

Parental and family education is open to EVERYBODY involved in the process of bringing up the child, particularly mothers and fathers as well as expectant parents. Courses, seminars, training, etc. can be attended by any interested parties. Some offers are aimed at specific groups. Information is available via flyers, posters, programmes and the homepages of the organising bodies.

### Where is parental and family education offered?

- Deutscher Kinderschutzbund Rostock e.V. (Child Protection Agency)  
Kurt-Schumacher-Ring 160, 18146 Rostock  
Tel. 0381 7680215  
Email: [info@kinderschutzbund-rostock.de](mailto:info@kinderschutzbund-rostock.de)  
[www.kinderschutzbund-rostock.de](http://www.kinderschutzbund-rostock.de)
- DRK Familienbildungsstätte Rostock (German Red Cross Family Education Centre) - state-approved further education facility - Brahestr. 37, 18059 Rostock  
Tel. 0381 242796040  
Email: [familienbildung@drk-rostock.de](mailto:familienbildung@drk-rostock.de)  
[www.drk-rostock.de](http://www.drk-rostock.de)
- Charisma e. V. Association for Women and Family  
Eutiner Str. 20, 18109 Rostock  
Tel. 0381 2079161  
Email: [familien@charismarostock.de](mailto:familien@charismarostock.de)  
[www.charismarostock.de](http://www.charismarostock.de)

## Advice & Support from General Social Services

### What is this?

We see ourselves as an advisory, supportive, family-oriented institution. There are many types of help available to support families, children and youths with regard to their problem situations.

We work in the fields of parenting support, separation and divorce counselling, support for foster children and helping youths in criminal proceedings. In this way, we succeed in responding to their individual needs quickly and professionally, answering their questions and supporting them in different ways on a daily basis.

The rule of thumb here is: the earlier, the better!

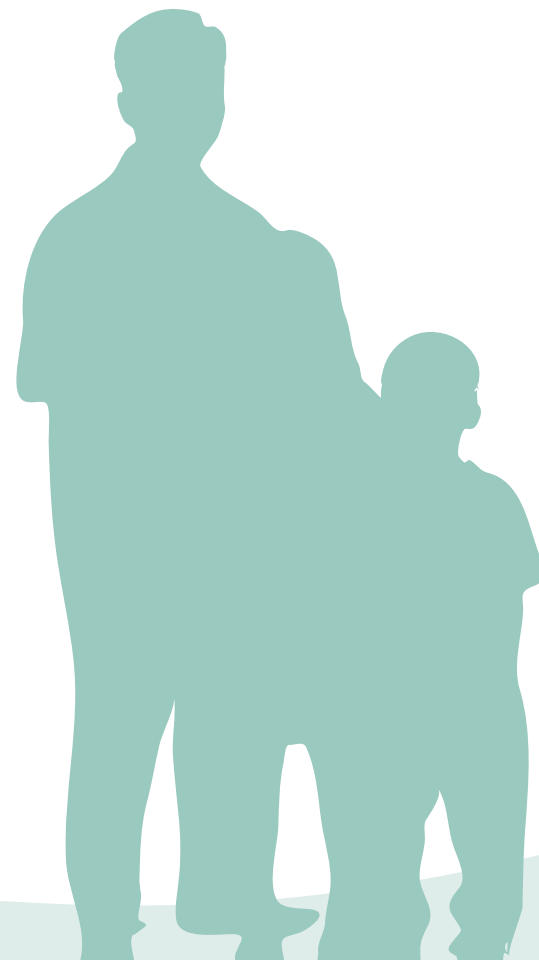
### When and how can I take advantage of this counselling/service?

- On a self-determining basis, only as the holder of the right of custody/education
- In emergencies by parents, children and adolescents
- During the consultation hours of the relevant office and by personal appointment.

### Where is the counselling held?/Contact

In person or by phone by individual agreement with the responsible social worker in the Office for Youth, Social Affairs and Asylum.

- Amt für Jugend, Soziales & Asyl (Office for Youth, Social Affairs and Asylum)  
H.-Fallada-Str. 1, 18069 Rostock  
Tel. 0381 381-5501 or -5000  
Fax 0381-381 6835  
Email: [antonia.schroeder@rostock.de](mailto:antonia.schroeder@rostock.de)
- Amt für Jugend, Soziales & Asyl (Office for Youth, Social Affairs and Asylum)  
A.-Tischbein-Str. 48 (Klenow-Tor), 18109 Rostock  
Tel. 0381 381-2540, -5000  
Fax 0381 381-2570  
Email: [steffen.wendorff@rostock.de](mailto:steffen.wendorff@rostock.de)



## Paediatric support from practising paediatricians

### What is this?

A paediatrician treats all young persons from birth until the age of 18.

They are the point of contact for all diseases of the infant and adolescent body, development disorders and malformations as well as for all check-ups.

The aim is always to provide individual and at the same time holistic care of children and adolescents with their families. Both the patient and their parents should feel they are in good hands with the paediatrician when it comes to their problems and worries.



- Prof. Dr. med. Ballmann, Manfred  
Ernst-Heydemann-Str. 8, 18057 Rostock  
Tel. 0381 4947010
- Dr. med. Bartolomaeus, Georg  
Warnowallee 31 a, 18107 Rostock  
Tel. 0381 76011600
- Dr. med. Bauhaus, Iris  
Schiffbauerring 59, 18109 Rostock  
Tel. 0381 1283167
- Dr. med. Bertsche, Astrid  
Ernst-Heydemann-Str. 8, 18057 Rostock  
Tel. 0381 4947169
- Dr. med. Bock, Britta  
Albrecht-Tischbein-Str. 46, 18109 Rostock  
Tel. 0381 1201090
- Dr. med. Eggers, Ines  
Warnowallee 31 a, 18107 Rostock  
Tel. 0381 76011600
- Dr. med. Engelke, Juliane &  
Dr. med. Gill, Harriet  
Lorenzstraße 68, 18146 Rostock  
Tel. 0381 697261

- Dr. med. Fehlandt, Christoph  
Warnowallee 31 a, 18107 Rostock  
Tel. 0381 76011600
- Dr. med. Frank, Friederike  
Ernst-Thälmann-Str. 3a, 18069 Rostock  
Tel. 0381 8002240
- Dipl.-Med. Freese, Birgit  
Salvador-Allende-Str. 28, 18147 Rostock  
Tel. 0381 699619
- Dr. med. Hamp, Silke &  
Straßburger, Hagen  
Trelleborger Str. 10 c, 18107 Rostock  
Tel. 0381 7699300
- Dr. med. Harder-Walter, Heike  
Hannes-Meyer-Platz 13, 18146 Rostock  
Tel. 0381 697189
- Dr. med. Hein, Claudia  
Warnowallee 31 c, 18107 Rostock  
Tel. 0381 37719928
- Dr. med. Hoppe, Sabine  
Albrecht-Tischbein-Str. 46, 18109 Rostock  
Tel. 0381 1201090

- Hörning, Maria & Dr. med. Kirchhoff, Frank  
Ehm-Welk-Str. 22, 18106 Rostock  
Tel. 0381 722052
- Dr. med. Jacoby, Ulrike  
Ernst-Heydemann-Str. 8, 18057 Rostock  
Tel. 0381 4947011
- Dr. med. Julius, Helga  
Ernst-Thälmann-Str. 3a, 18069 Rostock  
Tel. 0381 8002240
- Dr. med. Kleditzsch, Katrin  
Paulstr. 48-55, 18055 Rostock  
Tel. 0381 2033834
- Dr. med. Kühn, Anja  
Erich-Schlesinger-Str. 28, 18059 Rostock  
Tel. 0381 29433
- Dr. med. Kyank, Ulrike  
Ernst-Heydemann-Str. 8, 18057 Rostock  
Tel. 0381 4947255
- Dr. med. Laabs, Silke  
Parkstr. 27, 18119 Rostock  
Tel. 0381 52247
- Dr. med. Landgraf, Silke & Warncke, Katrin  
Goerdelerstr. 50, 18069 Rostock  
Tel. 0381 8774357
- Dr. med. Muscheites, Jutta  
Warnowallee 31 a, 18107 Rostock  
Tel. 0381 76011600
- Dr. med. Olbertz, Dirk  
Südtring 81, 18059 Rostock  
Tel. 0381 44015500
- Prof. Dr. med. Radke, Michael  
Ernst-Heydemann-Str. 8, 18057 Rostock  
Tel. 0381 4947011
- Dr. med. Raedel, Sandra  
Doberaner Str. 142, 18057 Rostock  
Tel. 0381 4942251
- Rinke, Cornelia  
Robert-Koch-Str. 9, 18059 Rostock  
Tel. 0381 448299
- Dr. med. Schläpke, Kristin  
Friedrichstr. 22, 18057 Rostock  
Tel. 0381 4590589
- Dr. med. Speth, Fabian  
Ernst-Heydemann-Str. 8, 18057 Rostock  
Tel. 0381 4947000
- Vehlows, Gesa  
Albrecht-Tischbein-Str. 46, 18109 Rostock  
Tel. 0381 87397910
- Dr. med. Wagner, Verena  
Friedrichstr. 22, 18057 Rostock  
Tel. 0381 3834910
- Dipl.-Med. Weigt, Gisela  
Rostocker Heide 2, 18055 Rostock  
Tel. 0381 4445749
- Dr. med. Westphal, Kirsten  
Warnowallee 31 a, 18107 Rostock  
Tel. 0381 76011600
- Dr. med. Will, Christiane  
Hannes-Meyer-Platz 13, 18146 Rostock  
Tel. 0381 699461
- Dr. med. Zerbin, Klaudia  
Augustenstr. 121 a, 18055 Rostock  
Tel. 0381 452676

As of: March 2019  
You can find an up-to-date list of all paediatricians at: [www.kvmv.info](http://www.kvmv.info)

## Welcoming visits from "Küstenbabys Willkommen" (Coastal Babies Welcome)

### What is this?

After the birth of a child, all Rostock parents receive a letter of congratulations from the Mayor, and an offer of a voluntary, free welcome visit.

### Help in finding your way in a hectic period of your life

A project employee will respond to questions and worries in a personal meeting, either in the parents' home or a place of their choosing, and present and hand over a file with collated information.

### The welcome visit provides

- information on offers of relevance to families in Rostock or the relevant district
- an up-to-date collection of information containing addresses of important contacts, leisure activities, child-friendly destinations for excursions and much more besides
- e.g. on toddler groups, parent-baby courses, facilities

You will also receive age-appropriate presents for your child. In addition, the visitor will respond to questions and give advice on relevant issues such as looking for a nursery or applying for parental benefit, and if necessary, they will refer you to further professional services.

### When can I take advantage of the service?

This offer is aimed at parents transitioning from a couple to a family. After the birth of your child, you can quickly and easily arrange an appointment with us. If you have specific questions, you can also turn to us during the pregnancy.



### Contacts

"Küstenbabys Willkommen"  
Welcome visits in the Hanseatic and  
University City of Rostock  
Organising body:

- Charisma e.V.,  
Association for Women and Family  
Adam-Johann-Krusenstern-Str. 6, 18106 Rostock  
Tel. 0381 51831  
[www.charismarostock.de/kueba.html](http://www.charismarostock.de/kueba.html)

## Wellcome Practical Help after birth

### What is this?

Wellcome provides support in the first weeks and months after the birth of a child in order to ease the burden on parents. A voluntary worker will come to the family's aid like a guardian angel.

- She will watch over the sleeping baby while the mother rests.
- She will take care of the sibling.
- She will accompany mothers of twins to the paediatrician.
- She will provide practical support and she will be happy to listen.

### When can I take advantage of this counselling/ service?

Wellcome offers help and support to families which have no paid help from care services and also no help from friends, neighbours and families. Mothers/fathers can receive this individual help for some weeks and months in the child's first year. A voluntary worker will come to the family's home once or twice a week for two to three hours.

### What costs are associated with the offer?

All families including those on low income should be able to benefit from Wellcome. Wellcome charges 5 euros per hour for its help. A discount can be agreed with the coordinator at any time. Because money must not be a deal-breaker for this help.

### Where is the counselling held?/Contact

- Erwachsenenbildung im Zentrum Kirchlicher Dienste im Ev.-Luth. Kirchenkreis Mecklenburg (Adult Education in the Centre for Ecclesiastical Services in the Lutheran Diocese of Mecklenburg)  
Alter Markt 19, 18055 Rostock  
Tel. 0381 37798722  
Email: [rostock@wellcome-online.de](mailto:rostock@wellcome-online.de)  
[www.wellcome-online.de](http://www.wellcome-online.de)  
[www.kirche-mv.de](http://www.kirche-mv.de)





## Check-ups for children (counselling U3–U9); (free) Health Authority

### What is this?

Children's check-ups are intended to ensure that diseases and anomalous developments in new-borns (U1 and U2), infants (U3–U6), small children up to school age (U7–U9) and in adolescence (J1) are detected and treated at the earliest possible stage. These examinations are carried out by practising paediatricians.

The results of the examinations are recorded in the yellow check-up book (U-Heft).

The front cover of the yellow check-up book shows when each examination is due.

If they miss a check-up, the parents will receive a written reminder from the State Health Authority (LAGuS). If this reminder generates no response, the responsible health authority will be obliged to visit your home to inform you of the necessity of these check-ups.

At the same time, you can ask questions regarding the healthy growth of your child and find out about opportunities for funding and support.

### When can I take advantage of the check-up/ counselling in the event of a missed check-up?

- Appointments for a check-up must be made individually and in good time with the paediatrician.
- Appointments for counselling/missed check-ups must be made at the health authority.

### Where can I take advantage of this counselling?

- Hanseatic and University City of Rostock Health Authority  
Health Service for Children and Adolescents  
Paulstr. 22, 18055 Rostock  
Tel. 0381 381-5342, -5336  
Email: katja.clemens@rostock.de  
or ga.jugendarzt@rostock.de

Opening times: Tue. 1:00 p.m. – 5:30 p.m.  
and by appointment.

Prior notice would be desirable.



### What do I need to bring with me to the counselling?

General questions about the check-up examinations can be answered on the phone. Special issues relating to individual examinations or the child should always be clarified in person. Please bring your child's yellow check-up book and vaccination book with you!

## Child and Youth Health Service Health Authority

### What is this?

The Child and Youth Health Service (KJGD) advises and examines children and adolescents to complement the care provided by the paediatrician. The health authority conducts regular examinations of children before they start school as well as during their school years.

### Examinations and counselling take place:

- in infancy (counselling for mothers, coordinating and arranging for Family Midwives and Family, Health and Paediatric nurses)
- at pre-school age (diagnosis of development and physical examination of children with anomalous development)
- on entering school and in screening in Grades 4 and 8; in special needs schools (SIL)
- in connection with screening examinations
- when preparing expert reports, on behalf of other official bodies, offices and authorities, e.g. for early support, integration and as part of spa treatments.

### Please note:

Early Support and integrative care in the kindergarten are applied for with the Office for Youth, Social Affairs and Asylum. Parents will receive an appointment for an assessment from the KJGD in writing or by phone. For this, please bring with you the yellow check-up book, the vaccination book and in the event of special questions, preliminary medical findings and development reports, if available.

You can make appointments for mothers' counselling, spa treatment examinations and for consultations by phone.



### Where is the counselling held?

- Hanseatic and University City of Rostock Health Authority  
Health Service for Children and Adolescents  
Paulstr. 22, 18055 Rostock  
Tel. 0381 381-5336  
Email: ga.jugendarzt@rostock.de

Opening times: Tue. 1:00 p.m. – 5:00 p.m.  
and by appointment.

- External office:  
Hans-Fallada-Str. 1, 18069 Rostock  
Tel. 0381 381-5412

Opening times: Mon. 1:30 p.m. – 5:00 p.m.  
and by appointment.



## Parenting and family advice

### What is this?

Parenting and family advice is a service for children, adolescents, their parents or guardians which supports families in solving and coping with problems and crises. It offers help with all questions relating to the parenting, development and upbringing of children. It also provides advice on the subjects of partnerships, separation and divorce.

### When can I take advantage of the counselling?

Counselling can be taken from the birth of the child. Children and adolescents can also take counselling on their own. The services are free.

### Where is the counselling held?

- Caritasverband für das Erzbistum im Norden e.V.  
Parenting and Family Advice  
Hannes-Meyer-Platz 27, 18147 Rostock  
Tel. 0381 6009110  
[www.caritas-im-norden.de](http://www.caritas-im-norden.de)
- Caritasverband für das Erzbistum Hamburg e.V.  
Parenting and Family Advice  
Augustenstr. 85, 18055 Rostock  
Tel. 0381 4547221  
[www.caritas-im-norden.de](http://www.caritas-im-norden.de)
- Diakonie Rostocker Stadtmission e.V.  
Pastoral and Psychological  
Counselling Centre  
Bergstr. 10, 18057 Rostock  
Tel. 0381 27757  
[www.rostocker-stadtmission.de](http://www.rostocker-stadtmission.de)
- Diakonie Rostocker Stadtmission e.V.  
Psychological Counselling Centre  
Stockholmer Str. 1, 18107 Rostock  
Tel. 0381 713008  
[www.rostocker-stadtmission.de](http://www.rostocker-stadtmission.de)



## Dental Service Health Authority

### What is this?

The dental team conducts dental examinations in nurseries and schools for the Hanseatic and University City of Rostock with the aim of steadily improving the dental and oral hygiene of all Rostock's children and adolescents. All children from two to 12 are also given group prophylactic advice in centres by our prophylaxis assistants.

In this way, children are brought into contact with subjects such as

- dental care
- healthy nutrition for teeth
- fluoride.

### Where is the counselling held?

- Hanseatic and University City of Rostock,  
Health Authority  
Dental Service  
Paulstr. 22, 18055 Rostock  
Tel. 0381 381-5311, -5318  
Email: [ga.zahnarzt@rostock.de](mailto:ga.zahnarzt@rostock.de)  
Consultations by appointment





## Counselling on spas

### What is this?

Spa counselling provides support in applying for a mother/father - child spa town visit. This offer is aimed at all those with current responsibility for bringing up a child and it is funded by the health insurance company. A mother/father - child spa visit normally lasts three weeks.

The spa facilities offer a range of individual and family-oriented services for mothers, fathers and children. These include, for example, individual interviews and group discussions, advice on parenting, relaxation techniques, creative offers, massages, physical exercise or dietary advice.

### When can I take advantage of this counselling/ service?

All mothers, fathers and guardians can take advantage of spa counselling. You can discuss with your spa counsellor whether a mother/father - child spa visit is an option for you. You will be informed of the spa prescribed and the spa facility by the spa counsellor. Outstanding questions can be clarified and you will receive help in filling in the application.

Spa counselling is free of charge.

### Where is the counselling held?

- Caritasverband für das Erzbistum im Norden e.V., Region Rostock  
Augustenstr. 85, 181055 Rostock  
Tel. 0381 4547220  
[www.caritas-im-norden.de](http://www.caritas-im-norden.de)
- Caritasverband für das Erzbistum im Norden e.V., Region Rostock  
Hannes-Meyer-Platz 27, 18146 Rostock  
Tel. 0381 6009110  
[www.caritas-im-norden.de](http://www.caritas-im-norden.de)



- Diakonie Rostocker Stadtmission e.V.  
Pastoral and Psychological  
Counselling Centre  
Bergstr. 10, 18057 Rostock  
Tel. 0381 27757  
[www.rostocker-stadtmission.de](http://www.rostocker-stadtmission.de)
- Diakonie Rostocker Stadtmission e.V.  
Psychological Counselling Centre  
Stockholmer Str. 1, 18107 Rostock  
Tel. 0381 713008  
[www.rostocker-stadtmission.de](http://www.rostocker-stadtmission.de)
- ASB Mecklenburg-Vorpommern e.V.  
Spa Counselling Centre  
Schleswiger Str. 6, 18109 Rostock  
Tel. 0381 6707131  
[www.asb-mv.de](http://www.asb-mv.de)



## Counselling in the event of premature births and high-risk births – KänguRuh

### What is this?

An association set up by parents affected with the aim and purpose of providing selfless support to families with children born prematurely with serious illnesses or disabilities, as well as helping them to help themselves.

It provides the following services:

- Chance to swap notes with other parents of premature or high-risk babies
- Establishing and promoting contacts
- Collecting and providing information with the aim of making the life of the child affected easier.

### When can I take advantage of this counselling/ service?

Counselling and support can be obtained at any time, as and when required.

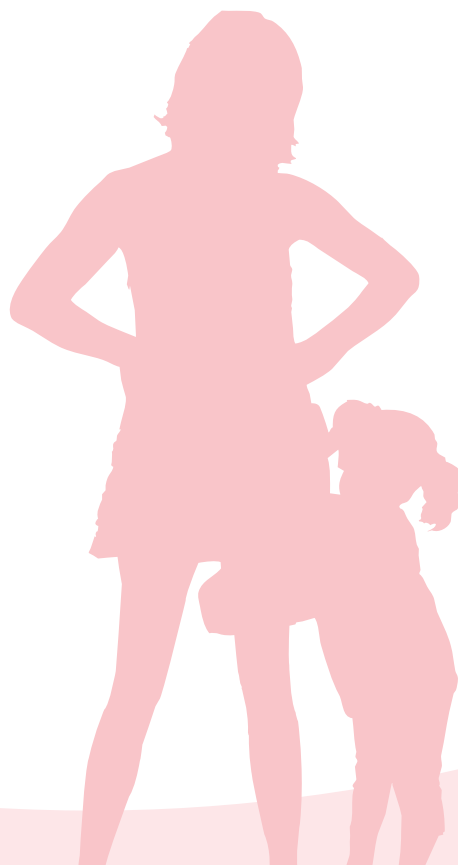
The service is free of charge.

### Where is the counselling held?

The location for the counselling is individually agreed.

Postal address:

- Rostocker Förderverein für Früh- und Risikogeborene e.V. „KänguRuh“  
Südring 81, 18059 Rostock  
Mobile 0152 27375913  
Email: [post@kaenguruh-rostock.de](mailto:post@kaenguruh-rostock.de)  
[www.kaenguruh-rostock.de](http://www.kaenguruh-rostock.de)



## Mother and father counselling (free) Health Authority

### What is this?

This is a consultation for mothers and fathers with infants and small children with the option to obtain counselling at the health authority, at home or by phone.

### What subjects can counselling be obtained for?

- Subjects of care, nutrition, development, support and bonding
  - Coping with everyday life
- Counsellors will provide help with filling in applications and forms, and more extensive offers of help can be arranged. On every visit, the child can be weighed and measured.

### Where is the counselling held and where do I make an appointment?

- Hanseatic and University City of Rostock Health Authority  
Health Service for Children and Adolescents  
Paulstr. 22, 18055 Rostock  
Tel. 0381 381-5342, -5336  
Email: [katja.clemens@rostock.de](mailto:katja.clemens@rostock.de)  
or [ga.jugendarzt@rostock.de](mailto:ga.jugendarzt@rostock.de)

Opening hours: Tue. 1:00 p.m. – 5:30 p.m.  
and by appointment.  
Prior notice would be desirable.

### What do I need to bring with me to the counselling?

- When introducing your child, please bring the yellow check-up book with you.
- Information on the families is subject to a duty of confidentiality!





## “Stillborn babies in Rostock”

### What is this?

When a pregnancy ends too soon, the way in which a sense of excitement and anticipation turns to deep sadness, is hard to bear. You grieve for your baby that has died before, during or shortly after birth.

Grieving is necessary and healing. We will support you for part of your grieving journey. You are allowed to take as much time and space as you need. Everything is permitted, all feelings are allowed to come out and recede again with time. Rituals will comfort you on your path of grieving and hope.

### When can I take advantage of this offer?

You had to let your baby go at an early stage of your pregnancy. During the pregnancy, you found out that your baby was suffering from a life-threatening illness and with a heavy heart you opted for an abortion. Your baby's heart suddenly stopped beating. You had to say goodbye to your baby shortly after it was born.

You can hardly bear to watch pregnant women or mothers with prams. Feelings such as grief, anger, jealousy, longing are overwhelming and threaten to derail you. The biggest challenge is just to get through the day. Feelings of guilt and self-doubt are all-pervasive.

The time comes when you want to get pregnant again, and you are filled with fear.

You want to find peace and restore order inside you.

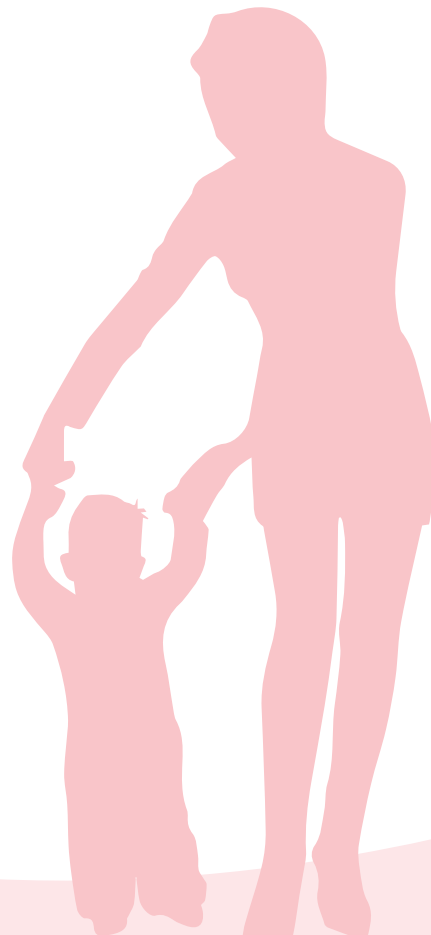
### Where is the support provided?

- “Pusteblumenkinder” practice,  
Schnickmannstr. 4, 18055 Rostock.  
Mobile 0151 11095116

The first conversation is free of charge.

If you want to make contact with and share experiences with others affected by the same fate, you are cordially invited to join our contact group “Sternenkinder in Rostock” (Stillborn babies in Rostock).

Please give us a ring on the number above.



## Counselling for regulation problems, “Crying Units”

### What is this?

A counselling service for parents with infants and small children up to the age of 3. Support is given to families under stress due to their child's regulation problems. Regulation problems are behavioural adaptation difficulties. They manifest themselves by excessive crying, marked restlessness, problems in going to sleep and sleeping through the night as well as eating disorders and behavioural anomalies.

### When can I take advantage of this counselling?

Counselling is to be recommended:

- if you are anxious and have the feeling that there is no help and no-one understands you.
- if you feel at the end of your tether and can't find any solutions.
- if you want professional advice on how to handle your child in stress situations and in everyday situations.

The service is free of charge.

### Where is the counselling held?

- DRK Familienbildungsstätte Rostock  
Brahestr. 37, 18059 Rostock  
Tel. 0381 242796050  
Email: familienbildung@drk-rostock.de

Please fix up a counselling appointment in advance. If required, home visits are also offered.



## Elternbriefe® (letters to parents)

### What is this?

The birth of a child is exciting and the new situation is often challenging for parents. Elternbriefe® letters give an insight into the development of a child. They are easy to read and contain many tips and suggestions. Elternbriefe® are free and come in the post to match the age of your child.

The total of 24 Elternbriefe® contain (almost) everything of importance to parents in supporting their children from the outset.

### When can I take advantage of this counselling/service?

This offer applies to all parents living in Rostock and with children under the age of 3.

### FREE OF CHARGE - simply register online:

[www.kinderschutzbund-rostock.de](http://www.kinderschutzbund-rostock.de)  
We will be happy to organise it for you!  
Tel. 0381 7680215

This service is sponsored by the Ministerium für Soziales, Integration und Gleichstellung Mecklenburg-Vorpommern (Ministry for Social Affairs, Integration and Gender Equality in Mecklenburg Western Pomerania)



## Socio-medical follow-up care

### What is this?

If a child is born too early or with a serious illness or if an accident or serious chronic illness changes life fundamentally, this will immediately have extensive consequences. Once the child is discharged from hospital and is in its bedroom at home, the family is left to its own devices and is put under particular strain. The parents are frequently unsure of themselves due to the sudden change in their family circumstances. Added to this, the prognosis for their child's development may even be uncertain.

Ideally, the medical team working with the parents will already have sprung into action on the children's ward. The case manager and specially trained aftercare nurses will establish a suitable network of helpers and help. They will be supported by social workers and a psychologist. The focus is not just on the little patient but on the whole family. The aim is for the family to cope with the changed situation as quickly as possible. Aftercare nurses support, advise and instruct the parents in the often complicated process of looking after their seriously ill children. Regular visits and the availability of the aftercare nurses give family members confidence and strengthen their competence in handling their sick child. As the situation increasingly stabilises, the nurse will withdraw while remaining available as a point of contact until the aftercare is completed.

### When can I take advantage of this counselling/service?

Chronically or seriously ill children and adolescents (up to the age of 14 – in exceptional cases up to 18) have a right to medically prescribed socio-medical follow-up care following in-patient treatment in hospital or rehabilitation facility.



### Where is the counselling held?

Pro-Fil Kindernachsorge gGmbH  
im Klinikum Südstadt Rostock  
Neonatology Department  
Südring 81, 18059 Rostock  
Tel. 0381 44015535  
Fax 0385 5515962  
Email: [pro-fil@kindernachsorge.de](mailto:pro-fil@kindernachsorge.de)  
[www.kindernachsorge.de](http://www.kindernachsorge.de)



## Women's shelter

### What is this?

A women's shelter is a place...

- that offers women and their children round-the-clock protection from violence,
- to which men have no access,
- where women and their children receive support from experienced workers,
- where women receive help in coping with acute crises after being mistreated,
- where women receive support in developing new life plans
- where women can organise their everyday lives independently.

### Where is the counselling held?

The address of the women's shelter is kept confidential for the protection of its occupants. Anyone who would like or has to find a refuge, can simply ring up. The house can be reached by phone day or night, including weekends and on national holidays.

Tel. 0381 454406

Email: [frauenhaus@fhf-rostock.de](mailto:frauenhaus@fhf-rostock.de)

Postal address:

Frauenhaus Rostock

Postfach 101153, 18002 Rostock

## Counselling in the event of domestic violence

### What is this?

Violence perpetrated by current or former spouses or partners is referred to as domestic violence. Acts of domestic violence can include threats, humiliation, being socially excluded, beating, kicking, the throwing of objects, forced sexual acts and much more besides. Children are frequently directly or indirectly affected by domestic violence against the mother.

### When can I take advantage of this counselling/ service?

The intervention agency is informed by the police if they are called to an incident of domestic violence or after a complaint is filed. The counsellors in the intervention agency will contact the persons concerned as quickly as possible in order to offer help. But those affected by domestic violence or stalking can also turn directly to the intervention agency.

The intervention agency advises victims on how they can best protect themselves and their children from renewed acts of violence, gives information on legal protection options and helps them in filing petitions in court (e.g. assignment of an apartment, ban on contact or approaching the victims in question, criminal complaint, ...). Children also affected will be given the chance to talk to a child/youth counsellor about their experience and thereby to process the events. Counselling from the intervention agency is voluntary and free of charge for victims.

### Where is the counselling held?

The counselling is held on the premises of the intervention agency or another protected location. If so desired, the counsellors will also come to your home.

- Interventionsstelle gegen häusliche Gewalt und Stalking (intervention agency against domestic violence and stalking)  
Heiligengeisthof 3, 18055 Rostock  
Tel. 0381 4582938  
Email: [interventionsstelle.rostock@fhf-rostock.de](mailto:interventionsstelle.rostock@fhf-rostock.de)





### What is this?

The Child and Youth Clinic Rostock currently operates 40 inpatient beds for maximum medical care. There are a large number of special outpatient facilities in our extensive polyclinic area in which we take professional care of around 8,000 young patients every year with all diseases of childhood and adolescence.

Our task is to achieve the best possible treatment for the children entrusted to us, further development of the discipline by means of innovative research, teaching and the further education of young doctors to become specialist doctors for paediatrics and youth medicine. The basis of our high performance is the specialisation of experienced staff at university level taking account of holistic medicine and a close and fruitful collaboration with different disciplines. Worth mentioning for their special performance are the paediatric nephrology unit with dialysis and kidney transplantation, special paediatric outpatient facilities for rheumatology and gastroenterology, the diabetology and cystic fibrosis centre as well as the haematology/oncology unit with day clinic, specialised outpatient palliative care for children and adolescents by the "Mike Möwenherz" team, the Special Paediatric Centre (SPZ) and many other special facilities.

### When can I take advantage of this counselling/service?

Please contact us if you are looking for help and advice as someone affected. In acute emergencies, you can bring your child to our emergency outpatient unit at any time of day or night.



### Where is the counselling held?/Contact

- Universitätsmedizin Rostock**  
 Child and Youth Clinic  
 Ernst-Heydemann-Str. 8, 18057 Rostock  
 Appointments for special outpatient facilities:  
 (Mon. – Fri. 8:00 a.m. – 12 noon)  
 Tel. 0381 494-7019  
 Emergency outpatient unit:  
 (Mon. – Sun. 24h)  
 Tel. 0381 494-7011  
 Management secretariat  
 Lisette Romeiks  
 Tel. 0381 494-7001

### What is this?

The Special Paediatric Centre (SPZ) is a medically run, specialist unit for the outpatient diagnosis and treatment of children and adolescents aged 0 - 18 whose physical, mental or emotional development is impaired or where such impairment is suspected. The interdisciplinary diagnostic team contains doctors, psychologists, physiotherapists, ergotherapists, curative teachers, speech therapists and social workers. The aim is to detect and treat development risks or development disorders at an early stage.

### When can I take advantage of this counselling/service?

A referral is required from the paediatrician or GP. You can register with the SPZ by phone.

### Where are the diagnosis and treatment held?

- Universitätsmedizin Rostock**  
 Social Paediatric Centre (SPZ)  
 Child and Youth Clinic  
 Ernst-Heydemann-Str. 8, 18057 Rostock  
 Tel.: 0381 494-7230  
 Email: [spz@med.uni-rostock.de](mailto:spz@med.uni-rostock.de)  
[www.spz.med.uni-rostock.de](http://www.spz.med.uni-rostock.de)



## Family coaching in Rostock

### What is this?

It is not always easy to reconcile work and family life. The project supports and strengthens unemployed families and single parents from Rostock on their path to finding work or training.

### When can I take advantage of the offers?

You have the desire and interest to make changes and turn away from your previous life? In that case, experienced family coaches will show you the way and

- together with you, they will plan your (re)-entry into the labour market or an extension to your current working hours.
- help you to convert your present part-time job into a full-time job and
- support you in improving your family life and personal situation.

Family coaching offers you personal and individual counselling and support, opens the door to family-friendly working time models, sets up contact with counselling centres and facilities in your districts, thereby allowing you to swap notes with other Rostock families.

The focus is on you and your children. We want to support you in assessing your opportunities realistically and consciously exploiting your strengths. Because such opportunities exist however tough the situation of most mothers and fathers with children may appear in their (re)-entry into the labour market.

You can join the project at any time!

### Where is this service offered?

- AFW Arbeitsförderungs- und Fortbildungswerk GmbH  
FC Rostock – FamilienCoach Rostock in Dierkow  
Hannes-Meyer-Platz 27, 18146 Rostock  
Tel. 0381 8776-1393, -1394  
Email: fc-rostock-dierkow@afw-rostock.de  
Office hours  
Mon. – Thu. 8:00 a.m. – 4:30 p.m. and  
Fri. 8:00 a.m. – 3:30 p.m.



- FC Rostock – FamilienCoach Rostock in Toitenwinkel  
Kranichhof 13, 18147 Rostock  
Tel. 0381 6691-2290/-91  
Email: fc-rostock-toitenwinkel@afw-rostock.de  
Office hours  
Mon. – Thu. 8:00 a.m. – 4:30 p.m. and  
Fri. 8:00 a.m. – 3:30 p.m.
- ibs – Institut für Berufliche Schulung (Institute for Vocational Training)  
Family coach “CLARA”  
Schutower Str. 4, 18069 Rostock  
Tel. 0381 8011-3020  
Email: info@ibsonline.de

### What costs are associated with the offer?

None

## Income and budget counselling – eibe e.V.

### What is this?

eibe e.V. is a registered, charitable association, based in Rostock since 1994. It focuses on providing private households with advice on questions surrounding financial budgetary management, financial planning in a private household and changing plans in response to economic changes such as additions to the family.

It provides practical support for families through budgeting, budgetary accounting, checking income and expenditure, optimising the income situation (where can I apply for what?) and expenses (are there any reserves in the budget either in regular or fixed expenses?).

In addition, eibe e.V. offers counselling, advice and support in settling debts and is a recognised body in consumer insolvency proceedings.

### What form can support take?

We will inform you of your application options, contacts, etc. in special life situations. In this way, families, expectant parents, etc. can find out about possible benefits and application routes with eibe e.V. as part of preventive financial advice, e.g. on foundation benefits, maternity allowance, parental benefit, child allowance, child supplement, housing benefit, benefits as part of the education and participation package, complementary benefits such as unemployment benefit and Unemployment Benefit II, income support, etc.

For many years, eibe e.V. has also been offering information events and complementary information files for all those interested on subjects such as:

- “Baby on the way – where’s the money? – financial changes when the family grows”
- “Budget management in private household”
- “Taler, Taler du musst wandern? (Dollar, dollar, how you wander) – On the sense and nonsense of pocket money.”

Debtors in eibe e.V.’s debt counselling service may be able to apply for funds from the foundation “Hilfen für unverschuldet in Not geratene Familien” (Help for families in financial difficulty through no fault of their own). Certifications are



issued for accounts exempt from attachment. The counselling comprises debtor counselling all the way to preparing the insolvency petition as part of the consumer insolvency proceedings for private households.

### Where is the counselling held?

- Einkommens- und Budgetberatung für Familien – eibe e.V. (Income and budget counselling for Families – eibe e.V.)  
Doberaner Str. 43c, 18057 Rostock  
Tel. 0381 2019377  
Email: info@eibe-ev.de

Opening hours  
Budgeting and Finance Advice  
Mon. – Fri. by appointment

## Online counselling for parents

### What is this?

bke online counselling offers qualified parental counselling by professionals from parenting and family advice centres. The counsellors support parents via individual consultations by web-based mail, in individual chats, moderated group chats and topic chats as well as public forums – depending on what the parents concerned desire. Parents focus on subjects related to bringing up their children, family conflicts, social behaviour and emotional problems of their children.

The professionals also support parents in difficult, sensitive topics (e.g. child protection). Bke online counselling is organised by Bundeskonferenz für Erziehungsberatung (bke – Federal Conference for Parenting Counselling).

### When can I take advantage of this counselling/ service?

Any time online. Counselling is free, anonymous and data are secure.

### Where is the counselling held?

[www.bke-elternberatung.de](http://www.bke-elternberatung.de)

[www.bke-beratung.de](http://www.bke-beratung.de)



## Nummer gegen Kummer (hotline for children and parents)

### What is this?

“Nummer gegen Kummer” offers callers the chance to talk anonymously about their concerns and needs in connection with the upbringing and development of their children. The voluntary counsellors are extensively trained and set great store by treating callers respectfully and in confidence.

If so desired, they can refer callers to local contacts.

### When can I take advantage of the counselling/ service?

All parents can take advantage of this service.

### Where is the counselling held?

Free and anonymous on

Tel. **0800 111-0550**

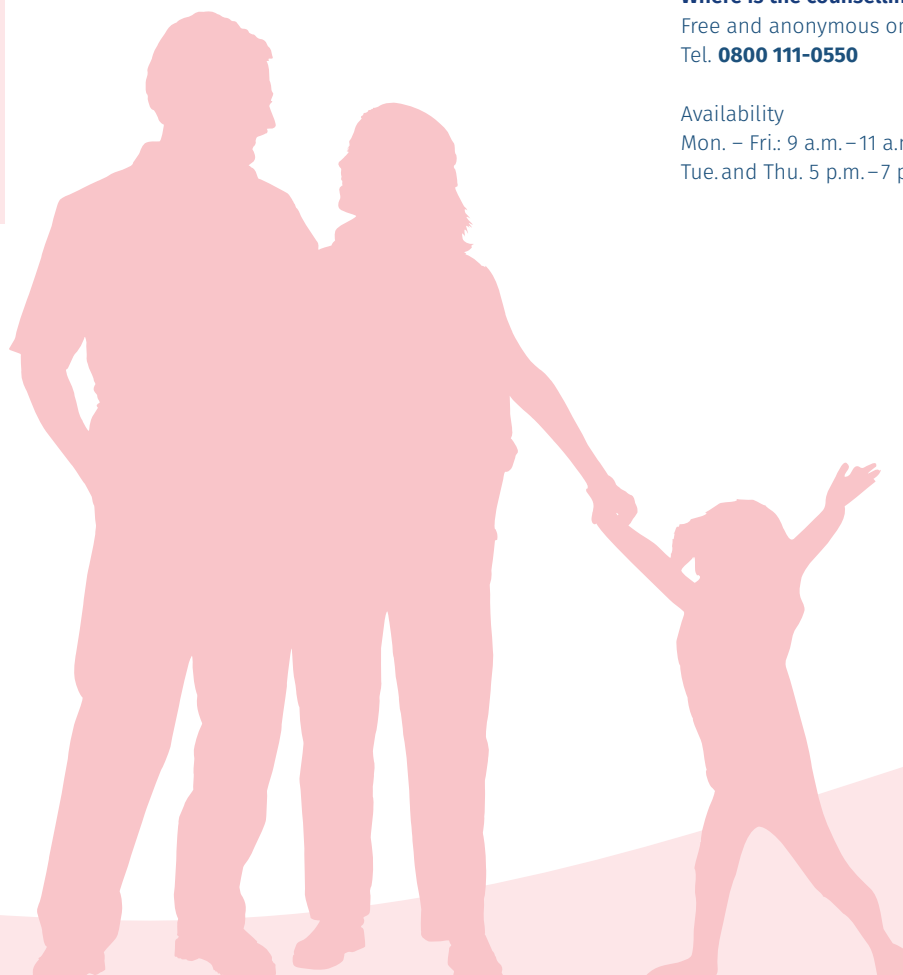
### Availability

Mon. – Fri.: 9 a.m. – 11 a.m.

Tue. and Thu. 5 p.m. – 7 p.m.



## NummergegenKummer





### What is this?

The services and events organised by the nine District Meeting Centres (SBZ) of the Hanseatic and University City of Rostock are aimed at "locals", i.e. the residents of each part of town. They offer an opportunity to take responsibility for shaping life in the district, thereby creating chances to meet and communicate.

A wide variety of counselling offers can be taken up in these houses with respect to working with families. If required, they will refer visitors to offices which can take matters further.

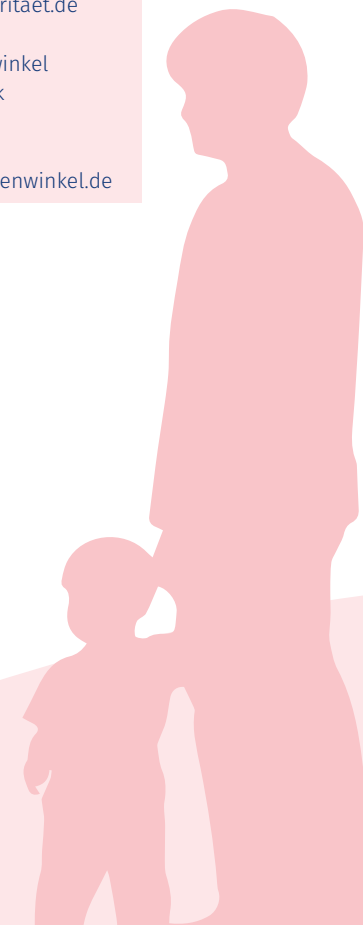
These services are complemented by courses and meetings such as toddler groups, family afternoons or certified programmes in collaboration with the facilities of Parental and Family Education in Rostock. Greater details and courses currently running can be requested directly from the District Meeting Centres or viewed on the corresponding websites.

### Where can I find the services?

- SBZ Biestow/Südstadt gGmbH  
"Heizhaus", Tyhsenstr. 9b and  
„Pumpe“, Ziolkowskistr. 12, 18059 Rostock  
Dagmar Dinse  
Tel. 0381 3835337  
Email: sbz.rostock@gmail.com and  
d.dinse@sbz-rostock.de
- Rostocker Freizeitzentrum e.V.  
SBZ + JC „Nautilus“  
Kuphalstr. 77, 18069 Rostock  
Jahn Osterloh  
Tel. 0381 890304-13, -12  
Mobile 0179 4883351  
Tel. Hort 0381 890304-0  
Fax 0831 890304-4  
Email: jahn.osterloh@rfz-rostock.de

- Institut Lernen und Leben e.V.  
SBZ Evershagen  
Maxim-Gorki-Str. 52, 18106 Rostock  
Antje Dannehl-Klein  
Tel. 0381 7680564  
Mobile 0170 8693967  
Fax 0381 2079439  
Email: mhgevershagen@ill-ev.de
- Gem. Gesell. für Kinder- und Jugendhilfe  
ASBmbH, Kinder-, Jugend- und Familien-  
zentrum „Haus 12“ + JC „Schiene“  
Am Schmarler Bach 1, 18106 Rostock  
Katja Eisele  
Tel. 0381 1218118  
Email: kjfz-haus12@t-online.de and  
sbz-haus12@asb-KJH.de
- IN VIA Katholische Mädchensozialarbeit  
Rostock e.V., SBZ Lütten Klein  
Danziger Str. 45d, 18107 Rostock  
Katy Volgmann  
Tel. 0381 778803-0/-14  
Fax 0381 778803-13  
Email: teuber@invia-rostock.de

- Kolping Initiative MV GmbH  
SBZ Lichtenhagen  
Eutiner Str. 20, 18109 Rostock  
Hanka Bobsin  
Tel. 0381 717238  
Fax 0381 7699488  
Email: kolping-lichtenhagen@gmx.de
- AWO-Sozialdienst Rostock gGmbH  
SBZ Groß Klein „Börgerhus“ + JC „224“  
Gerüstbauerring 27 and 28, 18109 Rostock  
Lucia Ziegler  
Tel. 0381 1217355  
Email: boergerhus@awo-rostock.de
- Volkssolidarität, SBZ Dierkow  
Kurt-Schumacher-Ring 160, 18146 Rostock  
Steffen Ohm  
Tel. 0381 66652-71, -72  
Email: steffen.ohm@volkssolidaritaet.de
- DRK KV Rostock e.V., SBZ Toitenwinkel  
Olof-Palme-Str. 26, 18147 Rostock  
Cindy Kirschnick  
Tel. 0381 63729785, 697355  
Email: cindy.kirschnick@sbz-toitenwinkel.de



## What is this?

The town library is very well equipped with current books, audio books, music CDs, board games, language courses, magazines, notes, films and console games.

Reading books or listening to audio books is not only an exciting excursion into other worlds and adventures. It can also be a help if you need advice on caring for and bringing up your children or planning the next family holiday, looking for the right sport or leisure activity for yourself and your children or new ideas for creative makes and recipes for Christmas, Easter, etc.

The digital age has not passed the library by. Not only is the selection of electronic media wide-ranging; we also offer a large choice of e-books (digital books), e-audios (digital audio books) and e-paper (digital magazines) online (Onleihe). You can also use the WiFi free of charge in the library.

With a few exceptions (films and electronic games), it is also free to borrow our media.

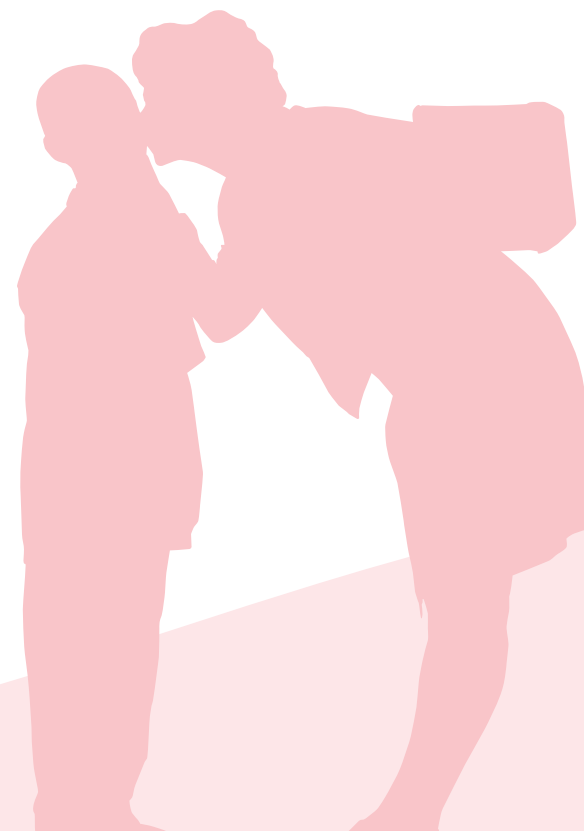
Volunteer reading uncles read aloud for children from three to seven, and the children, parents and grandparents listen and watch with bated breath. Books help children to explain the world and to find answers to the questions on their minds. Numerous children's books are devoted to difficult subjects in age-appropriate fashion, e.g. the birth of a sibling, separation of the parents or death. Children can identify with the figures in the books, helping them to solve problems and process their own experiences more successfully. In discussing the book just read, children can talk about their own impressions and ask questions. That is why reading out loud and telling stories are good, simple ways of having a positive influence on children's linguistic development. Children who love stories are highly motivated to learn to read and write as they are eager to read their favourite books themselves.



## Where can I take advantage of this service?

- Stadtbibliothek Rostock (Town Library),  
Central Library  
Kröpeliner Str. 82, 18055 Rostock  
Tel. 0381 381-2840  
Email: stadtbibliothek@rostock.de  
Opening hours  
Mon., Tue., Thu., Fri., 10:00 a.m. – 6:00 p.m.  
Wed. 12:00 noon – 6:00 pm.,  
Sat. 10:00 a.m. – 2:00 p.m.
- Zweigbibliothek Groß Klein (Branch Library)  
Gerüstbauerring 28 (Bürgerhaus),  
18109 Rostock  
Tel. 0381 381-2858  
Opening hours  
Mon., Tue., Thu. 10:00 a.m. – 12:00 noon  
and 1:00 p.m. – 6:00 p.m.
- Zweigbibliothek Dierkow (Branch Library)  
Hannes-Meyer-Platz 7, 18146 Rostock  
Tel. 0381 381-2856  
Opening hours  
Mon., Thu. 10:00 a.m. – 12:00 noon  
and 1:00 p.m. – 6:00 p.m.  
Fri. 10:00 a.m. – 1:00 p.m.

- Zweigbibliothek Reutershagen  
(Branch Library)  
Ernst-Thälmann-Str. 23, 18069 Rostock  
Tel. 0381 381-2855  
Opening hours  
Mon., Tue., Fri. 10:00 a.m. – 12:00 noon  
and 1:00 p.m. – 6:00 p.m.
- Zweigbibliothek Lütten Klein (Branch Library)  
Warnowallee 30, 18107 Rostock  
Tel. 0381 381-2853  
Opening hours  
Mon., Tue., Fri. 10:00 a.m. – 12:00 noon  
and 1:00 p.m. – 6:00 p.m.
- Kurbibliothek Warnemünde (Spa Library)  
Kurhausstr. 17 (Lesehalle), 18119 Rostock  
Tel. 0381 381-2857  
Opening hours  
Mon., Thu. 10:00 a.m. – 12:00 noon  
and 1:00 p.m. – 6:00 p.m.



## Non-profit department stores/ For-free shops/Clothes banks/ Food banks

### What is this?

In the non-profit department stores, needy women, men and families can acquire affordable, used furniture, electrical equipment (small and large units), household items, children's articles, books, clothes for women, men and children and much more besides.

In the for-free shops, people on low incomes have the chance to obtain everyday items which they are lacking free of charge or in return for a donation which they can determine themselves. Well preserved clothes, shoes and household linen are given away to the needy in clothes banks free of charge or in return for a small donation. Food and everyday goods are passed on to the needy in food banks in return for a small fee.

### When can I take advantage of this offer of help?

All people who can prove their social neediness, e.g. notice of assistance for Unemployment Benefit II (ALG II) basic security of unemployment benefit I (ALG I), training support grant (BAB), university grant (BAföG), housing benefit, Warnow pass, pension notice, benefits under the Asylum Seekers Benefits Act, etc. can receive this help. The exact notice required varies.

### Where are non-profit department stores to be found?

- Diakonie Rostocker Stadtmission e.V.  
Sozialkaufhaus Lütten Klein  
Ahlbecker Str. 7b, 18107 Rostock  
Tel. 0381 2074453  
[www.rostocker-stadtmission.de](http://www.rostocker-stadtmission.de)
- Charisma e.V. „Schmarler Lichtblick“  
Sozialkaufhaus Schmarl  
Am Schmarler Bach 2, 18106 Rostock  
Tel. 0381 1218408  
[www.charismarostock.de](http://www.charismarostock.de)

- Diakonie Rostocker Stadtmission e.V.  
Sozialkaufhaus Dierkow  
Dierkower Höhe 2, 18146 Rostock  
Tel. 0381 4402303  
[www.rostocker-stadtmission.de](http://www.rostocker-stadtmission.de)

### Where are for-free shops to be found?

- Kostenlos e.V.  
Umsonstladen Reutershagen  
A.-Saefkow-Str. 2, 18069 Rostock  
Tel. 0381 8775387  
[www.umsonstladen-sozialkaufhaus-rostock.de](http://www.umsonstladen-sozialkaufhaus-rostock.de)
- Rumpelkammer Rostock e.V.  
Umsonstladen Reutershagen  
Bonhoefferstr. 6, 18069 Rostock  
Mobile: +49 0157 58249272
- Umsonstladen Rostock e.V.  
Umsonstladen Lütten Klein  
Warnowallee 7, 18107 Rostock  
Mobile: 0176 52236565  
[www.umsonstladen-rostock.de](http://www.umsonstladen-rostock.de)
- Gib und Nimm e.V.  
Umsonstladen Toitenwinkel  
Joliot-Curie-Allee 47, 18147 Rostock  
Tel. 0381 6663430

- Gemeinnützige Interessensgemeinschaft  
Umsonstladen KTV  
Budapester Str. 17, 18057 Rostock  
Mobile: +49 0174 6898687

### Where are clothes banks to be found?

- DRK Kreisverband Rostock  
Augustenstr. 124, 18055 Rostock  
Tel. 0381 2424232  
[www.drk-rostock.de](http://www.drk-rostock.de)

- Sozialdienst katholischer Frauen e.V. (SkF)  
Bertolt-Brecht-Str. 15, 18106 Rostock  
Tel. 0381 3755907
- AWO-Sozialdienst Rostock gGmbH u.  
AWO KV Rostock e.V.  
Kleiderkammer Wühlmäuschen  
Gerüstbauerring 28, 18109 Rostock  
Tel. 0381 7787049

### Where are food bank dispensing stations to be found?

Rostocker Tafel e.V.:

Lichtenhagen, Warnemünde

- Diakonie Rostocker Stadtmission e.V.  
Lichtenhäger Brink 10 (Wednesdays)

Dierkow, Gehlsdorf

- Sozialkaufhaus  
Dierkower Höhe 2 (Tuesdays)
- Stadtteil- und Begegnungszentrum Dierkow  
Kurt-Schumacher-Ring 160 (Saturdays)

Toitenwinkel

- Stadtteil- und Begegnungszentrum  
Toitenwinkel  
Olof-Palme-Str. 26 (Mondays and Wednesdays)

Evershagen

- Group A Mehrgenerationenhaus  
M.-Gorki-Str. 52 (Fridays)
- Group B Thomas-Morus-Kirche  
Thomas-Morus-Str. 4 (Tuesdays)

Lütten Klein

- „Winkeltreff Nordwest“  
Ahlbecker Str. 7 (Thursdays and Saturdays)

Groß Klein

- Gemeindezentrum Brücke  
Ufergemeinde Rostock  
Fritz-Meyer-Scharfenberg-Weg 7a (Mondays)



Reutershagen, Komponistenviertel, Hansaviertel, Gartenstadt

- Martin-Luther-Haus  
Robert-Schumann-Str. 25 (Fridays)

Brinckmansdorf, Stadtmitte, Kröpeliner-Tor-Vorstadt, Südstadt, Biestow

- St.-Michaelis-Kirche  
Altbettelmönchstr. 3 (Thursdays)



### What is this?

In northwest Rostock, there are various care and support services for families in housing projects. Many objectives combine integration and family assistance. We represent a housing service with flexible care, and we support mothers and fathers in establishing a self-determined life with the child. The focus is on bonding and the parents' relationship with their child, parent-child training, instructions on the nutritional development and care of the child, preparation for the birth and follow-up after the birth, sensitivity training and courses on the lifeworld orientation and development of the child. We create special parent-child times in which mothers and fathers can get to know their child in the course of various services and experience time together. Some projects offer the chance to use different services, e.g. parent-child riding in animal-assisted work with families or an Indian-Swedish baby massage. The parents receive advice on their skills and a team of carers provides support to help the family cope with and structure everyday life. Families are assigned reliable contacts in the projects and receive support in the wide diversity of family life. Mothers and fathers are counselled with regard to their limitations and their own life stories via possible remedial measures and receive appropriate referrals and support. It is brave to permit yourself to explore new avenues, and thus we support the parent and their family in times of new challenges and in overcoming times of stress.

### When can I take advantage of the service/ counselling.

Every parent has a right to help and support and can submit an application for themselves with the Office for Youth, Social Affairs and Asylum. Staff of the housing projects will be happy to advise you on the requisite means of doing so. We are available on the ground for this purpose and offer opportunities to view housing and projects in consultation.



### Where is the counselling held/where is the service offered?

The families live in apartments/residential groups in northwest Rostock. You can reach the following contacts:

- Mother/father - child project  
A.N.F.A.N.G.  
Schleswiger Str. 6b, 18109 Rostock  
Tel. 0381 7785058  
[www.asb-kjh.de/angebote/betreuung/mutter-vater-kind](http://www.asb-kjh.de/angebote/betreuung/mutter-vater-kind)
- Mother/father - child projects  
M.A.R.L.E.N.E./P.A.U.L.I.N.E.  
Schleswiger Str. 6b, 18109 Rostock  
Tel. 0381 7785048
- DRK Rostocker Kinder- und Jugendhilfe gGmbH  
Youth Assistance Network "Blinkfeuer"  
Mother/father - child living  
Danziger Str. 42, 18107 Rostock  
Tel. 0381 7690772  
Email: [nomek@drk-rostock.de](mailto:nomek@drk-rostock.de)

### What is this?

The Association fambeKi e.V. has set itself the task of improving the reconciliation of family and business life for parents in and around Rostock on a lasting basis. We have set ourselves the goal of organising attractive, practical childcare services, thereby taking the burden off parents and companies.

### When can I take advantage of the service/offer?

This offer is aimed at parents who require additional childcare for job- or course-related reasons. We therefore complement the services of normal childcare and see ourselves as offering childcare in so-called fringe times. We will also take over the task of looking after the children should the normal childcare be unavailable or at times when nurseries are closed or daycare professionals off duty, subject only to free capacity.

### Where is the counselling held/where is the service offered?

We look after children in family homes (in Rostock and outskirts).

In the summer holidays, we also offer a holiday camp on a regular basis. You can always find up-to-date information on them on our homepage at [www.fambeki.de](http://www.fambeki.de).

- fambeKi e.V.  
Wokrenterstr. 28, 18055 Rostock  
Tel. 0381 2906423  
Email: [kontakt@fambeki.de](mailto:kontakt@fambeki.de)

The cost depends on the location and the number of children. As a guideline, you can say from 12 euros an hour for one child and from 15 euros an hour for two children.



## Counselling and support for migrants

### What is this?

The Integration Unit in the Office for Youth, Social Affairs and Asylum, the Migration Advice Centres and the Youth Migration Service offer new immigrants support in the integration process. Immigrants receive support in finding their way in Germany and in solving problems. The advice offices answer questions on residence, authorities, integration language courses, health, education, work, marriage and family, upbringing, finance and housing. People seeking advice can have their legal rights explained and receive support in submitting applications and if necessary, are referred to other standard services and counselling centres. Counselling is free of charge and confidential.

### When can I take advantage of this counselling/service?

The counselling service offered by the Migration Advice Centres (for those seeking advice from the age of 27 upwards) and the Youth Migration Service (for adolescents and young adults up to the age of 27) is open to all immigrants and refugees regardless of their residence status, non-EU citizens and late repatriates. The Integration Unit in the Office for Youth, Social Affairs and Asylum only advises refugees with their own home, also regardless of their residence status.

### Where is the counselling held?

Socio-educational counselling for asylum-seekers as well as tolerated and recognised refugees with a residence permit

- Office for Youth, Social Affairs and Asylum Integration Unit  
Hans-Fallada-Str. 1, 18069 Rostock  
Tel. 0381 381-5510  
Email: [asyl@rostock.de](mailto:asyl@rostock.de)

#### Consultation hours

Tue. 9:00 a.m. – 12:00 noon and  
1:30 p.m. – 6:00 pm  
Thu. 9:00 a.m. – 12:00 noon and  
1:30 p.m. – 4:00 pm



### Migration Advice Centres (MBE) for adult immigrants

- Caritasverband für das Erzbistum Hamburg e.V. Region Rostock  
Augustenstr. 85, 18055 Rostock  
Tel. 0381 4547233  
Email: [mbe-hro@caritas-im-norden.de](mailto:mbe-hro@caritas-im-norden.de)
- AWO-Sozialdienst Rostock gemeinnützige GmbH Warnowallee 25, 18107 Rostock  
Tel. 0381 1284812  
Email: [mbe@awo-rostock.de](mailto:mbe@awo-rostock.de)
- Deutsches Rotes Kreuz – Kreisverband Rostock e.V. (German Red Cross District Association of Rostock)  
Hannes-Meyer-Platz 27, 18146 Rostock  
Tel. 0381 1200483  
Email: [mbe@drk-rostock.de](mailto:mbe@drk-rostock.de)

### Youth Migration Service (JMD)

- AWO-Sozialdienst Rostock gemeinnützige GmbH Warnowallee 25, 18107 Rostock  
Tel. 0381 1200000  
Email: [jmd@awo-rostock.de](mailto:jmd@awo-rostock.de)

## Ergänzende unabhängige Teilhabeberatung (EUTB - Counselling service for people with disabilities)

### What is this?

The EUTB offers people with an (impending) disability in the physical, emotional and cognitive sphere as well as their dependants advice and support on questions on the subject of rehabilitation and participation. Our advice is free of charge, independent of bodies which charge for providing their services. The legal basis is given by Sec. 32 of the Ninth Chapter of the Social Code (SGB IX).

### When can I take advantage of this counselling/service?

The counselling and support service is aimed at people with an (impending) disability and their dependants. You can use the service if you (as a disabled person) are planning to get pregnant, are expecting a child with an impending disability or you are already a parent. We will advise you in your particular phase of life.

### Where is the counselling held?

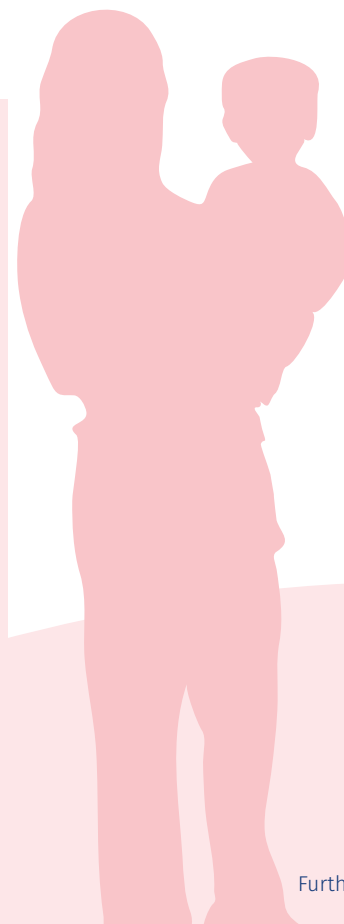
Counselling can take place face-to-face in our advice centre or occasionally we will come to see you, e.g. in your home.

It is also possible to provide advice by email or phone.

- Rostocker für Inklusion und gesellschaftliche Teilhabe e.V.  
Ergänzende unabhängige Teilhabeberatung (EUTB) (Rostock citizens for inclusion and social participation – supplementary, independent participation counselling)  
Henrik-Ibsen-Str. 20, 18106 Rostock  
Tel. 0381 68693765  
Email: [info@inklusion-rostock.de](mailto:info@inklusion-rostock.de)  
[www.inklusion-rostock.de](http://www.inklusion-rostock.de)

#### Consultation hours

Mon. – Fri. 9:00 a.m. – 12:00 noon and  
Tue. and Thu. 2:00 p.m. – 5:00 p.m.  
and by appointment



## Addiction counselling and treatment centres

### What is this?

The services offered by the Addiction Counselling and Treatment Centres of the Hanseatic and University City of Rostock comprise information, advice, arranging for detoxification and therapy, outpatient therapy and aftercare, help for dependants, group offers, self-help groups, addiction prevention as well as behavioural therapeutic consultation on and preparation for medical psychological examinations for traffic offenders with points and criminal acts. Anyone with questions, concerns or problems in connection with addictive substances or behavioural addictions can turn to the advice centres.

Addiction counselling is voluntary, free of charge and completely confidential. Our expert staff are naturally subject to a duty of confidentiality and, if necessary, will advise you anonymously.

### Where can I take advantage of this offer?

- Caritasverband für das Erzbistum Hamburg e.V. Region Rostock, Specialist Service for Addiction Assistance  
Treatment priorities: alcohol, medicine, drugs, gambling, Child-Family-Addiction Network  
August-Bebel-Str. 2, 18055 Rostock  
Tel. 0381 252323  
Fax 0381 2523250  
Email: suchtberatung@caritas-im-norden.de  
[www.caritas-mecklenburg.de](http://www.caritas-mecklenburg.de)

Consultation hours  
Mon., Thu. 9:00 a.m. – 12:00 noon  
and 1:00 p.m. – 5:00 p.m.  
Tue., Wed. 9:00 a.m. – 12:00 noon  
and 1:00 p.m. – 6:00 p.m.  
Fri. 9:00 a.m. – 12:00 noon and by appointment

- Evangelische Suchtberatung Rostock gGmbH  
Treatment priorities: alcohol, medicine, eating disorders, media addiction  
Dalwitzhofer Weg 1, 18055 Rostock  
Tel. 0381 455128  
Fax 0381 455129  
Email: info@suchthilfe-rostock.de  
[www.suchthilfe-rostock.de](http://www.suchthilfe-rostock.de)

### Consultation hours

Mon., Wed., Thu. 9:00 a.m. – 12:00 noon  
and 1:00 p.m. – 5:00 p.m.  
Tue. 9:00 a.m. – 12:00 noon  
and 1:00 p.m. – 6:00 p.m.  
Fri. 9:00 a.m. – 12:00 noon and by appointment

- External consultation Groß Klein  
Kleiner Warnowdamm 1b, 18109 Rostock

### Consultation hours

Mon. 9:00 a.m. – 12:00 noon  
and 1:00 p.m. – 6 p.m.  
Fri. 9:00 a.m. – 3:00 p.m.

- Suchtberatungs- und Behandlungsstelle der Volkssolidarität e.V. (Addiction Counselling and Treatment Centres)  
Treatment priorities: Priority Counselling  
Centre for gambling addiction, alcohol, medicine, drugs, giving up smoking  
Goethestr. 16, 18055 Rostock  
Tel. 0381 4923441  
Fax 0381 2034680  
Email: suchtberatung-hro@volkssolidaritaet.de  
[www.vs-hro.de](http://www.vs-hro.de)

### Consultation hours

Mon., Tue. 9:00 a.m. – 12:00 noon  
and 1:00 p.m. – 6:00 p.m.  
Wed., Thu. 9:00 a.m. – 12:00 noon  
and 1:00 p.m. – 5:00 p.m.  
Fri. 9:00 a.m. – 12:00 noon and by appointment

- External consultation Dierkow  
Lorenzstr. 66 (SBZ), 18146 Rostock  
Tel. 0381 4923441

### Consultation hours

Tue. 9:00 a.m. – 12:00 noon and by appointment

## Counselling centre and care support unit

### What is this?

The care support unit is a counselling centre jointly organised by the health and nursing care insurance companies and the Hanseatic and University City of Rostock. Parents with a child in need of nursing care require fast, comprehensive help. To enable them to concentrate on their child, care consultants and social counsellors advise and support families neutrally, independently, individually and free of charge. The counsellors are specially trained. They discuss the health, care, life and housing situation in the family, and together with the parents, they find individual solutions for safe care which the whole family can easily assimilate. The counsellors in the care support unit are well networked and have good relationships with all important points of contact to facilitate coordinated care and support.

### When can I take advantage of this counselling and support?

You're receiving care services for your child or wish to submit an application for care services or you have a need for advice, information and/or support regarding services and offers on the subject of care such as

- an application for a (higher) level of care
- the use of special aids
- modifying the living environment, e.g. installing a barrier-free shower
- obtaining help from a care service
- short-term care
- offers of services to relieve the burden on families
- care situation in school or kindergarten
- help in the home, with shopping or other work
- power of attorney for health care
- disabilities legislation
- support from family helpers

and much more besides.



### Where can I seek advice?

- in the care support units of the Hanseatic and University City of Rostock

- Rostock Lütten Klein location  
Warnowallee 30, 18107 Rostock  
Tel. 0381 381-1507  
Email: pflegestuetzpunkt nord@rostock.de
- Rostock Südstadt location  
Erich-Schlesinger-Str. 28, 18059 Rostock  
Tel. 0381 381-1506  
Email: pflegestuetzpunkt sued@rostock.de

### Opening hours

Tue. 9:00 a.m. – 12:00 noon  
and 1:30 p.m. – 5:30 p.m.  
Thu. 9:00 a.m. – 12:00 noon  
and 1:30 p.m. – 4:00 p.m.  
as well as by appointment

- in the home
- on the internet [www.pflegestuetzpunkt mv.de](http://www.pflegestuetzpunkt mv.de)



## Self-help groups

### What is this?

Imagine you or your child or another person close to you is suffering from a chronic or mental illness, addiction or a social life problem. They can't get on but long for change. You would like to improve your personal situation and are looking for the chance to master your own problems together with others facing the same problems. In that case, you can turn to the self-help contact centre. The staff provide information, advise and arrange for you join self-help groups. They also lend support in setting up new groups and with other organisational and financial questions.

### When can I take advantage of this counselling?

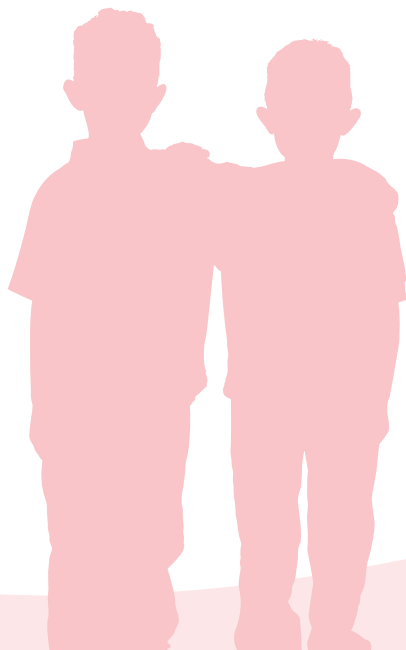
You can take advantage of this service during opening hours. The services are free.

### Where is the counselling held?

- Selbsthilfekontaktstelle Rostock  
(Self-help Contact Centre)  
Kuphalstr. 77, 18069 Rostock  
Tel. 0381 4904925  
[www.selbsthilfe-rostock.de](http://www.selbsthilfe-rostock.de)

You can find further information on self-help groups on the state-wide website:

**[www.selbsthilfe-mv.de](http://www.selbsthilfe-mv.de)**



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# Schwanger!

# ALKOHOL?

## Mein Kind trinkt mit!



## Kein Schluck. Kein Risiko.

Mehr Informationen zu den Folgen von Alkoholkonsum  
in der Schwangerschaft und warum es sich lohnt **NEIN** zu sagen,  
findest du hier

[www.aeggf.de](http://www.aeggf.de)



[www.fasd-netz.de](http://www.fasd-netz.de)

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