

Senatsverwaltung
für Bildung, Jugend
und Familie

BERLIN



WELCOME TO YOU AND YOUR FAMILY

Advice and support on everyday
aspects of parenting children
and young people

SERVICES FOR FAMILIES

Whether you're a single parent, dual parenting or bringing up your children within your community - there's no need to bear the full brunt of responsibility in your everyday life with children and adolescents.

Each district of Berlin offers a number of free services for families in different life stages. From family meet ups and help with everyday life to events and crisis support.

You can find plenty of information about family life in Berlin on the Berlin Family Portal, covering everything from pregnancy, nurseries, school and caring for relatives to events and leisure activities.



← www.berlin.de/familie

Do you have
any questions?

www.berlin.de/familie

Need help filling
out applications
and forms?

Familienservicebüros (Family Service Offices)

Receive free advice, information and support at the local district offices or during the remote consultation hours offered by the Family Service Office

- on questions related to your family or finances,
- on filling out applications and forms.

In need of
a holiday?

Familienerholung (Family Recreation)

Unable to afford a family holiday or recreational activities? Family Recreation finances and promotes group offers and affordable family holidays.

Want to meet
other families?

Familienzentren (Family Centres)

Berlin family centres: provide a place for casual meet ups, groups and courses, family brunches, discussions, childcare, advice and support with all aspects of family life.

Do you have
any questions?

www.berlin.de/familie

What to learn about
how nurseries, schools
and everyday family life
work in Germany?

Stadtteilmütter (District Mothers)

Learn about how families in Berlin organise their daily lives at your initial meeting. District mothers also offer free and confidential advice on questions related to nursery, school and developing your child's language skills.

Want to get in touch
with other fathers?

Väterzentrum (Father's Center)

A dedicated place for fathers with
a wide range of services

- for discussions, information, and advice,
- to help fathers and children organise their spare time,
- to prepare dads-to-be.

Want to meet other
LGBTQ+ families?

Regenbogenfamilienzentren (Rainbow Family Centre)

A space for LGBTQ+ couples and
families to

- get information, discuss and receive advice on questions in relation to plans to have children, family life or legal issues,
- participate in courses and join discussion, play and toddlers' groups.

Do you have
any questions?

www.berlin.de/familie

Is your baby
screaming around
the clock, leaving
you with no time
to yourself?

Schreibaby-Ambulanzen (Crying Baby Outpatient Clinics)

Have you done everything possible to calm your baby, yet they won't stop crying? It's completely normal to feel at wit's end. Visit one of our Crying Baby Outpatient Clinics for help and professional advice.

Need advice and
help on everyday
life with your baby?

Familienhebammen (Family Midwives)

Are you expecting a child or have you recently given birth? Family midwives can help you ensure your child receives good care during their first few months and offer advice on organising your daily life.

Familienpatinnen und -paten (Family Sponsors)

Need a break from stressful daily family life, or struggling to manage everything alone? Voluntary family sponsors are there to help take care of your child's siblings or help with housework.

Do you have
any questions?

www.berlin.de/familie

Not
sure how to
approach issues in
your child's develop-
ment or in your rela-
tionship with your
partner?

Erziehungs- und Familienberatung (Parenting and Family Counselling)

Receive advice from professionals in a one-to-one session

- on any questions, issues or uncertainties you have on parenting - from infants to teenagers,
- on conflicts with your partner.

Do you have
any questions?

www.berlin.de/familie

Concerned about
the development and
health of your young
child or teenager?

Kinder- und Jugendgesundheitsdienst (Child and Youth Health Service)

Are you concerned about your child's health? Speak to the Child and Youth Health Service to receive advice and guidance. Our goal is to prevent, identify and help you find support for illnesses, disabilities or developmental delays.

Heilpädagogischer Fachdienst (Therapeutic-Educational Special Services)

Have you noticed signs your child may be struggling with behavioural, perceptual, developmental or learning problems? The Therapeutic-Educational Special Services team provides advice on how to support your child before they start school and helps you find suitable services in your local area.

Kinder- und Jugendpsychiatrische Dienste (Child and Adolescent Psychiatric Service)

Receive comprehensive professional help for any issues in your child's upbringing, developmental problems, skipping school and crisis situations. The services offered include examinations, expert opinions, advice, referrals and guidance.

This information is also available in the following languages online:

Arabisch



تقديم الاستشارات والدعم
للأسر في برلين

Bulgarisch



Съвети и подкрепа
за семейства в Берлин

Deutsch



Beratung und Unterstützung
für Familien in Berlin

Polnisch



Porady i wsparcie
dla rodzin mieszkających w Berlinie

Rumänisch



Consiliere și sprijin
pentru familiile din Berlin

Russisch



Консультирование и поддержка
семей в Берлине

Ukrainisch



Консультації та підтримка
для сімей у Берліні

Türkisch



Berlin'deki aileler için
danışmanlık ve destek

The services provided by the federal state of Berlin illustrated in this leaflet offer support to families in their everyday lives as well as assistance with bringing up children and adolescents. The majority of these services are free of charge.

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