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Support for families

Help with domestic violence

Do you need protection and help for yourself and your children?

If you are in danger now or need help immediately, call the police: ■ [110](#)

If children are in danger due to physical violence, psychological violence, neglect or sexual violence, please contact the General Social Service (ASD) of the district office:
■ [07541/2045364](#)

General Social Service (ASD), Lake Constance District Office

■ [Albrechtstraße 75, 88045 Friedrichshafen](#)

■ [07541/2045364](#)

■ jugendamt@bodenseekreis.de

■ www.bodenseekreis.de

For counselling and support, please contact

Police advice centre in the Lake Constance district

■ [07541/7011510](#)

Protective House Bodenseekreis (women's and child protection centre)

■ [07541/4893626](#)

Women help women e. V.

■ [07541/21800](#), ■ [Ailinger Straße 38/1, 88046 Friedrichshafen](#)

Special service of the Office for Family, Youth and Social Affairs

■ [07541/2033132](#), [07541/2033133](#), [07541/203-3145](#)

Counselling centre for women in emergency and separation situations

■ [07541/2033132](#), ■ [Rathaus Stadt Friedrichshafen, Adenauerplatz 1, 88045 Friedrichshafen](#)

Youth Welfare Office, Lake Constance District Office

■ [07541/2045364](#) ■ [Landratsamt Bodenseekreis, Albrechtstraße 75, 88045 Friedrichshafen](#),

Women's and Family Representative of the Lake Constance District

■ [07541/2045475](#) ■ [District Office Lake Constance District, Albrechtstraße 75, 88045 Friedrichshafen](#)

Violence comes in many forms - violence can occur in all areas.

- **Physical violence**
for example: kicking, hitting, pushing ...
- **Sexual violence**
Sexual harassment,
forcing someone to have sexual intercourse ...
- **Psychological violence**
for example: insulting, belittling, threatening, controlling, stalking, separating someone from

other people

- **Economic violence**
for example: forbidding work, not giving money

■ No matter what kind of violence you or your children experience: you have the right to get help and protect yourself!

You can find more information [here](#).

Promotion of child welfare

Life with a child brings a lot of joy, but also many changes. Parents can reach their limits at times. There is Early Help (in German: "Frühe Hilfen") to support them. Early Help is offered to families starting with pregnancy through to a child's third year.

Contact points for Early Help are the [21 family reunions](#) in the Lake Constance district.

Further information and contact persons

MOBILE network, Jugendamt, Landratsamt Bodenseekreis

Lucia Beckesch and Monika Gröber

■ [07541/2045443](tel:075412045443) / ■ [07541/2045620](tel:075412045620)

■ netzwerk.mobile@bodenseekreis.de

■ www.bodenseekreis.de

■ [Information and flyers for \(prospective\) parents with children from 0 to 3 years of age can be found here.](#)

Support in family crises

Support in family crises (e.g. separation, divorce)

Jugendamt, Landratsamt Bodenseekreis

■ [Albrechtstrasse 75, 88045 Friedrichshafen](#)

■ [07541/2045364](tel:075412045364)

■ jugendamt@bodenseekreis.de

■ www.bodenseekreis.de

Caritas Bodensee-Oberschwaben in Friedrichshafen

Psychological family and life counselling

■ [Katharinenstrasse 16, 88045 Friedrichshafen](#)

■ [07541/300040](tel:07541300040)

■ pfl-fn@caritas-bodensee-oberschwaben.de

■ www.caritas-bodensee-oberschwaben.de

Caritas Bodensee-Oberschwaben in Überlingen

Psychological advice centre for parents, children and adolescents

■ [Mühlbachstraße 18, 88662 Überlingen](#)

■ [07551/308560](tel:07551308560)

■ psychologische.beratungsstelle@caritas-linzgau.de

■ www.caritas-bodensee-oberschwaben.de

Starke Kinder - DUNJA

Consultancy in case of school and family problems

BBQ Bildung und Berufliche Qualifizierung gGmbH

■ [Merkurstraße 3, 88046 Friedrichshafen](#)

■ [075413979310](#)

■ info-friedrichshafen@bbq-biwe.de

BeJuga

Consultancy for families (with and without children) regarding everydaylife questions such as job search, apartment search, debt counselling...

BBQ Bildung und Berufliche Qualifizierung gGmbH

■ [Merkurstraße 3, 88046 Friedrichshafen](#)

■ [075413979310](#)

■ info-friedrichshafen@bbq-biwe.de

Livelihood

Advice in financial crises and emergency life situations

Jobcenter, Landratsamt Bodenseekreis

■ [Albrechtstrasse 75, 88045 Friedrichshafen](#)

■ [07541/2040](#)

■ jobcenter@bodenseekreis.de

■ www.bodenseekreis.de

Stadt Friedrichshafen

■ [Adenauerplatz 1, 88045 Friedrichshafen](#)

■ [07541/2030](#)

■ stadtverwaltung@friedrichshafen.de

■ www.friedrichshafen.de

Caritas Bodensee-Oberschwaben

■ [Katharinenstrasse 16, 88045 Friedrichshafen](#)

■ [07541/30000](#)

■ info@caritas-bodensee-oberschwaben.de

■ www.caritas-bodensee-oberschwaben.de

Caritasverband für das Dekanat Linzgau e.V.

■ [Johann-Kraus-Straße 3, 88662 Überlingen](#)

■ [07551/83030](#)

■ info@caritas-linzgau.de

■ www.caritas-linzgau.de

Diakonische Bezirksstelle Friedrichshafen

Social counselling (financial emergencies, life advice)

Tanja Rupp

■ [Katharinenstr. 16, 88045 Friedrichshafen](#)

■ [07541/9501829](#)

■ rupp@diakonie-rv.de

■ www.diakonie-rv.de

Diakonische Bezirksstelle Friedrichshafen

Family counselling / pregnancy counselling, pregnancy conflict counselling

Sabine Hornig

■ [Scheffelstr. 37, 88045 Friedrichshafen](#)

■ [07541/32300](#)

■ hornig@diakonie-rv.de

■ www.diakonie-rv.de

Diakonisches Werk Überlingen

■ [Christophstr. 31, 88662 Überlingen](#)

■ [07551/918990](#)

■ ueberlingen@diakonie-ueberlingen.de

■ www.diakonie-ueberlingen.de

Diakonisches Werk Stockach

■ [Tuttlingerstraße 7 , 78333 Stockach](#)

■ [07771/2594](#)

■ stockach@diakonie-ueberlingen.de

■ www.diakonie-ueberlingen.de

Cheap food

Tafel Friedrichshafen

■ [Keplerstrasse 27, 88045 Friedrichshafen](#)

■ [07541/376677](#)

■ tafel@t-online.de

■ www.friedrichshafener-tafel.de

Tafel Markdorf

■ [Am Stadtgraben 18, Markdorf](#)

■ [07544/91172](#)

■ www.ekima.de

Tafel Überlingen

■ [Johann-Kraus-Straße 3, 88662 Überlingen](#)

■ [07551/83030](#)

■ www.caritas-linzgau.de

Tafel Tett nang

■ [Kirchstr. 28, 88069 Tett nang](#)

■ [07542/953640](#)

■ info@tett nanger-tafel.de

■ www.tett nanger-tafel.de

Cheap clothing and furniture

FAIRKAUF Friedrichshafen - Second-hand goods department store

■ [Paulinenstrasse 33a, 88046 Friedrichshafen](#)

■ [07541/3780810](#)

■ fairkauf@caritas-bodensee-oberschwaben.de

■ www.caritas-bodensee-oberschwaben.de

DRK clothing store Friedrichshafen

■ [King Wilhelm Square 1, Zeppelin Village](#)

■ [07541/5909610](#)

■ a.sinclair@drk-kv-bodenseekreis.de

■ www.drk-kv-bodenseekreis.de

DRK clothes shop Überlingen

■ [Am Erlenbach 1, Überlingen, basement of the Kreuzkirche](#)

■ [07551/932825](#)

■ www.drk-ueberlingen.de

DRK clothing store Tett nang

■ [Loretostraße 12, Tett nang \(backside of the DRK home\)](#)

■ [07542/93320](#)

■ geschaefsstelledrk-tett nang.de

■ drk-tett nang.de

Disability and impairment of the child

■ The first point of contact for developmental problems, diseases or disabilities of the child is the paediatrician.

Further support and advice centres

Regionale Arbeitsstelle Frühförderung

Staatliches Schulamt Markdorf

■ [Am Stadtgraben 25, 88677 Markdorf](#)

■ [07544/50970](#)

■ poststelle@ssa-mak.kv.bwl.de

■ www.schulamt-markdorf.de

Frühförder- und Beratungsstelle für Eltern und Kind Liebenau Teilhabe

■ [Spitalstraße 3, 88677 Markdorf](#)

■ [07544/71838](#)

■ fruehfoerderstelle.markdorf@stiftung-liebenau.de

■ www.stiftung-liebenau.de

Sonderpädagogische Beratungsstelle an der Tannenhag-Schule

Tannenhag School Friedrichshafen

■ [Zeppelinstr. 255/1, 88048 Friedrichshafen](#)

■ [07541/289970](#)

■ sekretariat@sbbz-tannenhag.de

■ www.tannenhag-schule.de

Sonderpädagogische Beratungsstelle und Frühförderung Brachenreute

Camphill School Community Brachenreute

■ [Brachenreute 4, 88662 Überlingen](#)

■ [07551/80070](tel:0755180070)

■ brachenreute@camphill-schulgemeinschaften.de

■ www.camphill-schulgemeinschaften.de

Sonderpädagogisches Bildungs- und Beratungszentrum, Schwerpunkt geistige Entwicklung an der Sonnenbergschule in Salem-Buggensegel

Sonnenbergschule Salem-Buggensegel

■ [Laurentius Strait 4, 88682 Salem Bow Sail](#)

■ [07553/82743](tel:0755382743)

■ info@sonnenbergschule.de

■ www.sonnenbergschule.de

Intercultural parent guide programme

Who are the parent guides?

Parent guides are volunteers. They help families from other countries. They mediate between parents and the school or daycare centre with their knowledge and provide support with education, learning and school.

What can the parent guides do?

Parent guides

- speak two languages
- know the lives of immigrant families
- provide information about the education system and services in the Lake Constance district
- receive training so that they can do their job well.

Tasks of the parent guides

Parent guides

- have basic knowledge about school, learning and education and pass this on
- advise and support parents from other countries
- help with communication between school and parents, e.g. at school events

Schools, clubs or organisations can let the district office know if they need parent guides.

Contact:

Office for Migration and Integration

 Mrs Alicia Gerlach

 [07541/2043407](tel:075412043407) @ alicia.gerlach@bodenseekreis.de

 www.bodenseekreis.de

Would you like to volunteer as a parent guide?

Please contact the district administration office.