



Rostock Guide for parents

5th Edition

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Frühe Hilfen

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und Jugend





Family life true · exciting · lovely

Family education of the City of Rostock

The right accompaniment with heart and humor
for all Rostock families.



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Gesundheit und Sport M-V



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 this 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 do not want to meddle in your affairs. We 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 strengthen you.

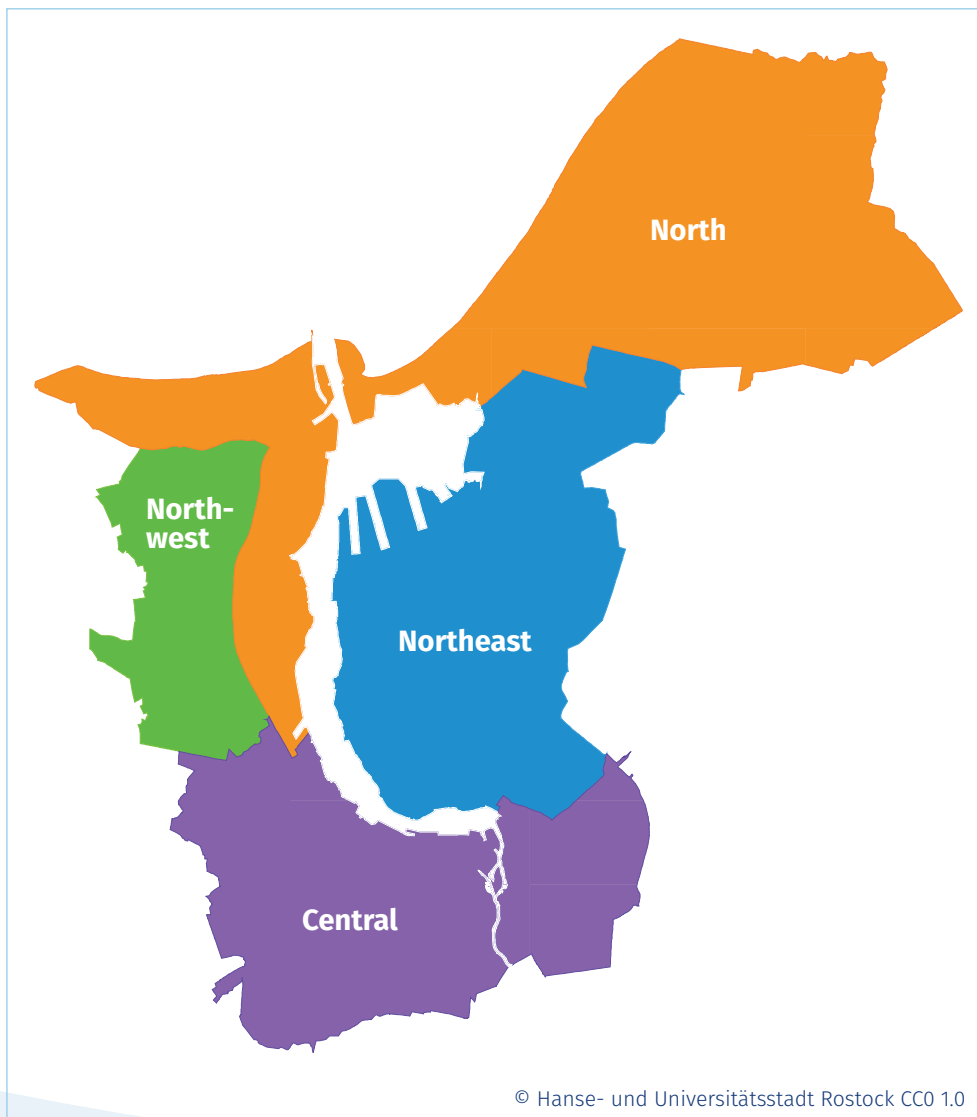
Do not hesitate to contact us!

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



- **Northwest** (Lichtenhagen, Lütten Klein, Evershagen)
- **North** (Warnemünde, Groß Klein, Schmarl, Hohe Düne, Markgrafenheide, Diedrichshagen, Hinrichshagen, Wiethagen, Torfbrücke)

- **Central** (Reutershagen, Gartenstadt, Stadtweide, Hansaviertel, Kröpeliner-Tor-Vorstadt, Stadtmitte, 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 giving birth	Pregnancy counselling service	
Finding a gynaecological practice	from the beginning of the pregnancy	Internet	
Finding a midwife	from the beginning of the pregnancy	Internet, pregnancy counselling centre	
Looking for a birth centre/ making a reservation for giving birth	during pregnancy	Birth centre	
Finding a paediatric practice for baby check-ups	during pregnancy	Internet	
Announcing pregnancy at your place of work	no deadline, as soon as possible after you learn you are pregnant	Employer	
Applying for parental leave	no later than 7 weeks before the start of parental leave	Employer	
Having acknowledgement of paternity notarised (for unmarried couples)	before or after giving birth	Office for Youth, Social Affairs and Asylum	
Submit a declaration of custody (for unmarried couples)	before or after giving birth	Office for Youth, Social Affairs and Asylum	
Applying for maternity allowance	Submit certification of pregnancy no later than 7 weeks before birth	Health insurer	
Benefits from the Job Centre / Office for Social Affairs and Participation: Additional needs benefits for pregnant women / maternity clothes / initial package allowance	Additional needs benefits for pregnant women, maternity clothes: from the 13th week of pregnancy, initial baby package: 2 -3 months before the calculated due date	Job Centre/Office for Social Affairs and Participation	
Applying 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	

Checklist after giving birth

What?	When?	Where?	✓
Taking advantage of baby check-ups	from birth	Paediatric practice	
Taking out health insurance for the baby	immediately after birth	Health insurer	
Registering the birth with Registry Office	within one week of the birth	Registry Office	
Registering the baby with the City Administration	will be conducted automatically by the Registry Office		
Searching for a daycare centre	as early as possible	Internet	
Applying for a spot at a daycare centre	at least 3 months before daycare is due to start	Office for Youth, Social Affairs and Asylum	
Applying for children's allowance	from birth	Family Benefits Office	
Applying for children's supplementary allowance	if required	Family Benefits Office	
Applying for parental allowance	within the first 3 months after giving birth	Social Security Office	
Applying for housing benefits	if required	Office for Social Affairs and Participation	
Applying for the basic income scheme	if required	Job centre	
Applying for the advance payment of maintenance	if required	Office for Youth, Social Affairs and Asylum	
Applying for support with parental contribution	if required	Office for Youth, Social Affairs and Asylum	
Applying for a sibling discount	if required	Office for Youth, Social Affairs and Asylum	

Pregnancy counselling

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 are bound by 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
Thomas-Morus-Str. 4, 18106 Rostock
Tel. 0381 454720
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
- Diakonie Rostocker Stadtmission e.V.
Pastoral and Psychological Counselling Centre
Bergstr. 10, 18057 Rostock
Tel. 0381 27757
www.rostocker-stadtmission.de



- Diakonie Rostocker Stadtmission e.V.
Psychological Counselling Centre
Stockholmer Str. 1, 18107 Rostock
Tel. 0381 713008
www.rostocker-stadtmission.de
- donum vitae e.V.
Pregnancy Advice Centre
Paulstr. 48, 18055 Rostock
Tel. 0381 29417072
www.rostock.donumvitae.org
- ppro familia Landesverband Mecklenburg-Vorpommern e.V., Rostock Counselling Centre
Wismarsche Str. 6-7 (entrance Feldstr.),
18057 Rostock
Tel. 0381 31305
www.profamilia.de/rostock

Gynaecological screening

What is this?

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

Prenatal care includes 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
- monitoring proper child growth and the welfare of the 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



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 these 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 employment ban.

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

If a woman stops working partially or wholly due to an employment 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 the protection period from six weeks before the birth of her child, the expectant mother may only be employed if she has expressly declared this herself.

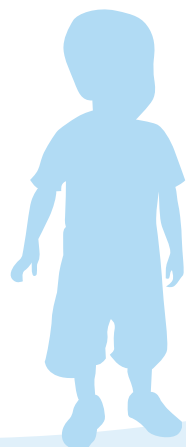
During the protection period of eight weeks after the birth (twelve weeks in the case of premature or multiple births, after the birth of a child with a disability), there is an absolute ban on employment.

During the maternity protection periods before and after childbirth and for the day of childbirth, women are financially protected by a maternity allowance and the employer's contribution.



Where can I seek advice?

- Landesamt für Gesundheit und Soziales (State Office for Health and Social Affairs, Dept. for Occupation Health and Safety) Friedrich-Engels-Platz 5-6, 18055 Rostock (as of 2025, Blücherstraße 1-3) Tel. 0385 58859952 www.lagus.mv-regierung.de



Additional needs benefits/initial baby package from the basic income scheme/income support

What is this?

Additional needs benefits amounting to 17 per cent 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 packages are not covered by normal requirements and are provided separately. Those 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 these benefits?

The application for initial clothing due to pregnancy and for initial baby equipment can also be made from the 13th week of pregnancy at the Job Centre/Office for Social Affairs and Participation to the contact person or benefits advisor.

An application for an initial clothing package due to the pregnancy and an initial baby package can also be submitted to the point of contact or benefits advisor at the Job Centre/Office for Social Affairs and Participation from the 13th week of pregnancy.

Where does the application have to be submitted?

- Hanse Job Centre Rostock
Erich-Schlesinger-Str. 35, 18059 Rostock
Tel. 0381 4611-0
www.hansejobcenter.de
- Job Centre U25
Kopernikusstr. 1a, 18057 Rostock



Midwife assistance

What is this?

Midwives help pregnant women and mothers. They provide support during pregnancy, during labour and afterwards. This includes preventive care during pregnancy, care during and after the birth as well as help with breastfeeding and baby care. There are midwives who work independently and those who work in hospitals.

When do you get help from a midwife?

You can use a midwife from the beginning of your pregnancy, together with your gynaecologist, until after the birth. The costs for a midwife's assistance are fully covered by health insurance.

What does a midwife do during pregnancy?

A midwife accompanies expectant parents, confirms the pregnancy, carries out certain examinations, offers gymnastics and courses to prepare for the birth and helps with the decision on the place to give birth and the options for giving birth.

What does a midwife do during and after the birth?

During a normal birth, the midwife guides the expectant mother through the birthing process. She monitors the baby and supports the mother during labour and pain. She decides whether additional medical help is necessary. She also help look after the newborn and with breastfeeding.

Postnatal care and breastfeeding:

The midwife is also there for the mother and baby after birth. She helps with questions about health, monitors the retraction of the uterus, takes care of any wounds, and helps care for the baby.



How long can the help of a midwife be provided?

After the birth, you are entitled to help in the puerperium for up to 12 weeks and, if necessary, until the end of the breastfeeding period. In the first ten days following the birth, the midwife can make up to 20 home visits. After that, there are up to eight further consultations until the child is 9 months old.

Where can I get help?

You can find the addresses of midwives at the Hebammenverband (hebammenverband-mv.de), or by contacting your health insurance company, public health department, pregnancy counselling centres, or doctor's office.



Who is that?

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

The assignment is coordinated in cooperation with clinics, gynaecologists and paediatricians, midwives and other healthcare professionals and is arranged if necessary.

Parents have the option of registering themselves at the public health department.

Where can I apply for it?

- Hanseatic and University City of Rostock
Public Health Department
Child and Youth Health Services
Paulstr. 22, 18055 Rostock
Tel. 0381 381-5342, -5336E-
E-mail: katja.clemens@rostock.de or
ga.jugendarzt@rostock.de



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

Nothing.

Is it also possible to apply online?

Registration by e-mail or telephone is possible.



Acknowledgement of paternity

What is this?

Paternity of a child whose parents are not married at the time of birth is only legally established when the father recognises paternity or paternity is established by a court. The acknowledgement of paternity must be publicly declared and notarised. In principle, the mother's consent, which must also be notarised, is required. If the recognising father and/or mother are not yet of legal age, the consent of the legal guardian(s) is(are) also required.

When can I make use of the counselling/certification service?

Counselling and notarisation can take place before or after the birth of the child. The acknowledgement of paternity and the mother's consent are notarised free of charge at the Office for Youth, Social Affairs and Asylum by prior appointment and can be combined with the certification of the declaration of custody. The mother's consent can also be given at another time.

If paternity has to be established first, the underage 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

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 enquire about this with the responsible office.

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 declaration of custody

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 declaration of custody). 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 declaration of custody 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
- Certificate acknowledging paternity and declaration of consent from the mother

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

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

In addition, if a declaration of custody 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 enquire about this with the responsible office.



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 (subject to a fee)

Domestic help

What is this?

If you are unable to run the household yourself, domestic help will take care of the household and, if necessary, look after the children to ensure a regular daily routine.

If such a need is already foreseeable, the application should be submitted at an early stage.

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
- no other person can perform such tasks, an application can be submitted.

If the father or another relative takes unpaid leave to look after the household after the birth of a child because the mother is unable to do so for health reasons, the health insurance fund will generally reimburse part of the loss of earnings incurred as a result.

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 Bundesversicherungssamt (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 policy 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 certificate will be issued by the gynaecologist/midwife seven weeks before the probable due date at the latest.

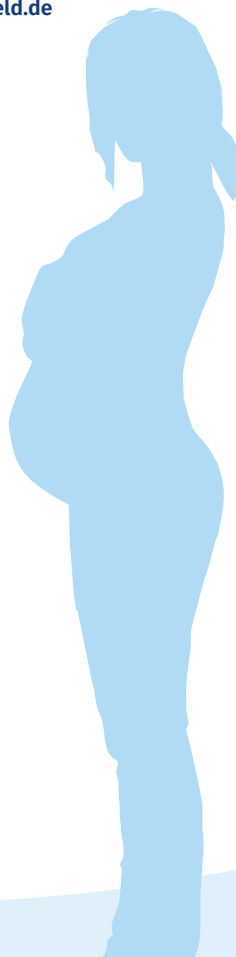
Where must I submit my application?

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



Parental leave

What is this?

Mothers and fathers are entitled to parental leave; spouses who also care for the non-biological child in the household; foster and adoptive parents; and, in exceptional cases, grandparents and relatives up to the third degree who are in an employment relationship.

The beneficiaries must live with the child in the same household, care for and bring up the child themselves for the most part and not work more than 32 hours per week on average per month during parental leave.

The entitlement to parental leave lasts until the child reaches the age of three. A portion of up to 24 months can be claimed between the child's third and eighth birthday. The maternity protection period is counted towards the mother's parental leave. During parental leave, the employer cannot terminate the employment relationship.

When must I apply for parental leave?

Parental leave, which falls between the birth of the child and the child's third birthday, must be applied for in writing vis-a-vis the employer at least seven weeks before parental leave is to begin. The application deadline is 13 weeks for parental leave that is to be taken 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
(State Office for Health and Social Affairs)
Parental Allowance Unit
Friedrich-Engels-Platz 5-6, 18055 Rostock
(as of 2025 in Blücherstraße 1-3)
Tel. 0385 58859951
www.lagus.mv-regierung.de



Registering for giving birth

What is this?

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

In the case of a planned birth in a birthing centre or a home birth, registration is generally carried out via the relevant midwife.

When must I register?

It is not necessary to register for the birth at every clinic. However, registration offers parents a good opportunity to get to know the clinic and at the same time gives the delivery room staff the opportunity to find out all the important information in peace and quiet before labour begins. For this reason, especially high-risk pregnant women are recommended to register. An appointment can be made at the clinic from the 32nd week of pregnancy by telephone for the 36th week of pregnancy.

Midwives are happy to advise parents-to-be on questions and problems relating to the birth. If necessary, a doctor is also available to answer any further questions. An appointment can also be made for planning the birth.

Where do I register?

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



Initial counselling by the Early Help Network (Frühe Hilfen)

What is this?

The birth of a child is a new beginning that turns all of the young parents' previous habits upside down. Healthcare professionals, (family) midwives, pregnancy counselling centres, child and youth welfare services and others work together in the Early Help Network.

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

When can I make use of this counselling service?

All (expectant) parents in the Hanseatic and University City of Rostock, especially parents of small children up to the age of three, can contact the regional contact persons or the network coordinator if they would like support but do not know exactly who can help them.

Where is the counselling held?

- Charisma e.V.
Eutiner Str. 20, 18109 Rostock
Ms. Marten
Tel. 0381 2079161
E-mail: marten@charismarostock.de
- ASB gGmbH
Mother-Father-Child-Project – MAP
Schleswiger Str. 6b, 18109 Rostock
Ms. Kindt
Tel. 0381 77850-58
E-mail: heike.kindt@asb-kjh.de
- Caritasverband für das Erzbistum Hamburg e.V.
Dierkow Counselling Centre
Hannes-Meyer-Platz 27, 18146 Rostock
Ms. Kaiser
Tel. 0381 6009110
E-mail: katharina.kaiser@caritas-im-norden.de
- Der Kinderschutzbund Rostock e.V.
(Child Protection Association)
Kurt-Schumacher-Ring 160, 18146 Rostock
Ms. Berg
Tel. 0381 7680215
E-mail: janet.berg@kinderschutzbund-rostock.de
- Charisma e.V.
Eutiner Str. 20, 18109 Rostock
Ms. Zeglat
Tel. 0381 2079161
E-mail: zeglat@charismarostock.de
- AWO-Sozialdienst Rostock gGmbH
A.-Tischbein-Str. 48, 18109 Rostock
Ms. Manske
Tel. 0381 85799420
E-mail: nicole.manske@awo-rostock.de
- Charisma e.V.
Herwegh Str. 50, 18055 Rostock
Tel. 0381 51876
Mobile: 0152 06557078
E-mail: marie.hagen@charismarostock.de
- Diakonie Rostocker Stadtmission e.V.
Ms. Clasen
Bergstr. 10, 18057 Rostock
Tel. 0381 27757
E-mail: jana.clasen@rostocker-stadtmission.de
- DRK Rostocker Kinder und Jugendhilfe gGmbH
Brahestr. 37, 18059 Rostock
Ms. Sand
Tel. 0381 24279-6041
E-mail: s.sand@drk-rostock.de
- Network Coordinator Early Help (Frühe Hilfen)
Hanseatic and University City of Rostock
Finance and Planning - Youth and Social Affairs
G.-Hauptmann-Str. 23, 18055 Rostock
Ms. Katrin Oldörp
Tel. 0381 381-1024
Mobil 0160 97207873
E-mail: katrin.oldoerp@rostock.de

Counselling can take place in the office or at home.

What is this?

A versatile and customisable range of services relating to pregnancy, birth and postnatal care is offered here.

The clinic aims to support parents from pregnancy through to birth and beyond the breastfeeding period. Midwives, nurses and doctors are on hand to support parents.

The clinic offers informational events, special consultations (high-risk pregnancy care, birth planning) and acupuncture.

Family-orientated 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
Presence of the partner in the delivery room	possible
Family room	depending on capacity
24 hr. rooming-in	possible

Where is the counselling held?

- Klinikum Südstadt Rostock
Südtring 81, 18059 Rostock
Tel. 0381 4401-4546
E-mail: 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	First Monday of the month	7 p.m. in the hospital auditorium
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



Child allowance

What is this?

A child allowance is paid to cover the needs for the care and upbringing or education of the child. Only one person receives the child allowance for the same child.

German nationals generally receive the child allowance for their children if the applicant (person entitled to the child allowance) and the 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 these benefits?

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. The child allowance can be applied for retroactively for four years. However, a statutory payout restriction only permits a payout of 6 months before the application is submitted. The child allowance can generally be paid up to the age of 25.

Where does the application have to be submitted?

online: www.familienkasse.de

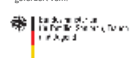
by post: Familienkasse Nord, 20069 Hamburg
(Family Benefits Office)

Visitor address:

- Kopernikusstr. 1a, 18057 Rostock
Tel. 0800 455-5530 (personal matters) or
0800 455-5533 (payment dates)
E-mail: familienkasse-nord@arbeitsagentur.de



gefördert von:



in Zusammenarbeit mit:



Parental allowance

What is this?

Parental allowance (basic parental allowance/Parental Allowance Plus) is a benefit to which both mothers and fathers are entitled, if

- they look after and bring up their child themselves after it is born,
- do not work or do not work full-time (no more than 32 hours a week),
- vocational training courses can be pursued in full,
- they live with their children in one household, and
- they live or have their customary place of residence in Germany.

Parents are entitled to a total of 12 months of basic parental allowance; if one parent reduces their income after the birth, they are entitled to a further two months. The minimum basic parental allowance is 300 euros.

Parental Allowance Plus amounts to a maximum of half of the basic parental allowance to which the entitled person would be entitled without income after the birth. Instead of one month of basic parental allowance, you can choose two months of Parental Allowance Plus. Parents are entitled to up to four partnership bonus months if both parents look after their child at the same time despite working part-time.

Further information, including the amount of the benefits, can be found at:

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

When can I submit my application?

The written application for parental allowance is submitted after the birth of the child. Retroactive payments are only made for the last three months of life.



Where must I submit my application?

The following office is responsible for Rostock:

- Landesamt für Gesundheit und Soziales (State Office for Health and Social Affairs) Parental Allowance Unit
Friedrich-Engels-Platz 5-8, 18055 Rostock (as of 2025 in Blücherstr. 1-3)
Tel. 0385 58859951
E-mail: elterngeld.rostock@lagus-mv-regierung.de

Applications are available online:

www.lagus.mv-regierung.de



Maintenance allowance

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. This parent is then not expected to make any monetary payments. The other parent, however, 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 amount of the maintenance payment to be paid depends on the age and maintenance requirements of the child, the income of the parent liable for maintenance payments, and the number of dependants. 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 maintenance to the mother for a period of six weeks before and eight weeks after the birth of the child. If the mother does not work because she is unable to do so due to pregnancy or childbirth, the father is obliged to provide her with maintenance for a longer period. The father/mother is also obliged to pay maintenance if the mother/father is unable to work due to caring for and bringing up the child.

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

Mothers and fathers who are the sole caregivers of their child are entitled to counselling and support in asserting child maintenance claims and their maintenance claims arising from the birth of the child. 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 service?

Counselling is available at any time by prior appointment.

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 Maintenance Allowance
St.-Georg-Str. 109, Haus II, 18055 Rostock
Tel. 0381 381-5019

Advance payment of maintenance

What is this?

The "advance payment of maintenance" is financial assistance for single mothers or fathers who receive no or too little maintenance from the other parent for the child living with them.

When can I take advantage of the counselling/benefit?

The advance payment of maintenance can be granted upon written application by a parent for children who

- have not yet reached the age of 18,
- live in Germany with a parent who is single, widowed, divorced or permanently separated from their spouse, and
- do not or do not regularly receive monetary support from the other parent or, if the other parent or a stepparent has died, do not receive any orphan's benefits in the amount of the advance payment on maintenance.

However, from the age of 12 until the child reaches the age of 18, the entitlement only exists if no benefits are received in accordance with the German Social Security Code Book II (SGB II) or the child is no longer dependent on benefits arising under SGB II due to the advance payment of maintenance or the parent with whom the child lives 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 Guardianship, Maintenance, Paternity, and Notarisation 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 advance payment of maintenance?

- Identity card or passport or residence permit of the applicant
- Birth certificate of the child
- Certificate of acknowledgement of paternity or decision establishing paternity
- If applicable, official determination of the amount of the maintenance obligation (maintenance decision) in the original, enforceable copy
- If applicable, divorce decree/resolution/annulment
- If applicable, written confirmation of separation from a lawyer
- Proof of income, e.g. child allowance, half-orphan's allowance, maintenance payments
- As of the age of 12, a complete grant notification from the Job Centre
- As of the age of 15, proof of attendance at a school for general education or proof of income

Further documents may be requested in individual cases. Please enquire about this with the responsible office.

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. The child supplement is usually paid out together with the child allowance.

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

- A child allowance (or a comparable benefit) is paid for the child.
- The parents' gross monthly income is at least 900 euros (two parents) or 600 euros (single parents).
- The needs of the family are covered by the payment of the child supplement and any housing benefit to which they may be entitled and therefore there is no entitlement to Unemployment Benefit II or income support.
- The child or children live in the parents' household.

When can I take advantage of these benefits?

If the conditions are satisfied, the child supplement will be paid from the month in which the application is submitted. It is not paid retroactively. The child supplement can be paid up to the age of 25 at the latest.



Where can I get information and where can I apply?

KiZ-Lotse provides information at www.familienkasse.de

KiZ online application at www.familienkasse.de

by post: Familienkasse Nord, 20069 Hamburg (Family Benefits Office)

Visitor address:

- Kopernikusstr. 1a, 18057 Rostock
Tel. 0800 455-5530 (personal matters) or
0800 455-5533 (payment dates)
E-mail: familienkasse-Nord@arbeitsagentur.de



Early support

What is this?

Early support is aimed at children with disabilities or at risk of disability from birth until they start school at the latest. It offers parents counselling and support. The services are free of charge for parents and children.

The children are supported in curative early support centres (FF) or interdisciplinary early support centres (IFF). They are services and facilities that are close to families and localities. These centres help with the early detection, treatment and support of children, in collaboration with doctors, therapists and pedagogues. An impending or existing disability should be recognised as early as possible and then mitigated through support and treatment measures. The services are provided on an outpatient and mobile basis.

When can I take advantage of early support?

Every child's development is individual. However, if the child's development is significantly slower or noticeably different compared to their peers, parents can apply to the Office for Social Affairs and Participation for early intervention.

Where can I submit my application?

- Amt für Soziales und Teilhabe, Eingliederungshilfe für Minderjährige (Office for Social Affairs and Participation, Integration Assistance for Minors) St.-Georg-Str. 109, Haus II, 18055 Rostock Tel. 0381 381-6911 E-mail: eingliederungshilfe@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 E-mail: fruehfoerderung@lebenshilfe-rostock.de



Basic income scheme / income support

What is this?

If the family's living expenses (e.g. during parental leave) are not sufficient to cover the cost of living, you can receive payments from the basic income scheme.

The basic income scheme provides a base income for people who are able to work and are in need. Whether your family can receive these payments is therefore linked to certain conditions. The most important condition is the level of hardship. This means that income and assets are taken into account and it is also possible to apply for payments under the basic income scheme, even if just for one month. This may be due to the assumption of costs for heating. This may include claims for back payments, purchase of heating oil or pellets. Here too, the conditions for the entitlement to benefits, such as hardship and the possibility of self-help, are checked.

You can also obtain information via the following hotline: Tel. 030 221 911 003

Who is eligible to receive which benefits??

As soon as the need arises, submit an application to your Job Centre. Parents or single parents who have already received benefits from the Job Centre prior to the birth of their child should submit their child's birth certificate to the Hanse Job Centre Rostock immediately.

Where can you submit your application?

It is possible to submit the initial application for benefits online.

To do this, go to the specified website. jobcenter.digital will support you with all topics and concerns relating to the basic income scheme. You can now independently apply online for the continued authorisation of your benefits under the basic income scheme, report changes, submit additional documents or search for suitable job offers. The mailbox service gives you the opportunity to send us your messages in a way that is secure in terms of data protection and technology.

www.hansejobcenter.de



We are also happy to advise you on site.

- Hanse Job Centre Rostock Erich-Schlesinger-Str. 35, 18059 Rostock Tel. 0381 4611-0
- Jugendhaus Kopernikusstr. 1a, 18057 Rostock Tel. 0381 381-1044 E-mail: FM-Jugendhaus@rostock.de www.jugendhaus-rostock.de

Education and participation

What is this?

- One-day school or day-care centre excursions and school trips lasting several days
- Participation in a shared lunch at school or day-care centre
- Appropriate learning support that complements the school curriculum
- Your child can have EUR 15 per month for e.g. music lessons, sports club, but also for a visit to the cinema or the zoo
- There's more to come! The EUR 15 can also be saved and used for holiday offers, for example.

Who may receive the benefits?

All children who live with you can receive support if you or your child receive one of the following benefits.

Child supplement - benefits under the basic income scheme - social benefits or social assistance - housing benefits or asylum seeker benefits.

How do I get the benefit?

The easiest way to do this is via the participation card or by (online) application. You will receive the card from the Hanse Job Centre or the City of Rostock after submitting your application. You can then view your BuT Account on the participation card at:

www.but-konto.de



We would be happy to advise you!

Contact persons for parents receiving payments under the basic income scheme

- Hanse Job Centre Rostock
Erich-Schlesinger-Str. 35, 18059 Rostock
Tel. 0381 4611-0
www.hansejobcenter.de

Contact persons for parents receiving social welfare benefits, asylum seeker benefits, housing benefits or child supplement

- Hanse- und Universitätsstadt Rostock
Amt für Soziales und Teilhabe
Abteilung Besondere Soziale Hilfen
Sachgebiet Amt für Ausbildungsförderung und BuT
(Hanseatic and University City of Rostock
Office for Social Affairs and Participation
Department of Special Social Assistance,
Office for Educational Assistance and BuT)
Kopernikusstr. 1a, 18057 Rostock
Tel. 0381 3811099
E-mail: BuT@rostock.de

Additional needs benefits/initial baby package from the basic income scheme/income support

What is this?

Additional needs benefits amounting to 17 per cent 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 packages are not covered by normal requirements and are provided separately. Those 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 receive which benefits??

Single parents and expectant mothers can obtain additional needs benefits 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 package and breastfeeding supplies EUR 195

Total: EUR 600

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

For extending the children's room or initial furnishing of the flat EUR 250

For clothing for the child and breastfeeding supplies EUR 150

Total: EUR 400



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 about this from staff at the Hanse Job Centre in Rostock. Make sure to obtain the approval of the Hanse Job Centre Rostock before signing a new rental agreement.

Where can you submit your application?

- Hanse Job Centre Rostock
Erich-Schlesinger-Str. 35, 18059 Rostock
Tel. 0381 4611-0
www.hansejobcenter.de
- Jugendhaus
Kopernikusstr. 1a, 18057 Rostock
Tel. 0381 381-1044
E-mail: info@jugendhaus-rostock.de
www.jugendhaus-rostock.de

What is this?

Housing benefits are used to secure adequate and family-friendly housing. Housing benefits are granted as a rent subsidy (for tenants) or as a state subsidy (for owners) towards the costs of owner-occupied housing.

Whether you are entitled to housing benefits and if so, how much, 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, in particular, have no claim to housing benefits:

- recipients of payments under the basic income scheme according to SGB II,
- recipients of basic benefits in old age and in the case of reduced earning capacity in accordance with SGB XII, and
- recipients of help with living expenses according to SGB XII,

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 does not apply to households that only include persons who are entitled to training assistance benefits (BAföG (university grant), BAB (training support grant) or training allowance according to SGB III). This also applies if no benefits are paid.



Where can you submit your application?

- Hanse- und Universitätsstadt Rostock
Amt für Soziales und Teilhabe
Sachgebiet Wohngeld
(Hanseatic and University City of Rostock
Office for Social Affairs and Participation,
Housing Benefits Unit)
Rigaer Str. 10, 18107 Rostock
Tel. 0381 381-5510

You can submit an online application in the MV Service Portal.



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.

Appointments can be made online.

Where will the certification take place?

- Hanseatic and University City of Rostock City Administration/Registry Office
Hinter dem Rathaus 5, 18055 Rostock
Contact: Ms Zapelt, Ms Triebel, Ms Balow
Tel. 0381 381-1474, 1480, 1481
E-mail: standesamt@rostock.de
www.rostock.de/standesamt

Opening hours:

Tue: 9:00 a.m. – 12:00 p.m. and 1:30 p.m. – 6:00 p.m.
Thu: 9:00 a.m. – 12:00 p.m. and 1:30 p.m. – 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 unmarried mothers:

- Birth certificate

In the case of unmarried mothers with details of the child's father:

- 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, these 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, these 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 translations thereof
- Marriage certificates in the original with translations thereof
- Passports
- An interpreter is mandatory if you do not speak or understand German.

If necessary, the submission of further, conclusive 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. Therefore, please contact the Registry Office by telephone at the earliest one week after the birth of your child to arrange an appointment. The Registry Office only works by appointment.

What costs are associated with the certification?

- one birth certificate = EUR 12
- every additional copy = EUR 6

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 custody is not restricted by the guardianship.

When can I take advantage of these benefits?

The 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 or re-established by this parent at any time.

Where is the service provided?

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

Consultations only take place by prior appointment!



Breastfeeding counselling

What is this?

Breastfeeding counselling is advice 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 service is also available for families who have questions about introducing complementary foods, baby led-weaning or long-term breastfeeding. Counselling on weaning is also available.

When can I take advantage of breastfeeding counselling?

The benefit can be claimed during pregnancy, until the end of the breastfeeding period and, if not breastfeeding, until the child is 9 months old.

Statutory health insurance covers up to eight consultations from the eighth week of life and until the end of breastfeeding. If the baby is not breastfed, until the baby is 9 months old.

Where is the counselling held?

• Midwife Franziska Wiese
Steinstr. 6, 18055 Rostock
Mobile: 0176 63151343

• Midwife Kathrin Herold
Steinstr. 6, 18055 Rostock
Mobile: 0179 4569968

Breastfeeding and Lactation Consultant IBCLC
Dr. Vera Wieman
E-mail: v.wieman@gmx.de

Breastfeeding and Lactation Consultant IBCLC
and Specialist in Gynaecology and Obstetrics
E-mail: baetje@gmx.de

Counselling takes place by individual appointment either during a home visit or in the midwife's practice.



Nursery care / Daycare centres Office for Youth, Social Affairs and Asylum

What is this?

From the age of one, children are entitled to support in a daycare centre or by a childcare professional. A certificate of eligibility is required to take advantage of a daycare centre for 30 hours/week. The Rostock daycare planner is available to help with searching for a daycare centre:

www.rostock.de/kitaplaner.

Applications to have the parents' contributions reimbursed can be submitted after a contract has been signed if the parents cannot be expected to shoulder the financial burden.

When should applications be submitted?

You should submit the application for the reimbursement of costs at the latest in the month from which your child attends the daycare centre, or is cared for by a childcare professional, or you can no longer pay the costs yourself.

Where can I submit the applications?

• Hanseatic and University City of Rostock
Office for Youth, Social Affairs and Asylum
Benefits Unit, Child Daycare Services
St.-Georg-Straße 109, House II (ground floor),
18055 Rostock

Contact details and contact persons can also be found on the website:

<https://rathaus.rostock.de> > Ämter A-Z-Jugendamt- Kinderbetreuung > Kita



What do I need to submit for the application?

- completed application
- current proof of employment of the parents in the household (form)
- proof of further training and retraining measures/student ID, notice of approval from the Job Centre/Federal Employment Agency
- When changing to a new daycare centre 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)
- Childcare agreement with the daycare centre or childcare professional

Is it also possible to apply online?

The application forms, contact details, lists of all daycare centres/childcare professionals in Rostock, and further information can be found on the website:

<https://rathaus.rostock.de> > Ämter A-Z-Jugendamt-Kindertagesbetreuung > Kita

Family education

What is this?

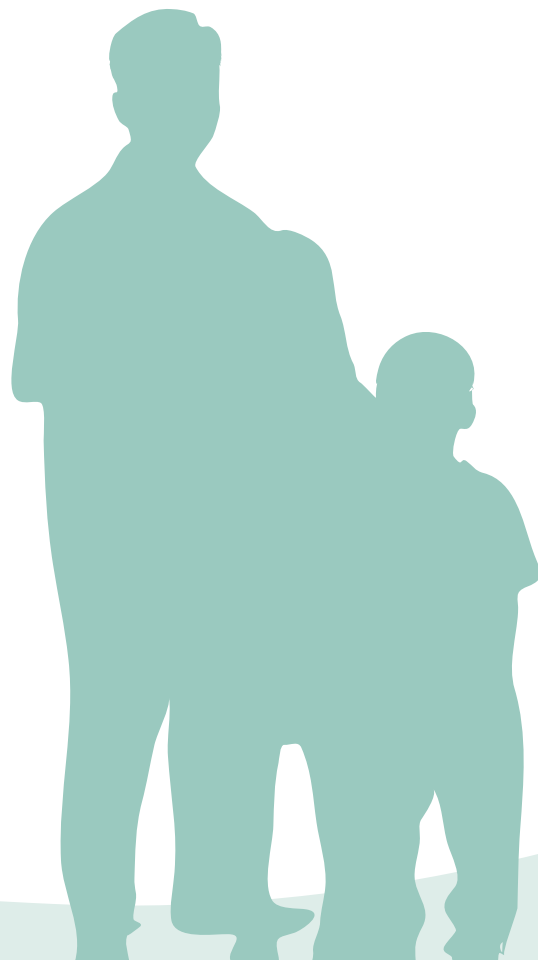
Family education comprises education, counselling and support for family-relevant issues. These services are aimed at all families, parents and other family members. They enrich and support living together as a family and promote successful daily routines.

When can I take advantage of family education services?

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 sessions, general family counselling etc. are available to all interested parties. Some offers are aimed at specific groups of people. Information is available via flyers, notices, programmes and homepages of the providers.

Where is parental and family education offered?

- Der Kinderschutzbund Rostock e.V. (Child Protection Association)
Kurt-Schumacher-Ring 160, 18146 Rostock Tel. 0381 7680215
E-mail: info@kinderschutzbund-rostock.de
www.kinderschutzbund-rostock.de
- DRK Familienbildungsstätte Rostock (German Red Cross Family Education Centre) - state-approved further education facility - Brahestraße 37, 18059 Rostock
Tel. 0381 242796040
E-mail: familienbildung@drk-rostock.de
www.drk-rostock.de
- Charisma e. V. Association for Women and Family
Eutiner Straße 20, 18109 Rostock
Tel. 0381 2079161
E-mail: familien@charismarostock.de
www.charismarostock.de



Counselling & 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 their problems.

We work in the fields of parenting support, separation and divorce counselling, support for foster children, and helping youths in criminal proceedings. This enables us to respond quickly and competently to their individual needs on a daily basis, answer their questions and support them in a variety of ways.

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.

- Office for Youth, Social Affairs and Asylum Northwest (Evershagen, Lütten Klein, Lichtenhagen)
H.-Fallada-Str. 1, 18069 Rostock
Tel. 0381 381-5501
E-mail: asd-nordwest@rostock.de
Infopoint: barbara.brinckmann@rostock.de
- Office for Youth, Social Affairs and Asylum North (Groß Klein, Warnemünde, Schmarl, Hohe Düne, Margrafenheide, Torfbrücke, Rostocker Heide)
A-Tischbein-Str. 48 (Klenow-Tor), 18109 Rostock
Tel. 0381 381-2540, -5000
Fax: 0381 381-2570
E-mail: asd-nord@rostock.de
Infopoint: steffen.wendorff@rostock.de



- Office for Youth, Social Affairs and Asylum Central (Reutershagen, KTV, Hansaviertel, Gartenstadt, Biestow, Südstadt, Stadtmitte, Brinckmansdorf)
Goerdelerstr. 53, 18069 Rostock
Tel. 0381 381-2547, -5000
Fax: 0381381-2640
E-mail: asd-mitte@rostock.de
E-mail: jugendamt@rostock.de

- Office for Youth, Social Affairs and Asylum Northeast (Gehlsdorf, Dierkow, Toitenwinkel, Nienhagen, Stuthof, Langenort, Rostocker Heide)
J.-Nehru-Str. 33, 18147 Rostock
Tel. 0381 381-5249
E-mail: asd-nordost@rostock.de
Infopoint: vanessa.schröder@rostock.de

Always contact the child protection hotline if you suspect that a child's welfare is at risk!

Contact: 08000 1414007

The child protection hotline is available 24 hours a day.

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 afflicting infants and adolescents, development disorders and malformations as well as for all check-ups.

The aim is always to provide individualised and at the same time holistic care for children and young people and their families. Both patients and parents should feel that they are in good hands with their problems and concerns at the paediatrician's office.



- Dr. med. Bauhaus, Iris & Dr. Schumann, Julia
Schiffbauerring 59, 18109 Rostock
Tel. 0381 1283167
- MVZ KJ Rostock
Dr. med. Bock, Britta & Dr. med. Danitz, Christin
Albrecht-Tischbein-Str. 46, 18109 Rostock
Tel. 0381 1201090
- Busjahn, Julia & Danitz, Mario
Lorenzstraße 68, 18146 Rostock
Tel. 0381 697261
- Dr. med. Keßler, Anja & Dr. Wieman
Warnowallee 31a, 18107 Rostock
Tel. 0381 76011600
- Dr. med. Fehlandt, Christoph & Epping, Ingo
Warnowallee 31a, 18107 Rostock
Tel. 0381 76011600
- Dr. Frank, Friederike
Ernst-Thälmann-Str. 3a, 18069 Rostock
Tel. 0381 8002240
- Dipl.-Med. Freese, Birgit
Salvador-Allende-Str. 28, 18147 Rostock
Tel. 0381 699619

- Fasold, Julia - Branch office
Gewerbeallee 46, 18107 Rostock
Tel. 0381 77876160
- Dr. med. Hamp, Silke & Straßburger, Hagen
Trelleborger Str. 10c, 18107 Rostock
Tel. 0381 7699300
- Redepinning, Nicole
Hannes-Meyer-Platz 13, 18146 Rostock
Tel. 0381 697189
- Dr. med. Hein, Claudia
Warnowallee 31c, 18107 Rostock
Tel. 0381 37719928
- Hörning, Maria & Dr. med. Kirchhoff, Frank
Ehm-Welk-Str. 22, 18106 Rostock
Tel. 0381 722052
- Curiates Medicare - Kinder MVZ
Rinke, Cornelia & Dr. med. Kurt, Marie & Dr. med. Kleditzsch, Katrin
Robert-Koch-Str. 9, 18059 Rostock
Tel. 0381 448299
- Dr. med. Kühn, Anja
Erich-Schlesinger-Str. 28, 18059 Rostock
Tel. 0381 29433

- 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 31a, 18107 Rostock
Tel. 0381 76011600
- Dr. med. Olbertz, Dirk
Südring 81, 18059 Rostock
Tel. 0381 44015500
- Dr. med. Raedel, Sandra
Doberaner Str. 142, 18057 Rostock
Tel. 0381 4942251
- Dr. med. Schläfke, Kristin
Friedrichstr. 22, 18057 Rostock
Tel. 0381 4590589
- 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. Will, Christiane
Hannes-Meyer-Platz 13, 18146 Rostock
Tel. 0381 699461
- Dr. med. Bittig
Augustenstr. 121a, 18055 Rostock
Tel. 0381 452676

Current as of: May 2024
A list of specialists can be obtained from the public health department:
katja.clemens@rostock.de
or at: www.kvmv.info

Welcoming visits from “Küsten-babylotsen” (Coastal Babies Welcome)

What is this?

Are you pregnant or have you just become a mum or dad, but your joy is clouded by fears and worries? You are not alone in this! Pregnancy and birth are often associated with major changes and uncertainties. What can be done when psychological stress, everyday overload, social isolation, material poverty, young age or communication difficulties lead to excessive demands?

Specially qualified ‘baby guides’ will support you in overcoming difficult situations and provide information about existing services from Early Help. The ‘baby guides’ will advise you at the Klinikum Südstadt Rostock and will be at your side during the time around the birth.

What topics/information does the counselling involve?

- I need support
- I don't understand anything
- I feel overwhelmed
- Is my child healthy?
- What am I entitled to?
- I need some time for myself
- Don't be afraid of difficult letters

Sometimes an initial personal conversation helps; sometimes further referral to “Early Help” services is required. Our ‘baby guides’ know the services in your neighbourhood that can support you and will “guide” you to the right service - all voluntarily and free of charge. Our aim is to give you and your children a good start in life.



When can I take advantage of these benefits?

We provide counselling during and after pregnancy and are also available to you as a point of contact after the birth of your child. The counselling service from ‘baby guides’ is an exclusive offer for all parents who deliver their baby at the Südstadt Rostock Clinic.

Where is the counselling held?

- Klinikum Südstadt Rostock
Südring 81, 18059 Rostock
- Project organiser:
Charisma e.V., Association for Women and Family
Herweghstraße 50, 18055 Rostock
Marie Hagen
Tel. 0381 51878
Mobile: 0152 06557078
E-mail: marie.hagen@charismarostock.de

Wellcome Practical Help giving 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 that 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 this service?

All families, including those on lower incomes, should be able to benefit from Wellcome. Wellcome charges 5 euros per hour and a 10-euro placement fee. A *reduction is possible at any time* and must be agreed upon with the coordinator. Because money should not be the reason to lose help.

Where is the counselling held?/Contact

- Diakonie Rostocker Stadtmission e.V.
Helsinkier Str. 40, 18107 Rostock
Kinder- und Familienzentrum (KiFaZ)
Ms Angela Brünner
Mobile: 0160 94492967
E-mail: rostock@wellcome-online.de
www.wellcome-online.de



Children's check-ups (counselling U3-U9); (free of charge) Public Health Department

What is this?

Children's check-ups are intended to ensure that illnesses and developmental abnormalities in newborns (U1 and U2), infants (U3-U6), small children up to school age (U7-U9) and in adolescents (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 tells you when each examination is due.

Parents will receive a written reminder from the State Health Authority (LAGuS) if they miss a check-up. If you do not respond to this reminder, the responsible public health department 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 public health department.



Where can I get counselling?

- Hanseatic and University City of Rostock
Public Health Department
Child and Youth Health Services
Paulstr. 22, 18055 Rostock
Tel. 0381 381-5342, -5336
E-mail: vorsorgeuntersuchung@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 to the consultation?

General questions about preventive medical check-ups can be answered by telephone. Specific questions concerning individual examinations or the child should always be clarified in person. Please bring your child's yellow medical examination booklet and immunisation card with you!

Child and Youth Health Services Public Health Department

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 public health department carries out regular examinations of children before they start school and during their time at school.

Examinations and consultations are carried out:

- in infancy (counselling for mothers, coordinating and arranging for Family Midwives and Family, Health and Paediatric nurses)
- at pre-school age (developmental diagnostics and physical examination of children with developmental problems)
- school-entry examinations and screenings in the 4th and 8th grades; in the special needs centres and schools for individual life management (SIL)
- in connection with preventive medical check-ups
- 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 medical check-up booklet, the immunisation card and, if you have any special questions, any previous 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
Public Health Department
Child and Youth Health Services
Paulstr. 22, 18055 Rostock
Tel. 0381 381-5336
E-mail: ga_jugendarzt@rostock.de

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

- External office:
Hans-Fallada-Straße 1, 18069 Rostock

By appointment only

Parenting and family counselling

What is this?

Parenting and family counselling is a service for children, adolescents, their parents or guardians that supports families in solving and coping with problems and crises. It offers help with all questions relating to parenting, child development and education. It also offers counselling on the topics of partnership, separation and divorce.

When can I take advantage of the counselling?

Counselling is possible as of the birth of the child. Children and adolescents can also seek counselling on their own. These services are free of charge.

Where is the counselling held?

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



Dental services Public Health Department

What is this?

The dental team conducts dental examinations in daycare centres 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 come into contact with topics such as

- Dental care
- Tooth-healthy diets
- Fluoride.

Where is the counselling held?

- Hanseatic and University City of Rostock,
Public Health Department
Dental Services
Paulstraße 22, 18055 Rostock
Tel. 0381 381-5311, -5318
E-mail: ga.zahnarzt@rostock.de
By appointment only





Counselling on spas

What is this?

Spa counselling provides support in applying for a mother/father-child spa town visit. The programme is aimed at anyone who currently has parenting responsibilities and is funded under a health insurance policy. 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 and group discussions, advice on parenting, relaxation techniques, creative activities, massages, physical exercise and dietary advice.

When can I take advantage of this counselling/service?

All mothers, fathers and legal 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. Any unanswered questions can be clarified and you will be supported in the application process.

Spa counselling is free of charge.

Where is the counselling held?

- Diakonie Rostocker Stadtmission e.V.
Integrated Psychological Counselling Centre
Bergstr. 10, 18057 Rostock
Tel. 0381 27757
www.rostocker-stadtmission.de

- Diakonie Rostocker Stadtmission e.V.
Integrated Psychological Counselling Centre
Stockholmer Str. 1, 18107 Rostock
Tel. 0381 713008
www.rostocker-stadtmission.de



- ASB Mecklenburg-Vorpommern e.V.
Spa Counselling Centre
Trelleborger Str. 12a, 18107 Rostock
Tel. 0381 6707131
www.asb-mv.de

Counselling in the event of premature 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:

- Sharing experiences 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.

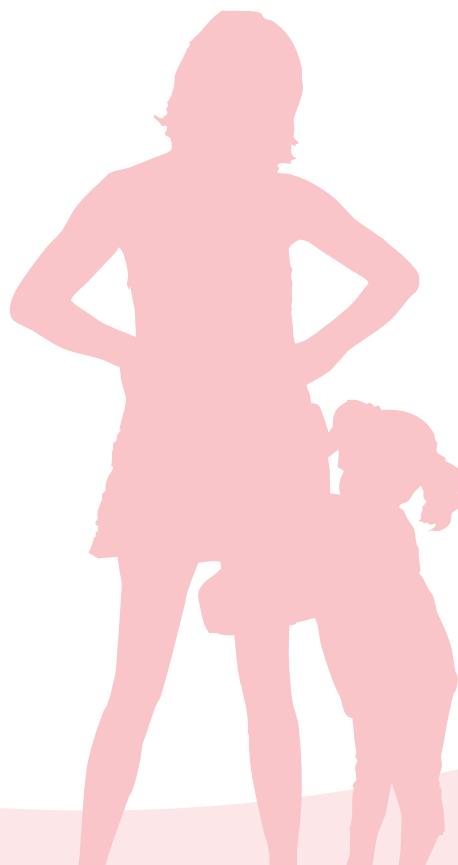
This service is free of charge.

Where is the counselling held?

The location for the counselling is individually agreed upon.

Postal address:

- Rostocker Förderverein für Früh- und Risikogeborene e.V. "KänguRuh"
Südring 81, 18059 Rostock
Mobile: 0152 27375913
E-mail: post@kaenguruh-rostock.de
www.kaenguruh-rostock.de



Counselling for mothers and fathers Public Health Department

What is this?

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

What subjects can counselling be obtained for?

- Topics relating to care, nutrition, development, support and bonding
- Special questions about breastfeeding, complementary feeding, oral motor skills and speech – Learning to eat and speak (a service from ELSE)
- Coping with everyday life

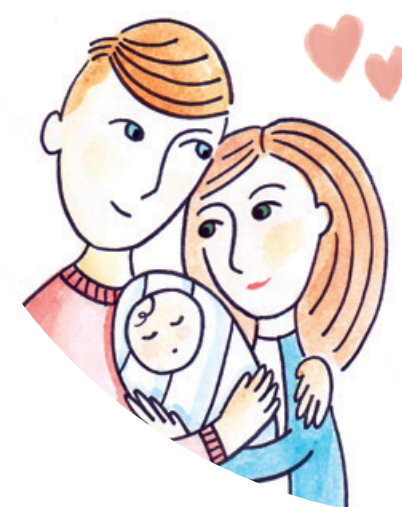
Counsellors will provide help with filling in applications and forms, and more extensive offers of help can be arranged. On every visit, the child can be weighed and measured.

The team from ELSE is made up of educators, midwives, speech therapists, breastfeeding counsellors (IBCLC), paediatricians and paediatric nurses and is interdisciplinary in its approach to answering parents' questions.

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

- Hanseatic and University City of Rostock Public Health Department
Child and Youth Health Services
Paulstr. 22, 18055 Rostock
Tel. 0381 381-5342
E-mail: katja.clemens@rostock.de or
<https://rathaus.rostock.de/de/else>

Opening hours: Tue. 1:00 p.m. – 5:30 p.m., Thu. Tue. 1:00 p.m. – 4:00 p.m. and by appointment. Prior notice would be desirable. Counselling in the branch office in Evershagen is also possible by appointment.



What do I need to bring with me to counselling?

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



Support for loss before and after birth

What is this? When can I take advantage of this offer?

A pregnancy does not always end with the happy birth of a baby.

When a child dies during pregnancy or shortly before or after birth, it is a particularly poignant loss and a painful experience for the parents.

Empathetic conversations help to deal with this loss and the feelings associated with it. Losing a child is a tragic experience.

Who can we talk to when the loss of our baby becomes too much for us?

What helps? What does not help? Will the pain stop at some point? What can people close to us do? What has helped other parents in this situation? It helps many affected parents to speak and express their grief and to say goodbye to their deceased child in a loving way.

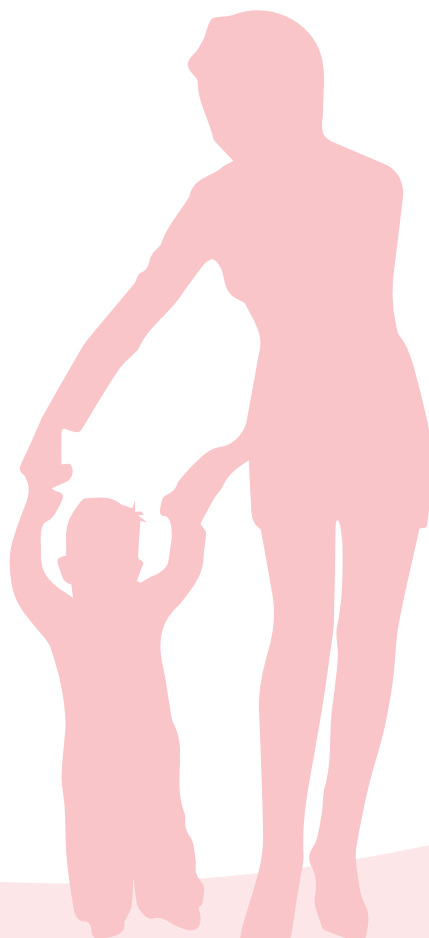
Where is the counselling held? Where is support provided?

Counselling and support on the path through grief and into a new perspective on life, as well as discussions about how to deal with the loss of light-heartedness in a new pregnancy, can take place in a pregnancy counselling centre.

The pregnancy counselling centres of Caritas, donum vitae and the Rostock City Mission offer support and advice in individual consultations.

Information on group offers at:

- Ambulanter Kinderhospiz- und Familienbegleitdienst
Bergstr. 10, 18057 Rostock
Tel. 0381 40310202
E-mail: kinderhospiz@rostocker-stadtmission.de



Counselling for regulatory problems

What is this?

A counselling service for parents with infants and toddlers. Support is provided to families who have found themselves in a stressful situation due to their child's existing problems. Regulatory problems are difficulties in adapting behaviourally. They manifest themselves through: Crying, severe restlessness, sleeping problems, and eating and behavioural problems.

Throughout the year, the DRK Family Education Centre (DRK Familienbildungsstätte) also organises free individual events on the topics of infant sleep, complementary feeding, and the autonomy phase your child will go through.

You can find more information on our homepage at: www.drk-rostock.de/angebote/kinder-jugend-und-familie/familienbildung.html

When can I take advantage of this counselling service?

- 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 rope and can't find any solutions.
- if you want professional advice on how to handle your child in stress situations and in everyday situations.

This service is free of charge.

Where is the counselling held?

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

Please arrange for a counselling appointment in advance. If required, home visits and telephone consultations are also offered.

"Walk and talk" counselling is another option.



Counselling for parents on the topic of integration assistance for children

Working group "Education and Upbringing in the Context of Inclusion"

What is this?

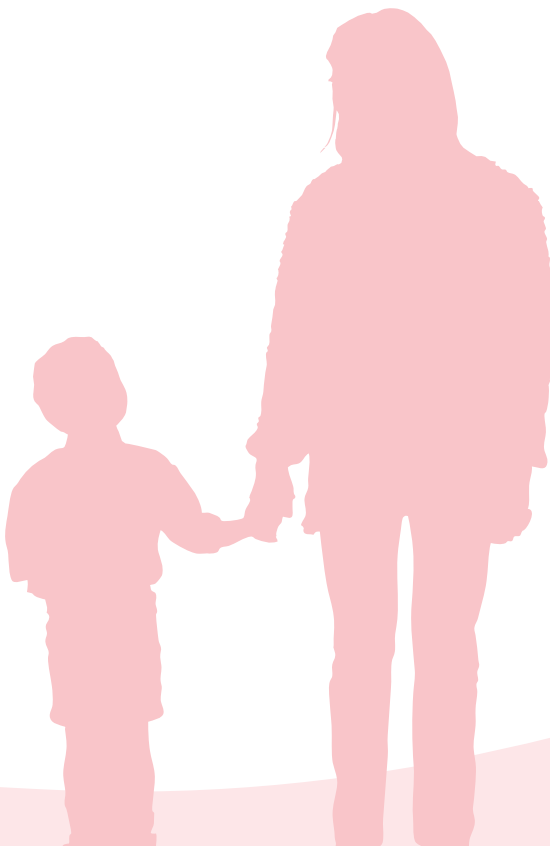
Representatives from youth welfare, integration assistance, the Institute for Special Educational Development Support and Rehabilitation and representatives of the daycare centre parents' council advocated for the further development of the network for the inclusion of children with disabilities or chronic illnesses. The members of the working group meet once a month.

What topics does the counselling cover?

We can offer general and specific counselling for parents and regional professionals on the subject of integration assistance for children in the areas of SGB VIII and SGB IX. Contact can also be made for possible offers of assistance.

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

- Büro für Behindertenfragen (Office for Disability Issues)
Disability Advisory Council/Working Group "Education and Upbringing in the Context of Inclusion"
Neuer Markt 1, 18055 Rostock
Tel. 0381 381-1125
Fax: 0381 381-1926
E-mail: behindertenbeauftragte@rostock.de and behindertenbeirat-rostock@directbox.de
- Amt für Soziales und Teilhabe, Eingliederungshilfe für Minderjährige (Office for Social Affairs and Participation, Integration Assistance for Minors)
St.-Georg-Str. 109, Haus II, 18055 Rostock
Tel. 0381 381-6911
E-mail: eingliederungshilfe@rostock.de



Socio-medical follow-up care

What is this?

If a child is born prematurely or seriously ill, if an accident or a serious, chronic illness fundamentally changes life, this has far-reaching consequences. After being discharged from the hospital and returning home, the family is left on their own and faces particular challenges. Parents are often unsettled by 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 in the children's ward. Case managers and specialised aftercare nurses establish a suitable network of helpers and support. They will be supported by social workers and a psychologist. The focus is not just on the little patients, 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 a hospital or rehabilitation facility



Where is the counselling held?

- Pro-Fil Kindernachsorge gGmbH im Klinikum Südstadt Rostock
Department of Neonatology
Südring 81, 18059 Rostock
Tel. 0381 44015535
Fax: 0381 44015536
E-mail: kindernachsorge@kliniksued-rostock.de or s.herzog@kindernachsorge.de
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,
- the address of which is kept secret,
- where women and their children receive counselling and support from experienced staff,
- where women are helped to overcome acute crises following an abusive situation,
- where women are supported in developing new life plans,
- where women 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 wants or needs to seek refuge, just give us a call. The women's shelter can be reached by telephone day and night, even on weekends and public holidays.

Tel. 0381 454406

E-mail: frauenhaus@stark-machen.de

Postal address:

Autonomes Frauenhaus Rostock

P.O. Box 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, social isolation, hitting, kicking, throwing objects, forcing sexual behaviour and much more. Children are often directly or indirectly affected by domestic violence against their mother.

When can I take advantage of this counselling/service?

The intervention centre is informed by the police when they are called to a domestic violence incident or after a report has been made. The counsellors at the intervention centre contact the victims as quickly as possible to offer help. However, victims of domestic violence and stalking can also contact the intervention centre themselves.

The intervention centre advises those affected on how they can best protect themselves and their children from renewed acts of violence, provides information on legal protection options, and supports them in filing applications with the court (e.g. assignment of accommodation, ban on contact or a restraining order, the victims in question, criminal charges, etc.).

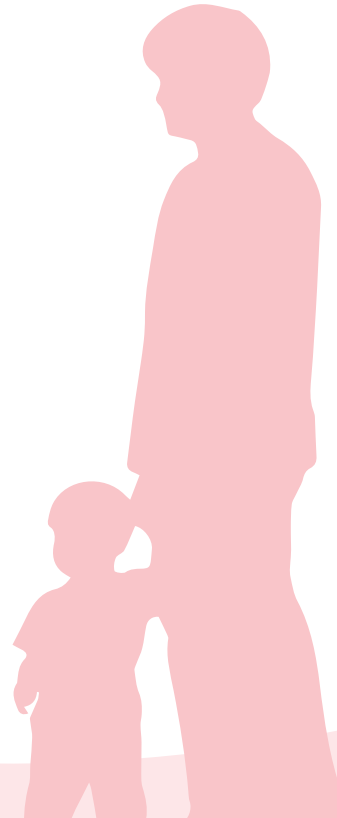
Children who are also affected are given the opportunity to talk to a child and youth counsellor about their experiences and thus come to terms with what has happened and process the events. Counselling by the intervention centre is voluntary and free of charge for victims of domestic violence.



Where is the counselling held?

The counselling sessions take place at the intervention centre or another protected location. The counsellors can also come to your home on request.

- Interventionsstelle gegen häusliche Gewalt und Stalking
(Intervention Centre against Domestic Violence and Stalking)
Heiligengeisthof 3, 18055 Rostock
Tel. 0381 4582938
Mobile: 0163 5310375
E-mail: interventionsstelle.rostock@stark-machen.de



What is this?

The Rostock Paediatric and Adolescent Clinic currently operates 38 full 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 mission is to provide the best possible treatment for the children entrusted to us, to further develop the specialist field through innovative research, teaching and the further training of young doctors to become specialists in paediatrics and adolescent medicine. The foundation of our high performance is the specialisation of experienced staff at university level, taking into account holistic medicine and close and fruitful cooperation with various disciplines. Special features include paediatric nephrology with dialysis and kidney transplantation, the specialist paediatric outpatient clinics for rheumatology and gastroenterology, the diabetology and cystic fibrosis centre, haematology/oncology unit with day clinic, specialist outpatient palliative care for children and adolescents by the "Mike Möwenherz" team, the Special Paediatric Centre (SPZ) and many other specialist facilities.

When can I take advantage of this counselling/service?

Please contact us if you are looking for advice and help. In acute emergencies, you can bring your child to our emergency outpatient clinic at any time, 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 clinics:

(Mon.– Fri. 8:00 a.m. – 12:00 p.m.)
Tel. 0381 494-7019

Emergency outpatient clinic:

Consultation hours daily, 24 hr a day. You can bring your child to our emergency outpatient clinic at any time, day or night, in acutely threatening emergencies.

Tel. 0381 494-7011 Tel. 0381 494-7001
Hotline: 0180 5868222457

On-call emergency medical services

Tel. 0180 5868222457

Monday 7:00 p.m. – 9:00 p.m.
Tuesday 7:00 p.m. – 9:00 p.m.
Wednesday 3:00 p.m. – 9:00 p.m.
Thursday 7:00 p.m. – 9:00 p.m.
Friday 3:00 p.m. – 9:00 p.m.
Saturday 9:00 a.m. – 9:00 p.m.
Sunday 9:00 a.m. – 9:00 p.m.

What is this?

The SPC is a medically managed, specialised facility for the outpatient diagnosis and treatment of children and adolescents aged 0-18 who have or are suspected of having an impairment of physical, mental or psychological development. The interdisciplinary diagnostics team consists of doctors, psychologists, physiotherapists, occupational therapists, remedial teachers, speech therapists and social workers. The aim is to recognise and treat developmental risks or developmental disorders at an early stage.

When can I take advantage of this counselling/service?

A referral from a paediatrician or general practitioner is required.

Registration by telephone at the SPZ is possible.

Where do the diagnostics and treatment take place?

- Universitätsmedizin Rostock
Social Paediatric Centre (SPZ)
Child and Youth Clinic
Ernst-Heydemann-Str. 8, 18057 Rostock
Tel. 0381 494-7230
E-mail: spz@med.uni-rostock.de
www.spz.med.uni-rostock.de



FASD counselling centre for Rostock and MV

What is this?

The Rostocker Stadtmission offers a counselling centre for foetal alcohol spectrum disorder (FASD), which is open to those affected, those seeking advice as well as relatives. Our counselling service is free of charge for you, as we are funded by Aktion Mensch.

As a counselling centre, we are available to people of all ages, because FASD is incurable. This means that you can also contact us as an adult affected by FASD, just as we are there for children and young people.

We are also happy to advise you anonymously on all questions relating to FASD.

When can I take advantage of this counselling service?

You can find our current counselling hours and our contact details on the website. Please send us a non-binding e-mail or give us a call!

We are happy to support you in our local counselling centres in Rostock (KTV and Lütten Klein), are available by telephone and offer chat, email and video counselling if desired.

Where is the counselling held?

- FASD counselling for Rostock and M-V
Contact person: Cornelia Kirsten
(Coordinator)
Bergstraße 10, 18057 Rostock
Tel. 0381 27757
Mobile: 0151 22420953
Fax: 0381 4613636
E-mail: fasd@rostocker-stadtmission.de
www.rostocker-stadtmission.de/fasd-beratungsstelle-m-v



Income and budget counselling – eibe e.V.

What is this?

eibe e.V. is a registered non-profit organisation based in Rostock since 1994. The focus of its work is on advising private households on issues relating to financial household management, financial planning in private households and reorganisation in the event of economic changes, such as an increase in family size.

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 inform Rostock citizens about application options, contact persons, etc. in special life situations. Families, expectant parents, etc. can obtain information from eibe e.V. as part of preventive economic counselling on possible benefits and application procedures, e.g. on foundation benefits, maternity allowance, parental allowance, child benefits, child supplement, housing benefits, benefits as part of the education and participation package, unemployment benefits, benefits under the basic income scheme, income support, etc.

Eibe e.V. offers projects for schools and youth centres for various age groups, e.g.

- "Help, I'm broke – all about pocket money" or
- "Starting an apprenticeship and having your own flat – dealing with 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. Advice ranges from debt counselling to the preparation of insolvency applications as part of consumer insolvency proceedings for private households.



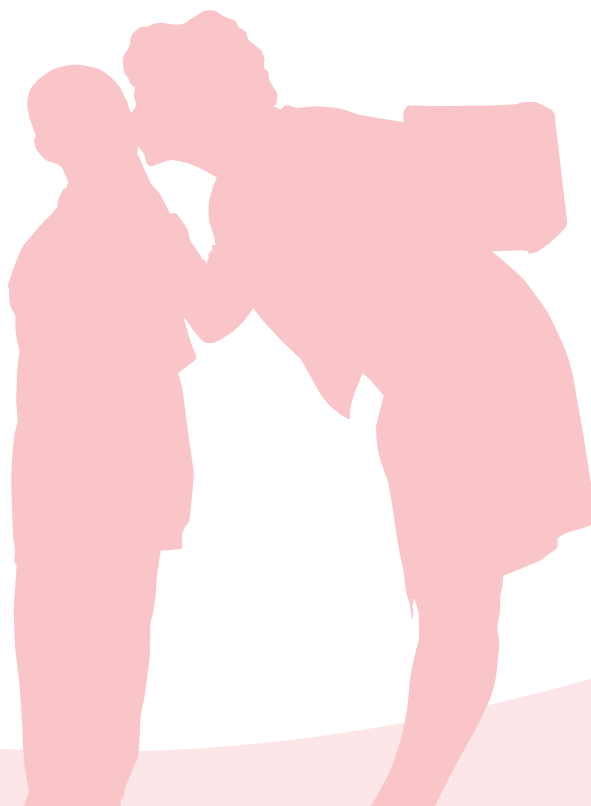
Where is the counselling held?

- 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
E-mail: info@eibe-ev.de

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

Debtor and insolvency counselling
Public consultation hours without appointment,
for initial consultations

Tue. 8:00 a.m. – 12:00 p.m.
Thu. 1:00 p.m. – 6:00 p.m.
every second and fourth Wednesday of the month
1:00 a.m. – 3:30 p.m. in the Kolpinghaus in Rostock



Online counselling for parents

What is this?

The bke online counselling service offers qualified parent counselling by specialists from parenting and family counselling centres. The counsellors support parents through individual counselling sessions via web-based e-mail, individual chats, moderated group and topic chats as well as public forums – depending on the wishes of the respective parents. Parents focus on topics relating to parenting, family conflicts, social behaviour and their children's emotional problems. The specialists also support parents with difficult and shameful topics (e.g. child protection). The bke online counselling service is run by the Bundeskonferenz für Erziehungsberatung (Federal Conference for Educational Counselling - bke).

When can I take advantage of this counselling/service?

Any time online. Counselling is free of charge, anonymous and data-secure.

Where is the counselling held?

www.bke-elternberatung.de
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 volunteer counsellors are extensively trained and attach great importance to treating callers with respect and trust.

Upon request, 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 of charge and anonymously at
Tel. **0800 111-0550**

Availability

Mon. – Fri.: 9:00 a.m. – 11:00 a.m.
Tue. and Thu. 5:00 p.m. – 7:00 p.m.



NummergegenKummer



District and meeting centres

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 respective district. The houses are an open contact point in the social space, anyone can use them. Its one-off and regular events and rooms are open to everyone. Their services take place both in-house and at locations in the neighbourhood.

The SBZs are available to families as a contact point for any questions that may arise.

Courses and meetings such as baby and toddler groups, family afternoons or certified programmes in cooperation with the parent and family education facilities in Rostock complement these services. Further details and current courses can be obtained directly from the district and meeting centres or viewed on the relevant websites.

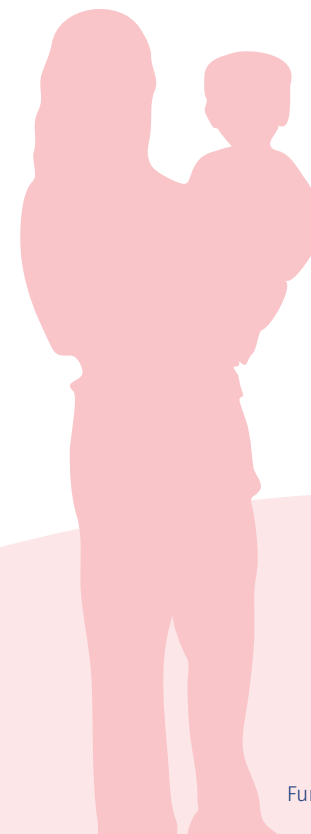


Where can I find the offers?

- SBZ Biestow/Südstadt gGmbH
"Heizhaus", Tychsenstr. 22 and
"Pumpe", Ziolkowskistr. 12, 18059 Rostock
Dagmar Jahr
Tel. 0381 3835337
E-mail: sbz.rostock@gmail.com and
d.dinse@sbz-rostock.de
www.sbz-rostock.de
- Rostocker Freizeitzentrum e.V.
SBZ + JC "Nautilus"
Kuphalstr. 77, 18069 Rostock
Jahn Osterloh
Tel. 0381 890304-13, -12
Tel. 0381 890304-0
Fax: 0831 890304-4
E-mail: jahn.osterloh@rfz-rostock.de
www.rfz-rostock.com
- Institut Lernen und Leben e.V.
SBZ Evershagen
Maxim-Gorki-Str. 52, 18106 Rostock
Antje Dannehl-Klein
Tel. 0381 7680564
E-mail: MGHEvershagen@ill-ev.de
www.ill-ev.de/mghevershagen

- Gem. Gesell. für Kinder- und Jugendhilfe
ASBmbH, Kinder-, Jugend- und Familienzen-
trum "Haus 12" + JC "Schiene"
Am Schmarler Bach 1, 18106 Rostock
Katja Eisele
Tel. 0381 1218118
E-mail: sbz-haus12@asb-KJH.de
www.asb-kjh.de
- IN VIA SBZ und Mehrgenerationenhaus Lütten
Klein, Offener Kinder- und Jugendtreff Rostock
e.V., SBZ Lütten Klein
Danziger Str. 45d, 18107 Rostock
Katy Volgmann
Tel. 0381 778803-17
E-mail: info@inva-rostock.de
www.invia-rostock.de
- Kolping Initiative MV GmbH
SBZ Lichtenhagen
Eutiner Str. 20, 18109 Rostock
Hanka Bobsin
Tel. 0381 717238
E-mail: kolping-lichtenhagen@gmx.de
www.kolping-mv.de/rostock
www.kolping-mv.de/rostock
begegnungszentrum

- AWO-Sozialdienst Rostock gGmbH
SBZ Groß Klein "Bürgerhus" + JC "224"
Gerüstbauerring 27 and 28, 18109 Rostock
Lucia Ziegler
Tel. 0381 1217355
E-mail: boergerhus@awo-rostock.de
www.boergerhus.de
- Volkssolidarität, SBZ Dierkow
Kurt-Schumacher-Ring 160, 18146 Rostock
Steffen Ohm
Tel. 0381 66652-71, -72
E-mail: steffen.ohm@volkssolidaritaet.de
www.vs-hro.de/stadtteil-und-begegnungs-zentrum-dierow
- DRK KV Rostock e.V., SBZ Toitenwinkel
Olaf-Palme-Str. 26, 18147 Rostock
Maria Mauga
Tel. 0381 24279-240
E-mail: sbz-toitenwinkel@drk-rostock.de
www.drk-rostock.de/angebote/kinder-jugend-und-familie/sbz-mgh-toitenwinkel



The Rostock City Library is the largest library in Mecklenburg-Vorpommern with 6 locations and a makerspace.

A wide range of activities for the whole family awaits you there: From board books to travel guides, there is something for every taste.

What does that specifically mean?

Here you will find a wide range of media, can attend many events, have the opportunity to study or read, use the free W-LAN and much more.

Our reading time for our youngest readers is particularly popular:

Volunteer reading mentors regularly immerse children between the ages of 4 and 6 in exciting stories and then give them the opportunity to talk about them afterwards.

Our evening events and information events also provide an opportunity for regular dialogue.

Is it possible to borrow anything other than books from the Rostock City Library?

In short: Yes.

The long version: Our media offering is diverse and includes a wide range of current media, including books, magazines, board games, films, console games and digital media (Onleihe).

This range is being continuously expanded and supplemented by other types of media (e.g. Tonieboxes or consoles).

For example, we will be happy to help you with the following questions:

Are you going on holiday and want to know what awaits you at your destination? Here you will find the latest travel guides with the best local tips.

Would you like to know what the difference is between a Toniebox and a Tigerbox? You can borrow both from us and try them out at home. Of course, you can also find the matching Tonie figures for the Toniebox here.

Your grandchildren are coming to visit and the weather report only shows rain? Here you will find a variety of board games that will shorten long rainy days in no time.

A sibling is on the way and you are looking for the right book to start a conversation with your child? Here you will find a variety of children's



books that offer the opportunity for various conversations or also contain difficult topics (death, divorce).

Would you like to know what the eLibrary is and which devices are suitable for it? The eLibrary offers you a wide range of digital media (e.g. eBooks, eAudios or ePapers) which you can read or listen to on your smartphone, tablet or eBook reader. The best thing is: You do not need to worry about the return, this is done automatically. We would be happy to help you personally with the set-up.

Is there an annual fee?

That is the good news: With us you pay no annual fee.

Only the loan of films (DVD & Blu-ray) or console games (Playstation 4 & 5 and Nintendo Switch) costs EUR 1.00 per medium.

What is required for registration?

To register, simply bring your identity card or passport along with an official registration certificate.

Children aged 7 and over simply have to have their parents with them to register.

Where can I find more information?

Please feel free to visit our homepage. There you will find an overview of all information:

www.stadtbibliothek-rostock.de

Where can I take advantage of this service?

- Stadtbibliothek Rostock
(Rostock City Library), Central Library
Kröpeliner Str. 82, 18055 Rostock
Tel. 0381 381-2840
E-mail: stadtbibliothek@rostock.de
Opening hours
Mon., Tue., Thu., Fri., 10:00 a.m. – 6:00 p.m.
Wed. 12:00 p.m. – 6:00 p.m.,
Sat. 10:00 a.m. – 2:00 p.m.
- Zweigbibliothek Groß Klein
(Branch Library)
Gerüstbauerring 28 (Bürgerhus), 18109 Rostock
Tel. 0381 381-2858
Opening hours
Mon., Tue., Thu. 10:00 a.m. – 12:00 p.m. 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 p.m. 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 p.m. and
1:00 p.m. – 6:00 p.m.
- Zweigbibliothek Lütten Klein
(Branch Library)
Warnowallee 30, 18107 Rostock
Tel. 0381 381-2853
Opening hours
Tue., Thu., Fri. 10:00 a.m. – 12:00 p.m. 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 p.m. 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 devices), household items, children's articles, books, clothes for women, men and children and much more.

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 banks distribute food and everyday goods to people in need 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), guaranteed minimum pension, 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 take advantage of this.

The exact proof/notice required varies.

Where are non-profit department stores located?

- Charisma e.V. "Schmarler Lichtblick"
Sozialkaufhaus Schmarl
Am Schmarler Bach 2, 18106 Rostock
Tel. 0381 1218408
E-mail: sozialkaufhaus@charismarostock.de
- Diakonie Rostocker Stadtmission e.V.
Sozialkaufhaus Dierkow
Dierkower Höhe 2, 18146 Rostock
Tel. 0381 4402303
E-mail: skh-dierkow@rostocker-stadtmission.de

Where are for-free shops located?

- Kostenlos e.V.
Umsonstladen Reutershagen
A.-Saefkow-Str. 2, 18069 Rostock
Tel. 0381 8775387
www.umsonstladen-sozialkaufhaus-rostock.de
- Rumpelkammer Rostock e.V.
Umsonstladen Reutershagen
Bonhoefferstr. 6, 18069 Rostock
Mobil: 0157 58249272
- Umsonstladen Rostock e.V.
Umsonstladen Lütten Klein
Warnowallee 7, 18107 Rostock
Mobile: 0176 52236565
www.umsonstladen-rostock.de
- Spendenkiste
Umsonstladen KTV
Budapester Str. 17, 18057 Rostock
Mobile: 01520 4430471
www.umsonstladen.de

Where are clothes banks located?

- DRK Kreisverband Rostock e.V.
SBZ/Mehrgenerationenhaus Toitenwinkel
Kleiderstübchen
Olof-Palme-Str. 26, 18147 Rostock
(Mondays and Wednesdays)
Tel. 0381 24279-240
Mobile: 0172 1408591
www.drk-rostock.de
- Sozialdienst katholischer Frauen e.V. (SkF)
Bertolt-Brecht-Str. 15, 18106 Rostock
Tel. 0381 3755907
E-mail: skf.rostock@t-online.de
- AWO-Sozialdienst Rostock gGmbH and
AWO KV Rostock e.V.
Kleiderkammer Wühlmäuschen
Gerüstbauerring 28, 18109 Rostock
Tel. 0381 7787049

Where are food banks located?

- Rostocker Tafel e.V.:
- Lichtenhagen, Warnemünde
- Familienkompetenzzentrum
Schleswiger Str. 6a, 18109 Rostock (Mondays)
- 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
- GEMEINSAMES HAUS" Rostock
H.-Ibsen-Str. 20 (Fridays) Group A
 - Thomas-Morus-Kirche Group B
Thomas-Morus-Str. 4 (Tuesdays)
- Lütten Klein
- Warnowallee 9, annex
(Thursdays and Saturdays)
- Schmarl
- Arbeitslosenzentrum
Roald-Amundsen-Str. 24 (Thursdays)
- Groß Klein
- Gemeindezentrum Brücke
Fritz-Meyer-Scharfenberg-Weg 7a (Mondays)



Reutershagen, Komponistenviertel, Hansaviertel,
Gartenstadt

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

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

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

What is this?

There are various care and support services for families in housing projects in northwest Rostock. Integration and family support have many common goals. We offer flexible and individualised residential care. We support mothers and fathers in building a self-determined life with their child. The focus is on the parents' bond and relationship with their child, parent-child training, guidance on nutritional development and childcare, antenatal and postnatal care, sensitivity training and courses on life-world orientation and child development. We create special parent-child times in which mums and dads can get to know their child through various activities and spend time together. Some projects offer the opportunity to take advantage of various programmes, such as parent-child riding in animal-assisted work with families or Indian-Swedish baby massages. The parents have the opportunity to try out their new tasks in a protected environment, to test themselves and to familiarise themselves with new methods.

Parents are advised on their abilities and a team of caregivers is on hand to support them in coping with and structuring everyday family life. The projects provide families with reliable contacts and support in the many aspects of family life. Accompanied parenthood supports parents in recognising their child's basic needs and responding to them appropriately. There are 4 flats on the ground floor of the MAP, which offer mothers and fathers with a diagnosed mental illness a low-stress environment and a quiet family setting.

When can I take advantage of this counselling/ service?

Each parent is entitled to help and support and can submit an application to the Office for Youth, Social Affairs and Asylum on their own behalf. The staff at the housing projects will be happy to advise you on the requisite means of doing so. We are available on site for this purpose and offer residential and project tours upon prior arrangement.



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

The families live in residential apartments/groups in northwest Rostock.

- Gem. Gesell. für Kinder- und Jugendhilfe ASB mbH inklusives Wohn- und Hilfeangebot MAP
Schleswiger Str. 6b, 18109 Rostock
Tel. 0381 7785048
E-mail: map@asb-kjh.de
www.asb-kjh.de/angebote/betreuung/mutter-vater-kind
- ASB Familienprojekt L.I.V.
Gedser Straße 6, 18107 Rostock
Tel. 0381 29643482
E-mail: liv@asb-kjh.de
- ASB Familienprojekt F.R.I.D.O.L.I.N.
18109 Rostock
Tel. 0381 3713859
E-mail: familienprojekt@asb-kjh.de
- DRK Rostocker Kinder- und Jugendhilfe gGmbH Jugendhilfeverbund "Blinkfeuer"
Mutter-/Vater-Kind-Wohnen
Danziger Str. 42, 18107 Rostock
Tel. 0381 7690772
E-mail: nomek@drk-rostock.de

Who we are and how we can support you

Elternzeit – Rostocks Familienservice – has set itself the task of sustainably improving the compatibility of family and working life for parents. In addition to attractive and practical childcare programmes for families at home and in companies, we also want to make a contribution to harmonious family life in the area of parental education.

We would like to accompany you as an (expectant) family and provide you with advice and support during the various phases of parental leave, because parental leave begins with the birth of the child & never ends for parents. Our services include events, workshops and counselling on the topic of family.

The goal of our programme is to help children find appropriate ways to cope with everyday situations with a good feeling, thus creating a harmonious environment for them. If you want parenting to succeed in the long term and if you want a happy and harmonious family life – then our events are the right place for you. We want to give you time to feel good – because when parents are happy, so are the children.

When can I take advantage of this service/offer?

The childcare service is aimed at all parents who require additional childcare. We complement the regular childcare services and see ourselves as a provider of childcare in the so-called off-peak hours. Even if regular childcare is cancelled, we will take over childcare subject to availability.

Our events, counselling sessions and workshops are aimed at all interested parents who would like to discuss family issues with experts and other parents.



Where does this take place or where is the service offered?

We look after children in families' homes, in equipped nurseries in companies or wherever the need arises (in Rostock and on the outskirts of the city). You will always find up-to-date information on our homepage:

www.elternzeit-familienservice.de.

All events, workshops and counselling services can be found on our website:

www.elternzeit-familienakademie.de

Contact:

- Elternzeit RFS gGmbH
Schonenfahnerstraße 4, 18057 Rostock
Tel. 0381 2906423
E-mail: kontakt@elternzeit-familienservice.de

The costs for childcare depend on the location and the scope of the childcare. Prices for events, workshops and consultations can be found on our homepage.

Counselling and support for migrants

What is this?

The Integration Unit in the Office for Social Affairs and Participation, the Migration Counselling Centres and the Youth Migration Service offer immigrants support in the integration process. Migrants find support in finding their way around Germany and in solving problems. The counselling centres answer questions about residence, governmental authorities, integration language courses, health, education, work, marriage and family, education, finances and housing. People seeking advice are informed about legal entitlements, supported with applications and, if necessary, referred to other regular 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 Counselling 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 Office for Social Affairs and Participation - Social Counselling for Refugees exclusively advises refugees with their own accommodation, regardless of their residence permit.

Where is the counselling held?

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

- Amt für Soziales und Teilhabe
Sachgebiet Sozialberatung für Geflüchtete
(Office for Social Affairs and Participation
Social Counselling for Refugees)
Hans-Fallada-Str. 1, 18069 Rostock
Tel. 0381 381-5057
E-mail: soziale-beratung@rostock.de or
asyl@rostock.de or
asylunterkunft@rostock.de



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

What is this?

The EUTB offers people with (impending) physical, mental and cognitive disabilities and their relatives counselling and support on issues relating to rehabilitation and participation. We provide advice free of charge, independent of the organisations that pay for or provide your services. The legal basis is Section 32 of the Ninth Book of the German Social Security Code (SGB IX).

When can I take advantage of the counselling/service?

The counselling and support services are aimed at people with (impending) disabilities and their relatives. You can use the service if you (as a person with a disability) are planning a pregnancy, are expecting a child with an impending disability or 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. Consultation by e-mail or telephone is also possible.

- 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
E-mail: info@inklusion-rostock.de
www.inklusion-rostock.de

Consultation hours

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

Office hours

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

Migration Counselling Centres (MBE) for adult immigrants

- Caritasverband für das Erzbistum Hamburg e.V.
Region Rostock
Augustenstr. 85, 18055 Rostock
Tel. 0381 4547231
E-mail: mbe-hro@caritas-im-norden.de

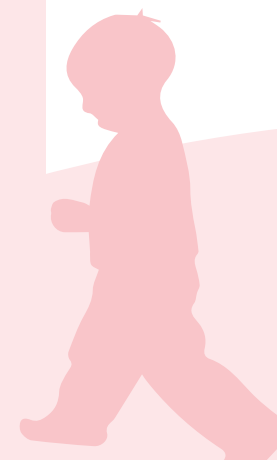
- Deutsches Rotes Kreuz – Kreisverband Rostock e.V.
(German Red Cross District Association of Rostock)
Hannes-Meyer-Platz 27, 18146 Rostock
Tel. 0381 24279238
E-mail: mbe@drk-rostock.de

Youth Migration Service (JMD)

- AWO-Sozialdienst Rostock gemeinnützige GmbH
Warnowallee 25, 18107 Rostock
Tel. 0381 1200000
E-mail: jmd@awo-rostock.de



- EUTB Pro Retina-Rostock
Parkstr. 11, 18057 Rostock
(the entrance is between house no. 10 and no. 11 on the ground floor)
Tel. 0381 12842456
Mobile: 0151 72068020
E-mail: rostock.eutb@pro-retina.de



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, counselling, 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 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 counselling centres.

Addiction counselling is voluntary, free of charge and completely confidential. Our competent employees are of course bound by confidentiality and will advise you anonymously if necessary.

Where can I take advantage of the offer?

- Caritasverband für das Erzbistum Hamburg e.V. Region Rostock, Specialist Service for Addiction Assistance Treatment focus: Alcohol, medication, drugs, gambling Child-Family-Addiction Network August-Bebel-Str. 2, 18055 Rostock Tel. 0381 252323 Fax: 0381 2523250 E-mail: suchtberatung@caritas-im-norden.de www.caritas-mecklenburg.de

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

- Evangelische Suchtberatung Rostock gGmbH Treatment focus: Alcohol, medication, eating disorders, media addiction Dalwitzhofer Weg 1, 18055 Rostock Tel. 0381 455128 Fax: 0381 455129 E-mail: info@suchthilfe-rostock.de www.suchthilfe-rostock.de

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

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

Consultation hours
Mo. 9:00 a.m. – 12:00 p.m. and 1:00 p.m. – 6:00 p.m.
Fri. 9:00 a.m. – 3:00 p.m.

- Suchtberatungs- und Behandlungsstelle der Volkssolidarität e.V. (Addiction Counselling and Treatment Centres) Treatment focus: Counselling centre for gambling addiction, alcohol, medication, drugs, quitting smoking Goethestr. 16, 18055 Rostock Tel. 0381 4923441 Fax: 0381 2034680 E-mail: suchtberatung-hro@volkssolidaritaet.de www.vs-hro.de

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

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

Consultation hours
Tue. 9:00 a.m. – 12:00 p.m. 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 care need quick and 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 need advice, information and/or support regarding services and offers on the subject of care, such as

- Application for a (higher) level of care
- Use of special aids
- Modifying the living environment, e.g. installation of a barrier-free shower
- Obtaining help from a care service
- Short-term care
- Offers from family support services
- Health and care at school or kindergarten
- Relief with household chores, shopping or other work
- Power of attorney for healthcare decisions
- Disability law
- Support from family helpers and much more.



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 Care counsellor Tel. 0381 381-1507 Social worker Tel. 0381 381-1508 E-mail: pflegestuetzpunktnord@rostock.de
- Rostock Südstadt location Erich-Schlesinger-Str. 28, 18059 Rostock Care counsellor Tel. 0381 381-1506 Social worker Tel. 0381 381-1509 E-mail: pflegestuetzpunktsued@rostock.de

Opening hours
Tue. 9:00 a.m. – 12:00 p.m. and 1:30 p.m. – 5:30 p.m.
Thu. 9:00 a.m. – 12:00 p.m. and 1:30 p.m. – 4:00 p.m. and by appointment

· in the home
· on the Internet www.pflegestuetzpunktev.de

Self-help groups

What is this?

Imagine that you or your child or another person close to you is suffering from a chronic or mental illness, an addiction or a social life problem. You or they can't move on but want change. You want to improve your personal situation and are looking for the opportunity to overcome your own problems together with others who are affected by the same issues. Then you can turn to the self-help contact centre. The staff there can provide information, advice and refer you to self-help groups. They also support the establishment of new groups.

When can I take advantage of this counselling service?

You can take advantage of the counselling service during opening hours. These services are free of charge.

Where is the counselling held?

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

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

www.selbsthilfe-mv.de



Counselling and support for young parents

What is this?

The JUGEND-SOZIAL counselling service (JSB) of the Youth Welfare Office in the Rostock Youth Centre offers all young parents up to the age of 27 the opportunity to receive counselling. Counselling and support in all individual life situations.

Questions, problems, conflicts and crises are just as much a part of life as solutions and opportunities

Not only is your educational and professional situation important to us, but especially your personal situation. After all, you need to be well so that you can make a successful start to your training and/or working life.

You...

- have dropped out of school, training or other programmes and are you at a standstill in your career?
- don't have a school-leaving certificate or are unemployed and have no idea what to do next?
- have experience with youth welfare services (have had support in the form of a social worker or have lived in a residential group or foster family) and need support after leaving?
- have mental or other illnesses (e.g. addiction), financial or family problems that make it difficult for you to get into school, training or work?
- have had problems with other governmental authorities and offices or don't understand application documents?
- have questions about financing your own home or are threatened with homelessness?

We...

- will advise and support you.
- know of other offers of help in your area.
- can establish contact with counselling centres, offices and governmental authorities.
- can work, if you wish, hand in hand with the Hanse Job Centre and the Employment Agency.



Where is the counselling held and what form does it take?

Counselling is held on our premises at the Jugendhaus Rostock or in your neighbourhood or, in individual cases, at your home. Counselling and support are free of charge and possible without an application.

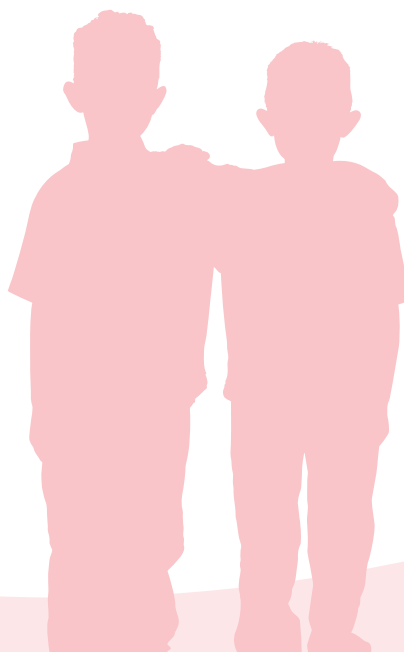
All topics are discussed in confidence and only with you in accordance with data protection and confidentiality laws. This is the only way we can look for solutions together in a spirit of trust and create prospects for you.

- Jugend-Sozial-Beratung im Jugendhaus Rostock (JUGEND-SOZIAL counselling service of the Youth Welfare Office)
Jugendhaus Rostock
Kopernikusstr. 1a, 18057 Rostock
Tel. 0381 381-1044
E-mail: jsb@rostock.de
www.jugendhaus-rostock.de



JUGENDHAUS
Rostock

Berufliche Jugendsozialberatung



What is this?

We are the Rostock self-help group 'FASD - Perfect'. People who have children and other relatives diagnosed with FASD (foetal alcohol spectrum disorder) come to us.

FASD is the most common congenital disability in Germany. It can occur when pregnant women consume alcohol. Even small quantities are dangerous. Alcohol is a poison that can cause serious damage to all organs, even in unborn babies. The brain is usually particularly affected. The person suffers their entire life as a result of the damage, because FASD cannot be cured.

In this self-help group, we talk and advise each other on many everyday topics:

- where can we find medical and therapeutic help?
- what experiences have others had with day-care centres and schools
- what difficulties do those affected have
- what support is available
- how do we organise relief, etc.

We support each other, because life with FASD is often difficult.

When can I take advantage of this counselling and support?

Affected families and relatives are welcome. We also welcome all interested parties who want to take on (social) responsibility together with us. We meet every last Monday of the month at 7:00 p.m. for a chat – You can just drop in! You can also contact us via Facebook or by e-mail.



Where can I find the self-help group and how can I get in touch?

www.facebook.com/fasd.selbsthilfegruppe.rostock

info@fasd-perfekt-mv.de

Group meetings (always on the last Monday of each month at 7:00 p.m.) at:

- Pflege-Familien-Zentrum Rostock
"Das Kind im Blick"
Caritas im Norden – Caritasverband für das Erzbistum Hamburg e.V.
Kröpeliner Str. 16, 18055 Rostock

Contact:

- Selbsthilfegruppe FAS(T)D PERFEKT c/o
Fachdienst Suchthilfe Caritas im Norden –
Caritasverband für das Erzbistum Hamburg e.V.
August-Bebel-Straße 2, 18055 Rostock

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Pregnant!

ALCOHOL?

My child drinks with me.



Not a sip. Not a risk.

More about the consequences of alcohol consumption
in pregnancy and why it's worth it to say **NO**,
you find here:

www.aeggf.de



www.fasd-netz.de

a joint initiative by

ÄGGF
Ärztliche Gesellschaft
zur Gesundheitsförderung e.V.

FASD Netz
Nordbayern

in cooperation with

SBK
Service
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