

Mini-Club

Programme for mothers with children 1 year old and above
Glückstadt Family Centre
Janssenweg 33, 25348 Glückstadt
Registration/Information: ☎ 04124/930324

Integrative playgroup

Mother and child playgroup
Glückstadt Family Centre
Janssenweg 33, 25348 Glückstadt
Registration: ☎ 0151/74107519

Programmes for parents/families

Multi-Cultural Café – Parents' café

Parents' café for parents with toddlers
Mon 9 – 11 a.m. and Wed 9.30 – 11.30 a.m.
St. Ansgar Family Centre /Caritas
Coriansberg 18-20, 25524 Itzehoe

wellcome – Steinburg district

Family support directly after the birth
Diakonisches Werk (*Protestant charitable organisation*)
Rantzau-Münsterdorf
☎ 04821/4030251

Family mentors

Trained voluntary female mentors offer support for your family with children up to the age of three. This support is available from the last three months of the pregnancy.
Deutscher Kinderschutzbund - Itzehoe e.V. local branch
☎ 0152/54967055 or ☎ 04821/3731

General Advisory Centres

Arbeiterwohlfahrt (awo)

Stiftstraße 5, 25524 Itzehoe
Mon 1 – 4 p.m., Tue 9 a.m. – 12 p.m./1 – 4 p.m.
Thu 2 – 5 p.m., Fri 10 a.m. – 12 p.m.
☎ 04821/7796010
Glückstadt:
Am Kirchplatz 6, 25348 Glückstadt
Thu 1 – 4 p.m., Fri 9 a.m. – 12 p.m.
☎ 04124/608676

Caritas Migrationsdienst

Coriansberg 18-20, 25524 Itzehoe
Tue 2 – 5 p.m., Fri 9 a.m. – 12 p.m.
☎ 04821/407846 or ☎ 04821/405843
Counselling available in the Itzehoe adult education centre
Mon and Thu 10 a.m. – 12 p.m.
Kellinghusen (Mehrgenerationenhaus):
Schulstraße 4, 25548 Kellinghusen
Wed 10 a.m. – 12 p.m.

Sozialdienst katholischer Frauen (SKF)

(Catholic Women's Welfare Service)
Advisory service for women and families
Coriansberg 18-20, 25524 Itzehoe
Thu 2 – 4 p.m.
☎ 04121/24881

Ev.-Luth. church district Rantzau-Münsterdorf refugee aid

Minister Birgit Dušková
✉ birgit.duskova@kkrm.de
☎ 0151/42483222

Counselling centre for questions on parenting, marriage, family and living

Langer Peter 27b, 25524 Itzehoe
☎ 04821/91066

Assistance for cases of abuse and sexual abuse

Many women experience abuse, either in a relationship or from others. At a counselling centre, you will receive confidential and anonymous support and our counsellors will help you develop a plan on how to cope with this situation and where to find help for you and your children.

Pro familia Fachstelle Gewalt und Frauenberatung

Counselling for domestic and sexual abuse/

Counselling for women in difficult situations

Berliner Platz 1

25524 Itzehoe

☎ 04821/8899432

Itzehoe Women's Crisis Centre

You can take shelter in emergency situations in a women's crisis centre. The address is undisclosed. The Crisis Centre is open at all hours. If the Crisis Centre is full, we will help you find somewhere else to stay.

☎ 04821/61712

„Violence against women“ helpline

You can call the helpline at any time for assistance in emergency situations. Interpreters who are fluent in many different languages are available to help you.

☎ 0800/116016

You can also get online counselling at: www.hilfetelefon.de

Women's groups and meetings

Intercultural Women's Group

Tuesdays 10 a.m. – 12 p.m.

Protestant Family Centre

Schauenburgerstr. 33, 25524 Itzehoe

Women's Café:

Empowerment for female refugees

Mondays and Wednesdays (with childcare)

☎ 04124/930511, 25348 Glückstadt

International Cooking

Once a month, Tuesday 6 – 9 p.m.

Auguste-Viktoria-Schule, Itzehoe

✉ karin.lewandowski@itzehoe.de

☎ 04821/603362

Programmes for mothers

SuSa – Play and language programme

Learning German for mothers and children

Tue and Thu 9 – 11 a.m.

Kinderhaus Blauer Elefant

Markt 16, 25524 Itzehoe

Cultural Integration Course I and II

Language programme for pregnant women and mothers with children under the age of 3

Wed 10 – 11.30 a.m. (group I)

Wed 11.45 a.m. – 1.15 p.m. (group II)

Kita Elbbande/Family Centre

Janssenweg 33, 25348 Glückstadt

☎ 0151/74107519

“All persons shall be equal before the law. Men and women shall have equal rights. The state shall promote the actual implementation of equal rights for women and men and take steps to eliminate disadvantages that now exist.”

German Constitutional Law Article 3 (1) and (2)

In Germany these rights were not always taken for granted. Up until as late as the 70s, women were only allowed to work with their husbands' permission. Marital rape has only been a criminal offence since 1997. The Women's Rights Movement has fought for the rights that women have today. This has made it possible for women to break out of their traditional roles as housewives and mothers.

Today, men and women in Germany have equal rights in all areas of life!

Because *you* decide what you want to wear, what job you want to do, if you want to have children and who you want to marry! The fact that the man helps with the housework and raising the children is an expression of sexual equality.

You make the decisions now!



Help where there is risk to a child's well-being

Youth Welfare Service Crisis Helpdesk

The Youth Welfare Service helps when a child's well-being is at risk.

☎ 04821/69588 or 69553

☎ 04121/4759940 (after office hours)

Kinderschutzbund (Child Protection Agency)

Markt 16 – 22, 25524 Itzehoe

✉ dksb.itzehoe@t-online.de

☎ 04821/3731

Helpline for concerned parents:

☎ 0800/1110550

Language programmes

Integration courses:

Wirtschaftsakademie SH

Langer Peter 27a, 25524 Itzehoe

☎ 04821/7702513

Volkshochschule Itzehoe e.V. (also STAFF.SH courses)

Georg-Löck-Straße 1, 25524 Itzehoe

☎ 04821/8040830

Arbeiterwohlfahrt Landesverband Schleswig-Holstein e.V.

Stiftstraße 5, 25524 Itzehoe

☎ 04821/7796010

German conversation:

Glückstadt Town Library

Wednesdays 2 – 3 p.m.

Große Nübelstraße 21

Equal Opportunities Commissioners

Kreis Steinburg

Tinka Juliane Frahm
Viktoriastraße 16-18, 25524 Itzehoe
✉ frahm@steinburg.de
☎ 04821/69373

Stadt Itzehoe

Karin Lewandowski
Reichenstraße 23, 25524 Itzehoe
✉ karin.lewandowski@itzehoe.de
☎ 04821/603362

Amt Kellinghusen

Wiebke Tischler
Am Markt 7, 25548 Kellinghusen
✉ wiebke.tischler@amt-kellinghusen.de
☎ 04822/3948

Steinburg District Sociopsychiatric Service

Counselling, support and crisis intervention for sufferers of mental stress, mental illness, addiction and abuse – relatives welcome.

Viktoriastraße 17a, 25524 Itzehoe
☎ 04821/69276

Counselling hours: Mon – Thu 9.30 – 11.30 a.m.; Tue 2.30 – 4 p.m.

and by appointment

Registration in Room 28

The crisis service is available at all hours and can be reached through the regional coordination centre: ☎ 04821/19222

V.i.S.d.P.: Koordinierungsstelle Integration Kreis Steinburg; Viktoriastraße 16-18, 25524 Itzehoe

Recently immigrated females in the district of Steinburg: Points of contact, aid and networks

My rights as a woman in Germany, where to get help if you have questions or problems, women's groups, programmes and networks



An initiative of the Steinburg district Coordination Office for Immigration and the Equal Opportunities Commissioners of the district and the town of Itzehoe

Contact:

Sandra Stadniczuk ☎ 04821/69538

✉ stadniczuk@steinburg.de

Karin Lewandowski ☎ 04821/603362

✉ karin.lewandowski@itzehoe.de