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Counselling and support

Here you will find all counselling centres in Fürth and the district of Fürth.

What is an advice centre?

You can go to a counselling centre if you have questions or problems. There you will receive professional support and advice from trained staff.

Counselling is free of charge. The staff are bound to confidentiality. This means that they are not allowed to pass on any information if you do not want them to. Counselling is often also available anonymously. This means that you do not need to give your name.

You can ask if the staff speak a language other than German and English. You can also take \underline{a} language helper with you.

In some counselling centres, you must make an appointment for a consultation. You can do this in advance by telephone.

If you cannot immediately find the right counselling centre, ask! The counselling centres usually know each other and can direct you to the right address.

You can find health counselling centres here.

Counselling for adults with a migration background (aged 27 and over)

The Migration Counselling Service (MBE) will inform you. The MBE supports all people who come from another country. But only: if you are older than 27 years and if you have a permanent residence permit for Germany. Or if you are entitled to freedom of movement. Or if you have the right to stay. Very important: Counselling is free of charge.

Help and information is available on these topics:

- the search for a job
- training
- further training
- · Career guidance and job applications
- Finding a flat and accommodation
- language courses
- · Immigration law issues
- · Public authorities and offices
- · Conflict situations



Stadt Fürth

AWO Kulturbrücke





Yakup Keskin (German and Turkish) Tel. 091189108704 / y.keskin@awo-fuerth.de Edyta Kozakiewicz (German, Polish and Russian) Tel. 091189108703 /

e.kozakiewicz@awo-fuerth.de

Zeinab Abu Elheija (German, Arabic and English) Tel. <u>091189108707</u> /

<u>z.abu-elhija@awo-fuerth.de</u>
Aleksandra Lehner (German, English, Serbian, Croatian and Bosnian) Tel.

<u>091189108742</u>
Avnur Sarafova (German, Bulgarian and Turkish) Tel. 091189108700 /

Aynur Sarafova (German, Bulgarian and Turkish) Tel. 091189108700 / a.sarafova@awo-fuerth.de

Andrea Kammerer (German and English) Tel. <u>091189108741</u> / a.kammerer@awo-fuerth.de

Rosa Giese (German and Russian) Tel. 015733667916 / r.giese@awo-fuerth.de

Theresienstraße 34, 90762 Fürth

€091189108701

https://www.awo-fuerth.de/navid.32/hilfe-fuer-migranten-beratungsstelle.htm

Please always make an appointment!

German, English, Turkish, Russian, Polish, Arabic, Serbian, Croatian, Bosnian, Bulgarian



andkreis Fürth Landkreis Fürth

The AWO Kulturbrücke also offers counselling in the district of Fürth:

AWO Kulturbrücke - AWO Social Centre Zirndorf

Mühlstr. 4, 90513 Zirndorf

©091189108704 or 015734924025

@y.keskin@awo-fuerth.de

Make an appointment

There is a separate advice centre for teenagers and young adults between the ages of 12 and 27. It is called the Youth Migration Service.

Refugees in shared accommodation receive help from the <u>refugee and integration counselling</u> service.

Do you speak German well? Then you can also go to the general social counselling service.

Counselling for young people with a migration background (12-27 years)

The Youth Migration Service (JMD) helps young immigrants between the ages of 12 and 27. It helps them to settle in Germany as quickly as possible. It supports you with

- · Questions about general orientation
- · School, training, career
- · Personal problems and crises
- · Financial and legal matters
- Placement in language courses





Internationaler Bund e.V. - Fürth location

Mathildenstraße 40, 90762 Fürth

€0911766108101

@jmd-fuerth@ib.de

3www.jmd-fuerth.de

People over the age of 27 can go to the migration counselling service.

Social counselling for new EU immigrants

GUIDE - Dein Weg in Deutschland, die gfi gGmbH (bfz Fürth)

Counselling for EU citizens

- · Participation in the integration course
- · Recognition of foreign certificates
- · Help with authorities and institutions
- Conflicts in the family, partnership and upbringing
- Debts
- Organising leisure time and voluntary work

♥Würzburger Str. 150, 90766 Fürth

****091318954954

@pia.mischke@die-gfi.de

www.guide.de

(make an appointment)

Fachstelle zur Vermeidung von Wohnungslosigkeit

Sozialrathaus, Königsplatz 2, 90762 Fürth 1st floor, room 112/113

****09119741779

Monday to Friday 09:00 - 12:00 (by appointment only)

Further information on housing can be found <u>here</u>.

Counselling is available in German, Russian and Croatian.

Financial support (social welfare office, job centre)

In order to receive financial support for your living expenses, you must go to the relevant office and submit an application in good time. You can get help with filling out an application from the Intercultural Counselling Service, the General Social Counselling Service, the Migration Counselling Service and the Youth Migration Service, for example.

Social welfare office

There are several departments in the social welfare offices in the city and district of Fürth where you can apply for financial support. Here you will find an overview of the most important areas:





Asylum seeker benefits / Asylum seeker assistance

If you are entitled to benefits in accordance with the Asylum Seekers Benefits Act (asylum seekers, in some cases persons with tolerated status), you can apply here for benefits for living expenses (e.g. costs for food and accommodation, support in the event of illness, sickness certificates, support with initial equipment for babies).



Stadt Fürth - Asylbewerberhilfen

Sozialrathaus, Königsplatz 2, Erdgeschoss Room 21-23

Tuesday + Thursday 8.30 - 11.30 a.m., Monday + Friday by appointment only!



If you live in the AnkER facility in Zirndorf or in accommodation for asylum seekers:

Landratsamt Fürth - Sozialamt - Außenstelle

Rothenburger Str. 31, 90513 Zirndorf

@sozialhilfe@lra-fue.bayern.de

Ask for the opening hours on site.

For residents in the rest of the district:

Landratsamt Fürth - Sozialamt

Stresemannplatz 11, 90763 Fürth

 \bigcirc 091197730 (get connected)

@sozialhilfe@lra-fue.bayern.de

Basic income support (SGB XII)

Basic income support is financial assistance for citizens who do not have enough money to cover their living expenses. You can apply for basic income support / assistance with living expenses if you

- are unable to work (your inability to work must be determined by the job centre).
- your pension is not sufficient to cover your living expenses.



Stadt Fürth - Abteilung Grundsicherung / Hilfe zum Lebensunterhalt

 $\label{eq:sozialrathaus}$ Sozialrathaus, Königsplatz 2, 90762 Fürth 2nd floor, room 204-214 $\label{eq:sozialrathaus}$

Monday, Tuesday, Thursday, Friday 08:00 - 12:00 and by appointment You can also apply for the citizen's allowance online:





https://services.fuerth.de/referat-iv-soziales-jugend-und-kultur/sozialamt-sza/abteilung-grund



Landratsamt Fürth - Sozialamt

Stresemannplatz 11, 90763 Fürth

<u>091197730</u> (get connected)

- @sozialhilfe@lra-fue.bayern.de
- www.landkreis-fuerth.de
- Monday Thursday 08:00 16:00, Friday 08:00 12:30 and by appointment

Housing

 You can apply for housing benefit. This is financial support to help you pay the rent for your flat.



Stadt Fürth - Wohngeldstelle

Sozialrathaus, Königsplatz 2, 90762 Fürth 1st floor

Surnames S, T, V, X: <u>09119741757</u>

Surnames M, N, R, Q: <u>09119741777</u>

Surnames G, H, W: <u>09119741774</u>

Surnames C, D, E, F, L: <u>09119741771</u>

Surnames A, B, I, J: <u>09119741776</u>

Surnames K, O, P, U, Y, Z: 09119741772

@wohngeldbehoerde@fuerth.de

Housing benefit application online

Monday + Thursday: 08.30 - 15.00, Tuesday + Friday: 08.30 - 12.00



Landratsamt Fürth - Wohngeld

Stresemannplatz 11, 90763 Fürth Room 214-216

©091197731243

@wohngeld@lra-fue.bayern.de

- You can apply for a housing entitlement certificate. This gives you the opportunity (but no guarantee!) to get social housing. Social housing is cheaper than other flats.



Stadt Fürth - Wohnungsfürsorge

Sozialrathaus, Königsplatz 2, 90762 Fürth 1st floor, rooms 111-113

@wohnungsfuersorge@fuerth.de





Wohnberechtigungsschein Antrag Online

Monday + Thursday: 08.30 - 15.00, Tuesday + Friday: 08.30 - 12.00

Landkreis Landkreis Fürth

Landratsamt Fürth - Wohnungswesen

(i)You can also obtain a list of social housing landlords in the district.

Im Pinderpark 2, 90513 Zirndorf

©091197731532

@wohnungswesen@lra-fue.Bayern.de

* www.landkreis-fuerth.de

Make an appointment by telephone.

• If you are in debt because of your rent or are threatened with eviction proceedings, citizens of the city of Fürth can also get support:



Fachstelle zur Vermeidung von Wohnungslosigkeit

 \bigcirc Sozialrathaus, Königsplatz 2, 90762 Fürth, 1. Stock, Zimmer 112/113 \bigcirc 09119741779

Monday 08:00 - 12:00 and 13:30 - 16:30 Tuesday, Thursday, Friday 08:00 - 12:00

Further information on housing can be found here.

Fürth-Pass (City of Fürth only)

The Fürth Pass entitles you to various discounts. Prerequisites for a Fürth Pass are, for example: You receive housing benefit or benefits under the Asylum Seekers Benefits Act or assistance with living expenses or basic income support. You can find more detailed information here.

Fürth-Pass-Ausgabestelle

Sozialrathaus, Königsplatz 2, 90762 Fürth Ground floor, room 19

Monday, Tuesday, Thursday 08:00 - 12:00

OIf you receive benefits from the social welfare office, you are obliged to co-operate. You must submit all the documents requested by the social welfare office on time. If there are any changes in your situation (work, mini-job, etc.), you must inform the social welfare office yourself. In this way, you can avoid benefit cuts and reclaims.

Job centre

If you are able to work and are basically able to work, but have no job or earn too little (including recognised refugees), you can apply for financial support from the job centre. You can find more information <u>here</u>.





General social counselling

You can go to a general social counselling service if you:

- · are in a difficult life situation
- · need help structuring your everyday life
- need help with the authorities and public offices

The following general social counselling services are available in the city and district of Fürth:

Diakonie Fürth - Kirchliche Allgemeine Sozialarbeit (KASA)

Königswarterstr. 56-60, 90762 Fürth

©09117493325

@kasa@diakonie-fuerth.de

www.diakonie-fuerth.de

Monday 09:00 - 13:00, Tuesday 13:00 - 14:00, Thursday 13:00 - 14:00, Friday 09:30

- 11:00 (telephone counselling) and by arrangement

Online counselling: https://beratung.diakonie.de

Caritasverband für die Stadt und den Landkreis Fürth e.V.

♥ Königstraße 112 - 114, 90762 Fürth

№09117405040, 09117405016

Tuesday 09:00 - 10:00, Thursday 08:00 - 09:00 and by arrangement (please make an appointment)

Online counselling: www.caritas.de/hilfeundberatung/onlineberatung

Fürther Treffpunkt

Phirschenstraße 37a, 90762 Fürth

€,09119741881

@waermestube@fuerth.de

* www.fuerther-treffpunkt.de

Monday - Wednesday, Friday 09:00 - 16:00

You can also get help filling out applications from the <u>Intercultural Counselling</u> Service. If you do not have sufficient language skills or have questions about your residence permit, you can seek help from the <u>Migration Counselling</u> Service, the <u>Refugee and Integration Counselling</u> Service or the <u>Youth Migration Service</u>. <u>Volunteer helpers</u> can also provide assistance.

Specialist centre TANDEM Fürth

Specialist centre TANDEM Fürth

If you live in Fürth, have underage children and receive citizen's benefit, the TANDEM Fürth specialist centre offers you individual assistance and supports you professionally and with your family.

Professionally, you will be helped to find a job or a suitable qualification.

At home, you will be supported with questions about housing, money, education, language and much more. And we will take care of leisure activities for your children and their schooling.





Rosenstraße 16-20, 90762 Fürth

****09119741643

Appointment by arrangement

@TANDEM@fuerth.de

https://www.tandem-fuerth.de/

Help with filling out applications and forms

If you need help filling out applications and other forms, you can ask the Intercultural Counselling Service for help. It is easily accessible and pragmatic. Moreover, no appointment is necessary. Counselling is available in German and Turkish. If necessary, a member of staff can help out with Arabic.

Interkulturelle Beratung

Rosengarten 16-20, 90762 Fürth

€0911772799

@muetterzentrum-fuerth@nefkom.net

Monday: 11:30 - 16:00, Tuesday: 09:00 - 15:00, Wednesday: 09:00 - 15:00

Phirschenstrasse 37, 90762 Fürth

©Friday: 10:00 - 15:00

You can also get support and advice for appointments with the authorities and offices from the <u>General Social Counselling</u> Service. If you do not have sufficient language skills or have questions about your residence permit, you can ask the <u>Migration Counselling</u> Service, the <u>Refugee and Integration Counselling</u> Service or the <u>Youth Migration Service</u> for help. <u>Volunteer help groups</u> also provide support.

Counselling for refugees in accommodation (refugee and integration counselling)

Refugee and integration counselling:

The refugee and integration counselling service helps asylum seekers by providing advice. It provides counselling until you move out of the shared accommodation and beyond. The aim is to offer you support and guidance in the asylum procedure.

The topics of the counselling are

- BAMF and asylum procedure (if necessary also referral to lawyers)
- Authorities and offices (help with filling out applications, formulating letters and understanding notifications)
- Language courses
- Support with conflicts and in serious situations
- · Health problems
- Support in building a new life (after the asylum procedure has been completed)
- Referral to other specialised services







Caritasverband für die Stadt und den Landkreis Fürth e. V.

Q Königstr. 112 - 114, 90762 Fürth

<u>0911740500</u>



Diakonie Südfranken e.V. - Sozialdienst for asylum seekers in the AnkER anchor facility in Zirndorf

The advice centre is only open to residents of the AnkER facility.

Rothenburger Str. 31, 90513 Zirndorf

&0911393634400, 0911393634401

@fib-zirndorf@rummelsburger.net

The opening hours can be found on the notice boards on site.

Caritasverband für Stadt und Landkreis Fürth e. V. For residents of accommodation outside the AnkER facility in Zirndorf

Oberasbacher Str. 6, 90513 Zirndorf (access via Rothenburger Str.)

€01785594387 (call or make an appointment via App Signal!)

@juergen.michler@caritas-fuerth.de

4.017640156866 (call or make an appointment via App Signal!)

@ana.matijevic@caritas-fuerth.de

Please always make an appointment!

Do you have a right of residence? Then the <u>migration counselling</u> service can also help you. Adults aged 27 and over as well as families can receive counselling there.

For teenagers and young adults aged 12 to 27, the <u>Youth Migration Service</u> is the place to contact.

Contact point for legal issues relating to the asylum procedure:

Refugee-Law-Clinic Erlangen-Nürnberg e.V.

①Free contact point for legal questions relating to asylum procedures.

info@lrc-erlangen.de

www.rlc-erlangen.de and facebook @RLCErlangenNuremberg.de

Counselling only online (Please make an appointment via the e-mail address: info@lrc-erlangen.de)

Bavarian Refugee Council

The Bavarian Refugee Council is an organisation that looks after the concerns of refugees. As a human rights organisation, it campaigns for the rights of refugees and migrants.





Office North Bavaria

Bavarian Refugee Council

Qugelstr. 83, 90459 Nürnberg

091199445946 (Tuesday and Thursday: 10.00 - 12.00 a.m.)

_089762234 (Monday and Wednesday: 14.00 - 16.00 Friday: 10.00 - 12.00)

@kontakt@fluechtlingsrat-bayern.de

Thttps://www.fluechtlingsrat-bayern.de/

Women's consultation

4.08926025299 (Wednesday 10.00 - 12.00)

@frauen@fluechtlingsrat-bayern.de

Personal counselling appointments are only possible by telephone or written agreement - by e-mail!

Pro Asyl

PRO ASYL is committed to the rights of refugees and migrants. They help people seeking protection in the asylum process, investigate human rights violations at the borders. And fight for an open society in which refugees receive protection.

60692423140

@proasyl@proasyl.de

https://www.proasyl.de/

Counselling for refugees with disabilities

Digital and accessible brochures with information in several languages

Are you a refugee with a disability? Or do you have relatives who have fled and have a disability? There are six <u>accessible brochures</u>. They contain a lot of information and are available in nine languages. The brochures provide information about the support systems, the support landscape, benefit entitlements and your rights.

Initial and orientation counselling for refugees with a disability

Crossroads supports refugees with disabilities and their relatives throughout Germany. They offer initial and orientation counselling. The counselling is free of charge and takes place over the phone. They answer basic questions about the support system for refugees with a disability. For example, on access to state aid, residence or asylum, language acquisition, education and employment. They help them to find suitable counselling and support services that are close to their place of residence. They are accompanied until a suitable connection has been made. Information on the referral counselling service and how to contact it in 9 languages can be found on the Crossroads website.

Referral counselling for refugees with disabilities:

@beratung@hi.org

015173023090





www.hi-deutschland-projekte.de

Monday: 10:00-12:00, Wednesday: 14:00-16:00, Thursday: 14:00-16:00, Friday:

14:00-16:00

@beratung@hi.org

_017890411307

www.hi-deutschland-projekte.de

Monday: 14:00-16:00, Wednesday: 10:00-12:00, Thursday: 14:00-16:00, Friday:

10:00-12:00

Who can support me in everyday life?

There are people who support you on a voluntary basis (i.e. without payment). They help if you have questions. Or if you need help, for example

- · to find your way around your neighbourhood
- · to practise the German language
- · with questions about everyday life and society
- · to accompany you to an authority or office
- if you do not understand a letter in German
- if you want to know where there are good shopping and sports facilities
- · if you want to know how the bus or underground works

You can contact the volunteers via the volunteer centre or via the helper groups.



Integrationslotsen

♀ Freiwilligen-Zentrum Fürth (FZF), Theresienstraße 3, 90762 Fürth

€09112174782

Monday 9.30 a.m. to 6 p.m., Tuesday and Wednesday 9.30 a.m. to 1 p.m., Thursday 9.30 a.m. to 4 p.m.

@fluechtlingshilfe-fuerth@iska-nuernberg.de

https://www.iska-nuernberg.de/fzf/integrationslotsen.html



Helferkreis Veitsbronn

Gemeinde Veitsbronn, Nürnberger Straße 2, 90587 Veitsbronn

@ninic@veitsbronn.de

* www.facebook.com

Www.helferkreis-veitsbronn.de

FreiwilligenAgentur Zirndorf - Familienzentrum Zirndorf

Bahnhofstraße 35, 90513 Zirndorf

@freiwilligenagentur@familienzentrum-zirndorf.de

Www.familienzentrum-zirndorf





Asylgruppe Zirndorf - AnkER-Einrichtung Zirndorf

Rothenburger Str. 31, 90513 Zirndorf

€0<u>911606171</u>

@asylgruppe-zdf@web.de

* www.asylgruppe-zirndorf.de

Langenzenn hilft e.V.

Q Denkmalplatz 4, 90579 Langenzenn

091014789844

@kontakt@langenzenn-hilft.de

www.langenzenn-hilft.de

How can I support others? Volunteering

Become active as a volunteer

Many people in Germany do voluntary work.

What is voluntary work? Volunteering is always voluntary and you don't get paid for it. All volunteers decide for themselves how much time they want to spend on this work. Many people volunteer because they enjoy helping others. And because they get to meet new people through their voluntary work.

There are many ways to volunteer. For example, you can

- help older people
- · help look after children
- · work as a sports coach at a sports club
- · support people with disabilities
- Work as a paramedic
- · Helping refugees
- help at an animal shelter (animals are also happy to receive support!)
- · and many other things

Would you like to volunteer yourself?

There are contact points in the city and district of Fürth for anyone who wants to volunteer and is looking for meaningful work. Here you will be given specific tasks. (See below for contacts to organisations, groups or associations looking for volunteers).

Here are a few projects you can work on, for example:

- Language support programmes
- Involvement in primary schools and daycare centres
- · Open meetings for migrants and locals
- · Public relations work
- · Help with bureaucracy when moving into a new home
- · Support for senior citizens
- · Projects for women, parents and families
- And many other projects in the area of asylum





You can also contribute and realise your own ideas!

Information and contact:



Freiwilligen-Zentrum Fürth

Theresienstraße 3, 90762 Fürth

€09112174782

Monday 09:30 - 18:00, Tuesday and Wednesday 09:30 - 13:00, Thursday 09:30 - 16:00

Freiwilligenzentrum-Fuerth.de



FreiwilligenAgentur Zirndorf - Familienzentrum Zirndorf

Bahnhofstraße 35, 90513 Zirndorf

€091165079397

@freiwilligenagentur@familienzentrum-zirndorf.de

www.FreiwilligenAgentur-Zirndorf.de

Neighbourhood management in Landkreis Fürth Cadolzburg, Oberasbach, Wilhermsdorf

You can find the contacts here.

You can also find various volunteering opportunities in the district of Fürth here. If you would like to become a volunteer, you can also contact the Integration Coordination Centre.

If you need support yourself, you can also find contacts here.

Advice on labour and social law issues

Are you not being treated fairly at work or during your training? That doesn't have to be the case.

There are 2 counselling centres for you.

The counselling centres are called:

- Fair Mobility
- · Fair integration

The advice centres will help you. You can then defend yourself.

For example, against exploitation or discrimination at work.

You need to know your rights. Then you can make use of your rights.

You can find information in several languages <u>here</u>.





Advice is available on these topics:

- · Employment, training or internship contracts
- · open-ended and fixed-term contracts
- temporary work
- · mini job
- · working hours
- · Wages and continued payment of wages
- Termination
- · Illness and accidents at work
- Holidays
- Trade unions
- · Pseudo self-employment
- Social insurance (health insurance, long-term care insurance, pension insurance, unemployment insurance, benefits from the employment agency and job centre)

Do you have problems at work? Or do you have problems with your training or internship? Then we can advise you. The counselling costs nothing. And the counselling is secret. We will help you. It doesn't matter

- how long you are allowed to stay in Germany
- · whether you are a member of a trade union.

We will advise you in person, on the phone or by e-mail.

The counsellors will show you possible solutions.

You can then decide for yourself which path you would like to take.

You will only receive out-of-court counselling

You will receive information on labour law representation in court proceedings.

In other words: Who can represent you in court?

Trade unions or specialised lawyers can do this.

Counselling for citizens from the EU (focus on Central and Eastern Europe):

Fair Mobility Advice Centre

Q Ludwigstraße 46, 90402 Nürnberg

@nuernberg@faire-mobilitaet.de

www.faire-mobilitaet.de and www.fair-arbeiten.eu

©telephone consultation hours: Monday and Tuesday 09:00 - 12:00, Thursday 14:00 - 17:00

Oskar Brabanski

****091147884509

@brabanski@faire-mobilitaet.de

German, Polish, English

Marius Hanganu

****091147884509

Telephone consultation hours: Tuesday 09:00 - 12:00, Thursday 14:00 - 17:00





- @hanganu@faire-mobilitaet.de
- German, Romanian, English

Iulia Lavric

091147885956

Telephone consultation hours: Monday 09:00 - 12:00, Tuesday 14:00 - 17:00,

Wednesday 09:00 - 12:00

@lavric@faire-mobilitaet.de

German, Romanian, English

Counselling for refugees and other people from non-EU countries:

Fair Integration Counselling Centre

- Rornmarkt 5-7 4th floor, room 420-422, 90402 Nürnberg
- www.faire-integration.de

Fkreyesus Ghebreyesus

- **4.**091127870948 and 015118742185
- @fkreyesus@emwu.org
- German, English, Tigrinya

Support for LGBTQI*

Here you will find contact points that are specifically aimed at LGBTQI* people.

The Rosa Asyl project:

A new start in a foreign country is very hard. That's why ROSA ASYL wants to get in touch with refugee women and LGBTQI* and support them. We want to offer a safe space. We also want to give them the opportunity to learn something new and provide assistance in everyday life. We also want to provide information about the legal situation and the asylum procedure. We provide counselling in acute emergency situations, i.e. impending deportation, Dublin transfers, assaults in the accommodation and also in medical emergencies. We also offer a mobile advice café once a month in the Bayarian Anker centres.

For women there is the

Imedana Frauencafe

QZickstr. 8, 90429 Nürnberg

@imedana@gmx.de

https://www.imedana.de/rosa-asyl/

Monday - Friday 09:00 - 16:00 by telephone. Personal counselling by appointment. (If necessary with a language mediator.)

Counselling for LGBTQI*

Fliederlich e.V.

Pfliederlich e.V., Sandstr. 1, 90443 Nürnberg

€01632713317

@rosa-asyl@gmx.de

Thttp://www.fliederlich.de

Counselling by appointment only. (Personal counselling also with a language mediator if necessary).





Support for women and girls

Here you will find contact points that are specifically aimed at women and girls.

Exchange and networking

Frauenhaus Fürth

The Frauenhaus Fürth is a counselling centre for the city and district of Fürth. We provide counselling and help in cases of violence by your boyfriend or husband. This is called "domestic violence". We also provide counselling and help with stalking, bullying and FGM.

Counselling is:

- free of charge
- · by telephone or in person
- confidential
- anonymously, if you wish

You can come to us at any time. Even without an appointment. Our educational team provides support with psychosocial, legal, social and safety-related aspects of violence.

We provide counselling for all girls, women and their children who are affected by violence. We also advise relatives, friends and professionals.

We work closely with lawyers, the police, courts, authorities, institutions, counselling centres, associations and the health system.

We offer assistance and support when dealing with authorities, violence protection proceedings, family court proceedings, etc.

We have interpreters available if required.

****0911729008

Telephone counselling: Monday to Friday 9:00 - 17:00

@verwaltung@frauenhaus-fuerth.de

https://frauenhaus-fuerth.de/

Multikultureller Frauentreff e.V.

The Multicultural Women's Centre promotes exchange between German and foreign women. It promotes equal rights for women and tolerance. It is a social network consisting of personal contacts, contacts to public organisations, associations and clubs. Regular meetings are organised. Women receive support in finding accommodation and are accompanied to appointments with public offices and authorities. You can find more information here.

Moststraße 9, 90762 Fürth

@multikulturellefrauen@gmx.de

Marhaba Café

The Marhaba Café is primarily for women and children with a history of flight. The meeting leader Majda Bessi speaks Arabic. The women go on excursions together. There are counselling services and leisure activities. There is childcare that costs nothing. You can find more information here.





MGH / Mütterzentrum, Rosengarten 16-20, 90762 Fürth

€√0911772799

@info@muetterzentrum-fuerth.de

Every Friday 09:30 - 11:30 am

Help with violence and abuse

You are a woman and you are threatened by violence or you are a victim of abuse? There is help! You can contact the following centres:

Frauenhaus

②A women's refuge offers women and their children protection and refuge in the event of violence by their partner or other family members. You can call at any time, even at night! A member of staff will arrange a meeting point with you. For your protection, the address of the women's refuge will not be disclosed.

Frauenhaus Fürth

©0911729008

12 00:00 - 24 .00

Beratungsstelle Frauenhaus Fürth

Telephone counselling for abused women, domestic violence, stalking, bullying. You can also get counselling in person!

€0911729008

@info@frauenhaus-fuerth.de

* www.frauenhaus-fuerth.de



Beratungsstelle Frauenhaus Fürth

Frankenstr. 12, 90762 Fürth 1st floor

091176625890

beratungsstelle@frauenhaus-fuerth.de

Monday 11:00 - 13:00, Tuesday 09:00 - 12 .00, Wednesday 15:00 - 17:00



Beratungsstelle Frauenhaus Fürth

The counselling centre provides advice in the district of Ammerndorf, Cadolzburg, Großhabersdorf, Langenzenn, Oberasbach, Obermichelbach, Puschendorf, Rosstal, Stein, Veitsbronn, Wilhermsdorf and Zirndorf. On different days at different locations. Give us a call!

01792661366

beratungsstelle@frauenhaus-fuerth.de

Wednesday 09:30 - 11:30, Thursday 15:00 - 17:00, Friday 11:00 - 13:00

www.frauenhaus-fuerth.de





Emergency telephone contact

The "Violence against women" helpline

①Free and anonymous counselling service in <u>17 languages</u>

%08000116016

00:00 - 24:00

Further advice centres

FrauenBeratung nürnberg

Telephone and personal counselling, information and support for women and girls who are or have been affected by violence

©0911284400

@kontakt@frauenberatung-nuernberg.de

Monday - Friday 10:00 - 14:00

www.frauenberatung-nuernberg.de

Police Commissioner for Women and Children at the Central Franconia Police Headquarters

①Telephone and personal counselling on sexual, domestic violence and stalking

 ♥ Jakobsplatz 5, 90402 Nürnberg

<u>091121121331</u>

Office for women's rights

Ocounselling from women for women on family and divorce law, the Protection against Violence Act, custody and access rights for children, livelihood security (ALG II), immigration law issues, reporting to the police and criminal proceedings, support for women in the separation process

Frauenzentrum Erlangen e.V., Gerberei 4, 91054 Erlangen

0913125878

www.frauenhaus-erlangen.de/beratung

Wednesday 14:00 - 16:00, Thursday 17:00 - 19:00, Friday 09:00 - 11:00 and by telephone appointment

Wildwasser Nürnberg e.V.

• Counselling centre for girls and women in cases of sexual abuse and sexualised violence

Koberger Str. 41/ RG, 90408 Nürnberg

€0911331330

Www.wildwasser-nuernberg.de

JADWIGA Nürnberg

①Specialist counselling centre for women in cases of forced marriage and trafficking in women

Innere Laufer Gasse 18, 90403 Nürnberg

€09114310656

@nuernberg@jadwiga-online.de

Www.jadwiga-online.de





Support for men and boys

Men in distress

It is hardly known, but men also experience violence in their relationships, are humiliated or threatened. There is an anonymous refuge for men who are exposed to domestic or sexualised violence. Men and their children can be taken in there. It doesn't matter what culture, class or origin you come from.

Riposo - Caritas Fürth

①Please contact us by telephone or e-mail. Addicts, homeless and mentally ill men do not receive help here. There are other contact points for them.

Obstmarkt 28, 90403 Nürnberg (Postal address)

€09112354235

@riposo@caritas-nuernberg.de

www.caritas-nuernberg.riposo.de

Boys in need

Boys and young men up to the age of 27 can contact the Nuremberg Boys' Office with questions and problems.

Jungenbüro Nürnberg

Allersberger Str. 129, 90461 Nürnberg

@info@jungenbuero-nuernberg.de

* www.jungenbuero-nuernberg.de

Consultation hours can be found on the website. If you leave a message or send an e-mail, you will be contacted. There is also an online counselling service.

Counselling centre for domestic violence against men (BHGM)

We are a non-discriminatory and open contact point for all people who identify as male (e.g. cis, trans or queer) who have experienced domestic violence. Solutions and ways out of the violence are worked out in individual counselling sessions. Telephone counselling is also available if the journey to the counselling centre is too far. Counselling is free of charge.

Counselling centre for domestic violence against men (BHGM)

Nürnberg: Gostenhofer Hauptstr. 63, 90443 Nürnberg

Fürth: Theresienstraße 3, 90762 Fürth

4.091127299820

www.iska-nuernberg.de/bhgm

Nuremberg: Monday - Friday, 9.30 am - 3.00 pm

Fürth: Every 2nd Thursday of the month, by prior arrangement.

Support for children and young people

If there are conflicts and perhaps even violence at home, children and young people need help. In Germany, everyone - including parents - is prohibited from physically or mentally abusing children and young people or sexually harassing and abusing them. Counselling is free of charge





and children and young people can remain anonymous. Family members or friends can also come forward.

Emergency

Child and youth emergency service $\sqrt[6]{09112313333}$

When do you call? > When children or young people are in distress.

Counselling

Number against grief - child and youth helpline

Telephone counselling for problems in the family, at school, with friends, depression, bullying, abuse, addiction, etc.

Free and anonymous, also online counselling.

116111

www.nummergegenkummer.de

Monday - Saturday 14:00 - 20:00

BKE online counselling for young people

Online counselling (anonymous and free of charge) - for young people aged 14 to 21 - by professional family counsellors

Registration from 8 am - 10 pm

Mail counselling and individual chat immediately

****09119771418

www.bke-jugendberatung.de

Crisis service Middle Franconia

The crisis service provides help 24 hours a day. It helps if you or someone you know is suffering from feelings of isolation, anxiety, grief or suicidal thoughts. It also helps with problems in the family and mental illness.

PHessestr. 10, 90443 Nuremberg

409114248550; 091142485520 (Russian); 091142485560 (Turkish)

Telephone counselling daily from 09:00 to 24:00

- German, French, English, Russian, Turkish
- https://kdmfr.de/krisendienst-mittelfranken/
- Online counselling: https://kdmfr.de/online-beratung/



Parenting and family advice centre at Stadt Fürth (in the Rosenstraße family centre, entrance via the rear courtyard)

Rosenstr. 16-20, 90762 Fürth , 1st floor, registration room 131

<u>09119741942</u>

- @eb@fuerth.de
- https://www.fuerth.de/service-fuerther-rathaus/di...
- German, English, Turkish, Russian
- Monday Thursday 08:30 12:00 and 13:30 16:30, Friday 08:30 12:00 (open consultation hours every Tuesday from 09:00 10:00 not during the holidays)





Stadt Fürth - Soziale Dienste (Jugendamt)

Sozialrathaus Königsplatz 2, 90762 Fürth

@sozialedienste@fuerth.de

Monday 08:00 - 12:00 and 13:30 - 16:30, Tuesday - Friday 08:00 to 12:00 (and appointments by appointment)

Amalie Nathan Haus for child and youth protection

The Amalie Nathan House helps children and young people who are victims of sexual abuse, maltreatment or neglect. It also helps with suspected cases.

Robert-Koch-Straße 41, 90766 Fürth

+4991123694865

@info@amalie-nathan-haus.de

Website des Amalie Nathan Hauses

Monday to Friday from 9 a.m. to 3 p.m.



Landkreis Fürth - Allgemeiner Sozialdienst (ASD)

Stresemannplatz 11, 90763 Fürth

€091197731865

@asd@lra-fue.bayern.de

Monday - Thursday 08:00 - 16:00, Friday 08:00 - 12:30 (appointments by appointment from Monday - Thursday also from 07:00 - 18:00)

Counselling for victims of racist violence

Have you experienced right-wing, racist or anti-Semitic violence? Right-wing extremists or racists have insulted, threatened or attacked you? The B.U.D. counselling centre advises and supports victims and witnesses of extremist violence.

- You can talk about your fears and your emotional situation.
- The investigation procedure will be explained to you.
- If you wish, you will be accompanied to the police and to court.
- You will be supported in your search for lawyers and therapists.
- The counselling is independent, confidential and free of charge. Counselling is provided over the phone, online or at your home or nearby.
- Interpreters are organised if you have language problems.

B.U.D. - Counselling. Support. Documentation for victims of right-wing extremist violence.

015121653187

info@bud-bayern.de

www.bud-bayern.de

MIA - Antiziganism Reporting and Information Centre

♥ Verband deutscher Sinti und Roma, Landesverband Bayern e.V., Nordring 98a, 90409 Nürnberg





- **Q09119928793**
- @melden@antiziganismus-bayern.de
- www.antiziganismus-melden-bayern.de

Local networks

What is a network? Different people work together in a network. It connects people who live in a certain place. For example, in a neighbourhood. Many work voluntarily and in their free time. They do this because they think it is important to stand up for all people. Or because a certain cause is very important to them. Networking means, for example, getting to know other people. Talking to each other. And supporting each other.



Neighbourhood networks

The coordinated neighbourhood networks in Fürth exist in 6 districts. They offer local help. You can go there if you have any questions. Or if you want to get to know people from the neighbourhood. You can go there if there is a dispute in the neighbourhood. You can find more information here.

Stadtteil-Netzwerk Innenstadt

Mehrgenerationenhaus Mütterzentrum, Rosengarten 16-20, 90762 Fürth

****0911772799

****01784077966

101736283758

@stadtteilnetzwerkinnenstadt@franken-online.de

www.muetterzentrum-fuerth.de

Stadtteil-Netzwerk Südstadt

Sonnenstr. 21, 90763 Fürth

017662172128

017681335710

@info@fuerth-suedstadt.de

www.fuerth-suedstadt.de

Stadtteil-Netzwerk Hardhöhe

Nomotauer Str. 32, 90766 Fürth

4.091180191993

017645544235

@stadtteilnetzwerk-hard@diakonie-fuerth.de

www.diakonie-fuerth.de

Monday 13:00 - 16:00, Thursday, 10:00 - 12:00 and by arrangement

Stadtteil-Netzwerk Ost

Lange Str. 53, 90762 Fürth

_091197902355





- <u>015904799020</u>
- @quartiersbuero@spiegelfabrik-fuerth.org
- Www.spiegelfabrik-fuerth.org

Stadtteil-Netzwerk Eigenes Heim/Schwand

- Friedrich-Ebert-Str. 51, 90766 Fürth
- **Q**091147772888
- ****017645550976
- @eigenesheim@diakonie-fuerth.de
- www.diakonie-fuerth.de
- Monday 9:00 12:00, Thursday 13:00 15:30

Stadtteil-Netzwerk Ronhof/Kronach

- Gemeindehaus Wilhelm-Löhe-Gedächtniskirche, Kronacher Str. 27, 90765 Fürth
- ****091198808778
- 017645532805
- @ronhof@diakonie-fuerth.de
- www.diakonie-fuerth.de
- Monday 10:00 12:00, Thursday 13:00 16:00



Some towns and municipalities in the district have a neighbourhood management. This is like a neighbourhood network.

You can get counselling there. You can also get help if you want to organise your own projects.

Quartiersmanagement Cadolzburg - Caritas Fürth

- Phindenburgstr. 14, 90566 Cadolzburg
- @quartier-cadolzburg@caritas-fuerth.de
- * www.caritas-fuerth.de

Quartiersmanagement Oberasbach

- Treffpunkt Alte Post, Am Rathaus 6, 90522 Oberasbach
- **\.**091180193569
- @quartier-oas@diakonie-fuerth.de
- www.diakonie-fuerth.de
- Monday 10:00 16:00, Friday 10:00 16:00 and by arrangement

Quartiersmanagement Wilhermsdorf

- Phauptstr. 46, 91452 Wilhermsdorf
- **€**091029958205
- @Last@markt-wilhermsdorf.de
- www.markt-wilhermsdorf.de
- Monday Thursday 09:00 12:00 and Tuesday 14:00 17:00 and by appointment

Migrant organisations

What do migrant organisations (migrant associations / initiatives) do?





- · They support and assist with integration
- · They help to establish contacts and maintain networks
- · They cultivate the culture and traditions of the countries of origin
- · They stand up for common interests and represent them, for example in politics
- They promote dialogue with other nationalities

Associations and initiatives in Fürth and the surrounding area

IntegRO Mittelfranken e.V. (German-Romanian association)

The IntegRO Mittelfranken e.V. association supports and advises people from Romania in the integration process. They offer practical help. For example, the association helps with filling out applications. IntegRO promotes and preserves Romanian customs and culture. IntegRO is committed to intercultural co-operation with other cultural groups.

- @integro-mittelfranken@gmx.de

Griechische Gemeinde Fürth u.U. e.V.

The Greek community cultivates Greek culture, language and traditions. It promotes exchange with other nationalities and the learning of languages such as German and English. It supports its members in their integration. It accompanies them when they go to the authorities and stands up for their rights. The Greek community takes part in municipal events and also organises events itself. The association is politically, partisan and religiously independent.

Hirschenstraße 17, 90762 Fürth

<u>09117499875</u> (from 11.00 a.m. Please leave your name and a telephone number.)

- @griechische-gemeinde-fuerth@gmx.de
- Tacebook

Bulgarisch-Deutscher Kulturverein Zlaten Vek e.V.

The association is based in Nuremberg and organises many events there.

- @vorstand@zlatenvek.de
- Tacebook

Verband deutscher Sinti und Roma, Landesverband Bayern e.V.

The association represents the interests of all Sinti and Roma in Bavaria. It was founded in 1988. There has been a state treaty between the association and the Free State of Bavaria since 2018. The association also includes the Antiziganism Reporting and Information Centre. The association does political work. And it also supports all members.

- Nordring 98a, 90409 Nürnberg
- **4.**09119928793
- @sinti.bayern@nefkom.net
- www.sinti-roma-bayern.de

Kinder- und Jugendverband JunOst

The children and youth association JunOst, LV Bayern e.V. was founded in 2009. Its programmes are for young people with a Russian-speaking cultural background. It focuses on cultural and intercultural education and empowerment of young Russian-speaking immigrants. There is a





youth group in Nuremberg. It is called "Nashi Lyudi". They organise meetings and events. There is also a project for young people from Ukraine. It is called <u>Druzi</u>. If you are interested, you can also set up a group in Fürth.

Kinder- und Jugendverband JunOst, LV Bayern e.V.

Slumenstr. 29, 80331 München

****08954030318

@info@junost-bayern.de

https://www.junost-bayern.de/jugendgruppen/

Landsmannschaft der Deutschen aus Russland e.V. (LmDR e.V.)

The association offers counselling and helps with professional integration. It promotes cultural exchange and organises events.

<u>09118916916</u>

@info@lmdr-fuerth.de

www.Imdr.de

Türkischer Kultur-Verein Fürth und Umgebung e.V.

PHerrnstr. 71, 90763 Fürth

****0911773741

facebook

Türkisch Islamisches Kulturzentrum Fürth e.V. (DİTİB)

The Turkish Islamic Cultural Centre (DİTİB) offers all Muslims a place to practice their faith. The doors are not only open to Turkish people, people of Turkish origin or Muslims, but to all citizens.

€01728318878

@info@ditibfuerth.de

Ohttps://ditibfuerth.de/

Office for Migration and Diversity and Integration Advisory Board (City of Fürth)

The **Office for Migration and Diversity** is tasked with promoting the integration of migrants. The office is the point of contact for politicians, citizens and specialised services. This means, for example:

- · We set up and support working groups and committees.
- · We organise events.
- We work together with Fürth's counselling services and offices.
- We work together with migrant self-organisations and associations.

We bring all these groups together. We work together. So that everyone is better off.

The Office for Migration and Diversity also includes the **Integration Advisory Council**. The Integration Advisory Council represents the rights and interests of all migrants in Fürth.





The integration advisory board

- brings the wishes and concerns of migrants to the attention of municipal committees and the public,
- · advises politicians on the topic of integration,
- networks, for example with the Fürth Alliance against Right-Wing Extremism and Racism, the Council for the Disabled, Fürther Tafel e.V., the Seniors' Council, the Fürth Migration Network and many more.

The integration advisory board is elected.

All people with a history of migration can stand for election.

Would you also like to help? Then you can get in touch with the Integration Advisory Council:

Office for Migration and Diversity of the City of Fürth

Rathaus, Königstr. 86, 90762 Fürth

©09119741962 or 09119741961

@intb@fuerth.de

www.fuerth.de

Integration Coordination Centre (District of Fürth)

The Integration Coordination Centre in the district of Fürth has the task of promoting the integration of migrants. It is the point of contact for all issues relating to migration and integration. It is active in committees. It organises a network and carries out public relations work.

- It implements the integration concept for the district of Fürth.
- She forms and supports working groups and committees.
- She organises information events and network meetings. For example, integration round tables, volunteer meetings and a newsletter for volunteers.
- It works together with social players, educational institutions, advice centres and authorities.
- · It compiles information on the topic of integration. How to learn German, projects that exist.
- It works together with migrant organisations.

The Integration Coordination Centre is staffed by the Integration Officer, the Integration Pilot and the Integration Guide. This also includes the BIG project.

Please get in touch with us!

Landratsamt Fürth - Koordinierungsstelle Integration

Stresemannplatz 11, 90763 Fürth, Nebengebäude, N 0.55

 \bigcirc 091197731216 and 091197731217

@integration@lra-fue.bayern.de

www.landkreis-fuerth-integration.de

Citizen information - Citizen service





Do you want to do something with the administration? And you need help?

Then you can go to the Citizens' Information Centre and the Citizens' Service. The Citizens' Information Centre and the Citizens' Service are located in the town hall of Fürth and also in the Fürth District Office in Zirndorf.

You can get information and advice there. You will also receive information material. They will tell you: Who can you turn to with your problem?

In the towns and municipalities in the district of Fürth, you can get information in the town halls.



The citizens' information centre of the town of Fürth is in the town hall in Königstraße.

Services offered by the Citizens' Information Centre:

- Preparation of official certifications of documents (school, university and vocational diplomas, job references, certificates of further education, foreign birth and marriage certificates)
- Free collection of "yellow bags"
- Sale of organic waste bags and residual waste bags
- · Sale of city maps
- Issue of the Fürth Pass (on presentation of ID and job centre notice)

Citizen information centre

Rathaus, Königstraße 86, 90762 Fürth Room 004

<u>09119741211</u>

Monday 07:30 - 12:00 and 13:00 - 16:30, Tuesday - Friday 08:00 - 12:00, Tuesday and Thursday 13:00 - 15:30

Citizens' portal

Many applications can be made online in the citizen portal. For example, you can extend your tolerated stay permit. Or you can apply for a passport or register with the city of Fürth.

https://services.fuerth.de/

Education portal

If you are looking for information and offers on the subject of education, visit the <u>Fürth</u> <u>education portal</u> or the <u>Fürth district education portal</u> and the <u>integration coordination</u> centre.



Fürth District Office - Citizens' Service

Im Pinderpark 2, 90513 Zirndorf

€091197730

@buergerservice@lra-fue.bayern.de

Monday - Thursday 08:00 - 16:00, Friday 08:00 - 12:30

Information on the towns and municipalities in the district can be found on the respective websites.





Debt counselling

Do you have money problems? Your account is overdrawn and the bank is no longer paying out any money? Debt collection agencies are demanding money and high fees from you? You can no longer pay the rent, electricity or your instalments? The bailiff is at the door? Debt counselling provides advice and information on these and many other questions. There are many reasons: Unemployment, illness, separation. Get help, just because you don't open the bills doesn't mean they will go away. Counselling is free and confidential.

Diakonie Fürth - Debtor and insolvency counselling

Königswarter Str. 56-60, 90762 Fürth

<u>09117493320</u>

@schulden@diakonie-fuerth.de

www.diakonie-fuerth-schuldnerberatung.de

Tuesday 13:00 - 15:00, Wednesday 10:00 - 12:00 and 13:00 - 16:00, Thursday 13:00 - 15:00 (by telephone) and online counselling

