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Children, youth, family and senior citizens

Pregnancy and birth

Pregnant women in Germany enjoy special protection. They are entitled to counselling, medical care and support with new purchases for the child. A gynaecologist carries out the check-ups. They also issue a maternity pass. The maternity pass identifies the pregnant woman as an expectant mother. It contains important information about the health of the mother and her child. The mother should always have the maternity pass with her in case of emergencies.


Asylum seekers must report the birth in advance to the accommodation service. They will check whether there is enough space for the child in the accommodation. She will also order a cot and a changing mat.

Pregnancy counselling

The **Caritas Centre Gernersheim** offers concrete help. It provides support before, during and after pregnancy.

Caritas offers the following help:

- Counselling in all matters relating to pregnancy and birth.
- Counselling for a confidential birth (please state whether you would like anonymous counselling when contacting us)
- Development of possible solutions for psychosocial conflicts
- Counselling after a termination of pregnancy
- Grief counselling for the loss of a child through miscarriage or stillbirth
- Questions about examinations of the mother and child before birth (this is called prenatal diagnostics)
- Questions about sexuality and family planning
- Arranging financial aid and benefits in kind (federal foundation, fund, etc.)
- Advice on financial benefits (e.g. child benefit, parental allowance, maintenance advance)
- Counselling on material subsistence
- Information on legal issues (e.g. Maternity Protection Act)
- Enforcement of legal claims and help in dealing with authorities
- Help in dealing with separation and partnership conflicts
- Socio-educational programmes, e.g. teaching units in schools, youth or company groups.

Further information can be found here:  [Valuably enlightened](#)

Caritas Centre Gernersheim

Contact person: Tina Gutting

 [17er-Straße 1, 76726 Gernersheim](#)

 [07274/94910](#)

■ Opening hours:

Monday to Friday, 08:30 -12:30h,

Thursday 14:30 - 16:30h

The Pro Familia advice centre in Landau

provides information and advice on the following topics:

- Pregnancy
- Partnership
- sexuality
- family planning
- Sex education
- Online counselling
- Pregnancy conflicts (including issuing a counselling certificate in accordance with §5 and 6 of the Pregnancy Conflict Act (SchKG))
- Social and family law
- Menopause
- Contraception
- Sexual education

Pro Familia

■ [Xylanderstraße 21, 76829 Landau](#)

■ [06341/82424](#)

Fax: 06341/348034

■ landau@profamilia.de

■ Telephone availability:

Monday to Friday, 10:00 - 12:00h,

Thursday, 16:00 - 18:00h

Delivery and aftercare

Pregnant women should be examined by a doctor. These are called gynaecologists. They can refer the pregnant woman to a maternity clinic. They can also advise the pregnant woman on finding a midwife for aftercare.

The [early help team](#) can also assist in the search for a midwife.

The birth certificate is issued by the maternity clinic.

Confidential birth

Some pregnant women want to keep their pregnancy and maternity a secret. There is a special offer for them. Women can opt for a confidential birth. Beforehand, it is important that they attend a psychosocial counselling session.

There is a law to expand support for pregnant women and to regulate confidential birth (since 2014). This law makes it possible to give birth in a protected setting under medical supervision. This can be either in a clinic or with a midwife. The law also guarantees mothers anonymity for 16 years, meaning that no one will find out about the birth.

Help hotline "Pregnant women in distress"

For women who are suppressing or hiding their pregnancy

☎ [0800/4040020](tel:08004040020)

Free of charge, barrier-free and available 24 hours a day. Counselling also available in foreign languages

Further information and anonymous counselling is also available online at www.geburt-vertraulich.de

Family midwife

A family midwife is available to pregnant women at the district youth welfare office.

Mrs Ulrike Beinhardt

📍 17er Straße 1, 76726 Germersheim

☎ [07274/53-1791](tel:07274531791)

@ Famhebamme.ger@web.de

Germersheim Midwifery Centre

Westheimer Street 5

67365 Schwegenheim

☎ 06344/9579280

@ info@hebammenzentrum-germersheim.de

🌐 [Midwifery centre](#)

Child welfare and child health network



Coordination: Mrs M. Kuntz

■ [07274 / 53-373](tel:07274_53373)

■ m.kuntz@kreis-germersheim.de

■ Further information about the network can be found [here](#).

The health insurance covers the costs before, during and after the birth. These costs include

- for necessary check-ups,
- delivery costs
- care costs after the birth by a midwife
- The costs of necessary check-ups and vaccinations for children are also covered

Initial equipment

Pregnant asylum seekers and people in need of assistance have higher needs. Under certain conditions, they therefore receive a higher allowance to cover the costs. In addition, you can sometimes receive maternity clothing with your maternity pass. You must submit an application for this. From six weeks before the birth, you will also receive initial equipment for your child.


After the birth, you will receive a pram with your birth certificate. Four to six weeks after the birth, you will also receive baby clothes and other items for your child. These must be applied for at the relevant municipal / local authority.

Notification to the registry office

When a child is born, this must be reported to the registry office. In the case of asylum seekers, the accommodation management must also be informed. In the case of asylum seekers, the maternity clinic notifies the registry office of the birth of the child. The registry office issues a birth certificate for the child. This states when and where the child was born and its name. The parents then receive the birth certificate for their child. The parents must collect the birth certificate from the registry office. To do this, they must bring their own ID, the birth certificate from the clinic and also their marriage certificate, if they have one.

It is important to keep the birth certificate for life. It serves as proof of identity.

Image-based support for health issues

The multilingual  [web portal ZANZU](#) of the Federal Centre for Health Education is available in various languages, including Arabic, Farsi, Turkish, Romanian, Russian and English.

It serves as a concrete working and translation aid for daily counselling practice. Some of the information is provided in the native language. It offers a guide through the German health and counselling system. The web portal provides discreet and direct access to knowledge (for reading and listening).


The topics include: Health, contraception, body knowledge, pregnancy and birth and rights and laws in Germany.

Childcare

Before attending school, from about 1 year of age, children can attend a day care centre (Kita). Here, friendships can be made, the German language learned and new things discovered. Attending a day-care centre is a very important and good preparation for school. Childcare gives parents the opportunity, for example, to attend a German course, go to work or take care of important things.

Depending on the region, the Kita can be a crèche, a kindergarten or a day nursery. However, there are some differences between these childcare options.

- Day nursery (Kinderkrippe): Infants up to the age of three are cared for in this institution. Often they are integrated into day-care centres.
- Kindergarten: In kindergarten, children from three to seven years old are often only looked after in the morning. Some kindergartens also offer lunch.
- Children's day-care centres (Kindertagesstätte; Kita) In contrast to the kindergarten, the Kita offers all-day care. The children are looked after from morning until late afternoon.
- Afterschool programmes (Kinderhort): The Kinderhort is also called a Schulhort. Children aged 7 to 12 are cared for there after primary school. This includes lunch together, homework supervision and then playing with other children.
- Special needs kindergarten (Förderkindergarten): In the special needs kindergarten, children with special needs are cared for who cannot sufficiently or simply cannot be supported in the regular facilities. In addition to comprehensive educational support, the special needs kindergarten also offers therapeutic support and care.


 [Here](#) you can find a complete overview of the day-care centres in the District of Germersheim.

Special needs kindergarten (Förderkindergarten)

A special needs kindergarten is a day care facility that is explicitly aimed at children with special needs. It is intended for children who cannot receive adequate support and care in a regular institution.

Children with physical, mental, social or learning disabilities or developmental delays are cared for in a special needs kindergarten. Even children with severe multiple disabilities have the opportunity to be cared for and supported.

The children are picked up from home and brought home again by an internal driving service i.d.R..

In the District of Germersheim there is the special needs kindergarten of the Lebenshilfe Germersheim. You can find more information  [here](#).

Childcare for children aged 1 and over: "Kindertagespflege"

In Germany there are 2 official and state regulated options for child care: either with a day nanny or in a kindergarten/Kinderkrippe.

The care provided by a day nanny is called children's day care (Kindertagespflege).

In children's day care, parents have the opportunity to have their children looked after by a qualified childminder. The childminders offer this type of care in their private premises, e.g. their own home. Here, children are looked after in small groups of up to 5 children, which is particularly suitable for younger children.

In kindergarten, the groups are larger. Almost all children over the age of three go to a kindergarten.

What does a day at a day nanny's look like?

In the morning, the parents drop their children off at the day nanny's. Then, breakfast is eaten together. Afterwards, the day nanny plays and sings with the children.

She encourages the children to work on their language development, stimulates them to learn and takes them outside. The children learn important things, such as the rules of the road, and observe nature and the environment. They develop their skills while playing in the house.


They get to know the routines of everyday life. They eat with the day nanny and have a nap. The day nanny also changes the children's nappies. In the afternoon, the children are picked back up. The day nanny has the same tasks as a kindergarten.

How do you find a day nanny?

Day nannies are arranged by official agencies and authorities (Youth Welfare Office (Jugendamt), specialist service). This also applies to the place in the kindergarten. All children in Germany have the right to education, a proper upbringing and care and are allowed to go to a day nanny or a day-care/kindergarten, even if the parents do not work.

How much does the care cost?

The amount of money parents have to pay to care for their children can vary somewhat from region to region. It depends on how much income the parents have. In Rhineland-Palatinate, childcare for children from the age of 2 is free of charge - regardless of whether the child attends a kindergarten or a Kinderkrippe.

Questions about this can be answered by the respective authorities ( [Youth Welfare Office \(Jugendamt\)](#), specialist service) on site.

[Information on child day care in different languages](#)

By the way: One of the most popular German children's television programmes with explanations on various things in Germany is also available in Arabic, Kurdish and Dari:



 [Die Sendung mit der Maus International](#)

Child protection

Children's rights

Children's rights in Germany

The **United Nations (UN) Convention on the Rights of the Child** has been in force in Germany since 1992. Since then, there have been discussions about explicitly enshrining children's rights in the Basic Law. With the coalition agreement for the 20th legislative period, the Federal Government is making another attempt to take this historic step.

The four basic principles of the UN Convention on the Rights of the Child are

1. **Prohibition of discrimination:** The UN Convention on the Rights of the Child applies to all children and young people. It applies regardless of the gender, origin, religious affiliation, language, disabilities or political views of the child or their parents. No child may be discriminated against because of this. All children living in Germany must receive protection, support, education and participation. Regardless of where they come from and which religion or world view they adhere to. This is the prerequisite for successful integration.
2. **Right to life and personal development:** Every child has the right to grow up in a protected environment and to develop into an independent and socially competent personality. Children and young people should be supported in their development. They should be given the opportunity to actively participate in social life. A dignified life also includes protection from illness and violence.
3. **Priority of the best interests of the child:** The principle of the best interests of the child obliges courts, administrative authorities, public or private social welfare organisations and legislative bodies at federal, state and local level to consider the best interests of the child and the interests of children as a primary consideration in all decisions and measures.

4. **Right to participation:** Children and young people should be given the opportunity to be heard. They may express their concerns and complaints. They must be involved in state decisions that affect the child or young person. Their opinion must be taken into account according to their age and maturity.

These four basic principles guide the understanding and interpretation of the UN Convention on the Rights of the Child.

Children's rights strengthen children and their families: Strengthening children's rights should also strengthen the family and the right of parents to raise their children. Parents are the most important advocates for their children. This is also in line with the intentions of the UN Convention on the Rights of the Child: Article 5 stipulates that the duties, rights and obligations of parents must be respected, while Article 18 (1) guarantees the responsibility of parents for the best interests of the child.

Since 1 January 2001, the **right of children to a non-violent upbringing** has been enshrined in the German Civil Code (BGB). The new § 1631 BGB reads:

"Children have a right to a non-violent upbringing. Physical punishments, psychological injuries and other degrading measures are not permitted."

With this children's right, a clear guiding principle for upbringing has now been formulated. Violence as a means of upbringing is not justifiable, but violates the dignity of the child. This law thus clarifies what is permitted and what is not tolerated in the upbringing of children. The mistreatment of children and the sexual abuse of boys and girls also constitute criminal offences.

Of course, protection against violence against children in education also applies outside the parental home, for example as part of the educational mandate of day-care centres and schools. Here, children should learn how to deal with conflicts and how to overcome them without violence. This also includes strengthening the children's self-esteem. In this way, the kindergarten contributes to the prevention and defence against dangers that threaten children or that could emanate from them (primary prevention), above all through its playful educational activities, which do not create any pressure to perform or gain prestige.

Averting danger also includes sensitising the educational staff of day care centres and schools. Staff are enabled to recognise symptoms and other indications of child abuse, to correctly interpret corresponding signals and - in the event of sufficient suspicion - to react calmly and appropriately (for example by seeking professional advice from a kindergarten counsellor from the independent and public youth welfare organisations, a specialised counselling centre or the youth welfare office).

There are other children's rights. A few particularly important ones are

- Children are allowed to live with their family. Nobody may simply take a child's family away from them.
- But: If a child is not doing well at home, it needs a new family. This applies, for example, if the child is being beaten. Or if there is no adult to look after the child properly. The youth welfare office can help here.
- If things get particularly bad, for example if there is a war, no child is allowed to be there and certainly not to fight. Children must also not be judged for crimes. If a child has made

a bad mistake, they must learn what was wrong with it. But they don't go to prison.

- If a child is unwell, they must be helped. No matter whether they are ill, alone or sad. Nobody is allowed to hurt a child.
- Children must be heard. If a child has something to say, it must not simply be ignored. Of course, nobody is always right, not even a child. But no one should be ignored, no matter how old they are.

Is child labour allowed in Germany?

In principle, child labour is prohibited in Germany, but exceptions are permitted in certain constellations. All persons up to the age of 14 are considered children. 15 to 18-year-olds are adolescents - if they are of school age, the same rules apply to them under labour law as to children. According to the Youth Labour Protection Act (JArbSchG), young people aged 15 and over may only be employed - albeit with precisely defined restrictions. From the age of 18, there are no longer any restrictions.

Help is available here

Children's rights have been around for quite a while. But despite this, some children are still in a bad situation. To change this, there are people and organisations that help children in need. Anyone who needs help, is afraid or simply doesn't know what to do and wants to talk can call here:

- Nummer-gegen-Kummer (for children and young people): ☎ 116111
- Deutsches Kinderhilfswerk e.V.: ☎ [030/3086930](tel:0303086930)
- The people on the phone will help you and won't tell anyone if you don't want them to.
- You can also ask other people for help, for example your family, carers, teachers or friends. You are not alone with your problems and it can help to talk about them.

Further links:

 [Deutsches Kinderhilfswerk - Children's rights in Germany](#)

 [Children's rights in the Basic Law - Federal Ministry for Families, Senior Citizens, Women and Youth](#)

 [BMFSFJ - Your children's rights](#)

Services for child protection

Child protection

What is child protection?

All children have the same rights. This is what the United Nations has written down and agreed in the UN Convention on the Rights of the Child. It also states that children should grow up safe and healthy and be protected from danger and violence. Child protection is

therefore about protecting children from any form of abuse, neglect, violence or exploitation. Every child has the right to grow up in a safe and loving environment.

Why is child protection important?

Child protection is important because children and young people are not yet as strong and independent as adults. They need our help in order to develop in a way that protects them from danger. When we work to protect children, we are committed to a good and safe childhood for girls and boys. At the same time, we give them the chance to realise their dreams.

Who is committed to child protection?

There are various organisations in the district of Germersheim that are committed to child protection. If you have any questions or problems, or if you need help, you can contact these organisations:

The Youth Welfare Office

Every town and district in Germany has its own youth welfare office. The youth welfare office works with children, young people and families on behalf of the local authority.

Youth welfare offices plan, organise and manage the structures and services of child and youth welfare in the municipalities. They ensure child protection and make sure that all young people and their parents have access to their rights and the associated programmes and services.

There is also a crisis intervention service (KID) within the [social services](#) (ASD) at the youth welfare office. It provides counselling and support in the following areas

- Child protection
- Cases in crisis, including parenting support
- Proceedings before the family court
- in cases where there are indications that a child's welfare is at risk (§8a SGB VII) - the work is carried out in cooperation with the ASD staff

How can you get in touch?

Germersheim District Administration - Department 21 - Youth Welfare

 17er Street 1

76726 Germersheim

Counselling telephone

 [07274/53432](tel:07274/53432)

Opening hours:

Mon to Fri, 08:30 to 12:00h

Mon to Wed, 13:30 to 16:00h

Thu, 13:30 to 18:00h

Outside of these hours, please contact the police in Germersheim in an emergency: ☎
[07274/9580](tel:07274/9580) or Wörth: ☎ [07271/92210](tel:07271/92210)

The child protection service at the Caritas centre in Germersheim

The child protection service offers help when children are

- are beaten or abused,
- nobody looks after them,
- someone wants to or does sexual things to them,
- if they are in danger,

Do you suspect that children in your neighbourhood are at risk?

Then contact the child protection service. No matter whether you are a neighbour, educator, teacher, parent or relative. Children can also report themselves if they have questions or problems.

The child protection service offers educational and psychological help. It can also arrange legal or medical support.

☎ [07274/9491 134](tel:07274/9491134) or [07274/9491 135](tel:07274/9491135)

✉ kinderschutzdienst.germersheim@caritas-speyer.de

☎ [Online counselling for children and young people](#)

Caritas Centre Germersheim

☎ [17er Straße 1, 76726 Germersheim](#)

☎ [07274/9491-0](tel:07274/9491-0)

✉ kinderschutzbund.germersheim@caritas-speyer.de

Jana Mohr

☎ [07274/9491134](tel:07274/9491134)

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☎ [07274/9491135](tel:07274/9491135)

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Beatrice Wetzel

☎ [07274/9491135](tel:07274/9491135)

@Beatrice.Wetzel@caritas-speyer.de

Stefanie Horländer

☎ [07274/9491136](tel:07274/9491136)

@Stefanie.Horlaender@caritas-speyer.de

The Child Protection Association, Germersheim District Association

The Germersheim Child Protection Association is an association. It is committed to realising the rights of children as set out in the German Basic Law. It implements the UN Convention on the Rights of the Child.

Its aim is to realise a child- and youth-friendly society. It promotes the intellectual, psychological, social and physical development of children and young people. It protects them from marginalisation, discrimination and violence of any kind. It is committed to social justice. The Child Protection Association also pursues many other goals to protect children and young people.

The Germersheim Child Protection Association offers an extensive programme:

- 🌀 [HIPPY family programme](#)
- 🌀 [Griffbereit](#)
- 🌀 [Learning mentor project](#) - "no one must get lost"
- 🌀 [Children and youth hotline](#)
- 🌀 [Accompanied contact](#)
- 🌀 [Children's clothes shop](#)
- 🌀 [Germersheim reads aloud](#)
- 🌀 [Neighbourhood shop](#)
- 🌀 [Open play centre](#)

■ You can also find information on the individual programmes [here](#).

🌀 [Flyer The Child Protection Association KV GER.pdf](#)

The Germersheim District Association for Child Protection

■ [Waldstraße 5, 76726 Germersheim](#)

■ [07274/8847](tel:07274/8847)

■ info@kinderschutzbund-germersheim.de

Number against grief:

No matter what issue is bothering you, if you need support, you can turn to us.

Talking about it helps. Children, young people, parents and other carers can get free and anonymous advice from us.

Child and youth helpline: ☎ 116 111

📺 Counselling hours:
Mon to Sat, 14:00 to 20:00h

Parents' helpline: ☎ 0800 - 111 0 550

New counselling hours:
Mon to Fri, 9:00 to 17:00 and
additionally Tue + Thu until 19:00

Online counselling for children and young people at 🌐 www.nummergegenkummer.de

New chat counselling hours:
Tue + Fri, 10:00 to 12:00h and
Wed + Thurs, 15:00 to 17:00h

@[Online counselling](#): counselling by email is still available around the clock

Financial aid for families - parental allowance and child benefit

Family benefits

Parental allowance

Have you had a baby and want to stay at home with your child for a while after the birth?

Some parents work less after the birth of their child. Or they stay at home with their child for a certain period of time and don't work at all. Some also don't want to work as much. Or they can no longer work as much.

Then they can get money from the government. Parents who are separated can also receive parental allowance.

Who gets parental allowance?

All parents who have a settlement or residence permit in Germany can submit an application to the parental allowance office of the district administration.

You can find more information in German, English, Turkish and Russian [at](#) 🌐.

🌐 [Click here](#) to go to the parental allowance office of the Germersheim district administration.

Child benefit


As soon as you have a child, you can apply for child benefit.

Who receives child benefit?

All parents with a settlement or residence permit in Germany are entitled to child benefit.

Where can I apply for child benefit?

You must apply for child benefit yourself at the Federal Employment Agency. It pays child benefit for every child from birth until at least the age of 18.

You can find more information in German, English, Turkish and Russian at  [here](#).

 [Click here](#) to apply for child benefit

Child supplement

Who receives the child supplement?

If there is not enough income for the whole family, parents can receive child supplement in addition to child benefit. You are entitled to child supplement if you fulfil certain requirements. Whether you receive child supplement depends on how much income and substantial assets you, your partner and your child have.

Would you like to apply for child supplement?


You must submit an application for child supplement to the family benefits office. You will receive the supplementary child allowance for 6 months. After that, you must reapply for the child supplement.


If something changes in your situation, for example if you receive more money than before, you must inform the family benefits office. The child supplement will then be recalculated.

When can you apply for child supplement?

You can submit an application if:

- Your child still lives at home
- the child is under 25 years old and not married or in a registered civil partnership
- if you already receive child benefit (or a comparable benefit) for your child
- your family's gross income is at least 900 euros (for couples) or 600 euros (for single parents)
- if you would have enough money to support your family if, in addition to your income, you received child supplement and possibly housing benefit.

Further information and applications for child benefit and child supplement can also be found at  [Familienkasse](#)

 [Click here](#) for information on the federal government's family portal on parental allowance and child benefit in various languages

Meeting and support

General information

Raising children is no easy task. It is therefore important for parents to seek advice and support at an early stage. This can be for general parenting issues, but also in difficult, stressful situations. The counselling centres in the district of Germersheim are there to help parents. With their services, they help to overcome specific problems.

There are [family counselling centres](#) in every municipality and in the towns of Germersheim and Wörth. The service is free of charge.



For young families with babies and toddlers, we recommend the [early help guide](#) and the [early help team](#).



The youth welfare office

The Youth Welfare Office helps, advises, protects and supports. The Youth Welfare Office plans, organises and finances numerous local services for young people and their families. Family is a life task for all generations. The Youth Welfare Office sees itself as a partner to its families. It is committed to supporting and strengthening families and improving their living conditions as far as possible. The Youth Welfare Office wants to support others in their commitment to families.

Counselling hotline of the Germersheim District Youth Welfare Office

Mrs Patricia Michl

[17er-Straße 1, 76726 Germersheim](#)

[07274/53432](#)

p.michl@kreis-germersheim.de

[Click here to go to the website of the district youth welfare office](#)

Family offices/family homes

If you are new to the district of Germersheim or don't know your way around, it can sometimes be difficult. There are many new things that may be difficult to understand. You have to fill out applications. Or make appointments - at kindergarten and school, at the

doctor's or at the administration. Some people need help or counselling.

Or you would like to do more locally in your free time. And get to know people. That can also be difficult sometimes.

Do you need help or advice?

Then your local family office can help you. The family offices are advice centres. Anyone can drop in. They are open to parents, children, young people and families. They help with questions. And they support people. The family offices are located throughout the district of Germersheim.

The counselling sessions at the family office are confidential. The staff do not tell anyone about them. They are open to all people. They accept them as they are.

The family offices support people in all areas - whether in their personal lives or in their communities. The employees are against violence. They promote the equal treatment of women and men. And they help with integration. The family offices help people to help themselves (help for self-help).

Would you like to get to know the people in your village or town better?

Family offices offer the opportunity to get together and socialise. They also offer talks where people can find out more about what interests them in their everyday lives. Many family offices also organise leisure activities. Many family offices also take part in the [Intercultural Week](#). The programmes can be found at the individual family offices. And in some cases also in the Integreat app.

Are the programmes offered by the family offices the same everywhere?

Every family office has slightly different programmes. Depending on what is important locally at the time.

The services offered by the family offices are general:

- they help with filling out and understanding applications for authorities
- They go along to appointments with the authorities or the doctor
- they help and advise families in all situations
- they offer family education programmes
- they organise opportunities to get together
- promote a sense of community through celebrations
- they visit the families if they wish
- they provide social counselling
- they go along to appointments at daycare centres and schools
- they help to utilise local offers
- they do integration work (e.g. for people with disabilities, migrants and asylum seekers)

Can the family offices help with all issues?

The family offices are general advice centres. However, there are also counselling centres for **specific topics**. For example, the consumer advice centre, advice centres for problems with

addiction and or only for women. The family offices can put you in touch with them. They also know important addresses and telephone numbers.

Do I have to pay for counselling at the family office?

All counselling in the family offices is free of charge!

Do you only speak a little German?

Many of the staff at the family offices speak languages other than German. Nevertheless, it is always a good idea to bring someone with you who can translate.

Local family offices

There are family offices in all of the municipalities, in the town of Germersheim and in the town of Wörth.

Family office of the municipality of Lingenfeld



Contact: Mr Markus Schenk and Mr Christodoulos Koulouris

📍 Schulstraße 7, 67363 Lustadt

☎ [015901980517](tel:015901980517)

☎ [015906820595](tel:015906820595)

✉ familienbuero-lingenfeld@sepia-speyer.de

🕒 Opening hours

Mondays: 09:00 to 12:00 in Lustadt, Schulstr. 7

Thursdays: 09:00 to 12:00h in Lingenfeld, Hauptstr. 58

Appointments can also be arranged flexibly outside office hours.

The Lingenfeld Family Centre introduces itself [Profile HDF.pdf](#)

House of the Family [Flyer DinLang ready.pdf](#)

🌐 Further information about the family office can be found [here](#).

Family office bella of the municipality of Bellheim



Contact persons: Mrs Jasmin Ulu and Mrs Kerstin Hess

📍 [Schulstraße 47, 76756 Bellheim](#)

☎ [0152/56444366](tel:0152/56444366)

☎ [0152/56444356](tel:0152/56444356)

✉ bellabelheim@agfi-pfalz.de

Further information about the family office can be found [here](#).

Family office of the municipality of Rülzheim



Janine Sabetz

📍 [Eisenbahnstraße 32, 76761 Rülzheim](#)

@ Familienbuero-ruelzheim@lebenshilfe-ger.de

☎ [+49 \(0\) 72727778161](tel:+49(0)72727778161)

☎ [+49 \(0\) 1637594337](tel:+49(0)1637594337)

🌐 https://www.ruelzheim.de/vg_ruelzheim/de/Leben%20...

📅 Please make an appointment for counselling

Further information about the family office can be found [here](#).

Rheinzabern family office of the municipality of Jockgrim



Contact person: Mr Christian Großhans (Manager)

@ grosshans@lebenshilfe-ger.de

☎ [07271/93419120](tel:07271/93419120)

Contact: Mrs Nesibe Dogan, Mrs Monika Roth and Mrs Rusudan Bersirova

📍 [Am Sportplatz 6, 76764 Rheinzabern](#)

☎ [07271/599175](tel:07271/599175)

@ familienbuero-jockgrim@lebenshilfe-ger.de

Contact person:

Mrs Nesibe Dogan

☎ [0151/54448989](tel:0151/54448989)

@ dogan@lebenshilfe-ger.de

Mrs Monika Roth

☎ [0173/3470815](tel:0173/3470815)

@ roth@lebenshilfe-ger.de

Mrs Rusudan Bersirova

☎ [0157/54100643](tel:0157/54100643)

@ bersirova@lebenshilfe-ger.de

■ Further information about the family office can be found [here](#).

Family office bella of the municipality of Kandel



■ [Am Plätzl 1, 76870 Kandel](#)

■ [07275/9196580](tel:07275/9196580)

■ [0152/56444360](tel:0152/56444360) or [0151/54882223](tel:0151/54882223) or [0152/56444374](tel:0152/56444374)

■ bellAKandel@agfj-pfalz.de

■ Further information about the family office can be found [here](#).

Women's and Family Centre (FFZ) Kandel e.V.

■ [Luitpoldstraße 6, 76870 Kandel](#)

■ [07275/4316](tel:07275/4316)

■ info@ffz-kandel.de

🕒 Office: Monday, Wednesday and Friday, 09:00 to 12:00h

■ Further information about the family centre can be found [here](#).

Family office of the municipality of Hagenbach



Contact person: Mr Casjen Klosterhuis (coordination) and Ms Kaja Crocoll

■ [Bienwaldstraße 4a, 76767 Hagenbach](#)

■ [0151/40638637](tel:0151/40638637) (Mr Klosterhuis) or [0151/40638677](tel:0151/40638677) (Mrs Crocoll)

■ familienbuero-hagenbach@cjd.de

🕒 Open consultation hours:

Thursdays, 16:30 to 18:00h

Further appointments can be arranged

■ Further information about the family office can be found [here](#).

Family Office of the City of Germersheim



Contact person: Mrs Andrea Krey (Coordination)

📍 Germersheim Town Council, An Fronte Diez 1, 76726 Germersheim

☎ [07274/960281](tel:07274/960281)

☎ [0172/4427448](tel:0172/4427448)

@ andrea.krey@germersheim.eu

Family office: Mrs Jolanta Jendrek and Mrs Khadija Manoudi

■ [An Fronte Diez 1 \(detention centre\), 76726 Germersheim](#)

■ [07274/9491151](tel:07274/9491151)

■ [0162/2010383](tel:0162/2010383) (Mrs Jendrek), ☎ [0173/5731148](tel:0173/5731148) (Mrs Manoudi)

■ familienbuero-germersheim@caritas-speyer.de

🕒 Office hours:

Monday to Friday: 09:00 - 11:30h and 14:00 to 16:00h

Open consultation hours: Mondays from 09:00 to 10:00h

Further appointments can be arranged

■ Further information about the family office can be found [here](#).

Family office of the town of Wörth



Contact person: Mr Turgay Cakmak and Ms Claudia Meiburg

■ [Dorschbergstraße 6, ground floor left, 76744 Wörth](#)

■ [07271/1320013](tel:07271/1320013)

☎ [0151/49242793](tel:0151/49242793) (Mr Cakmak) , ■ [0151/40242797](tel:0151/40242797) (Mrs Meiburg)

■ familienbuero-woerth@ib.de

🕒 Consultation hours:

Monday and Friday, 10:00 to 12:00h

Thursday, 13:00 to 15:00h

■ Further information about the family office can be found [here](#).

Do you have general questions about the family offices?

Then Mr Giessen at the district administration can help you.



Mr Wolfgang Giessen (Network Coordination)

■ [07274/53310](tel:07274/53310)

■ w.giessen@kreis-germersheim.de

Toddler and play groups, meeting places, cafés

Germersheim

Parents' café for parents with children up to the age of 3 and pregnant women

Would you like to socialise with other parents, chat over coffee or tea or simply have a good time? Then we look forward to welcoming you and your child!

A playroom with childcare is available for the children.

The offer is free of charge and is organised jointly by the Haus der Familie, the parenting, marriage and life counselling service and the early help service.

Please bring a certified rapid antigen test with you.

When: Wednesdays, from 09:30 to 11:15h

Where: House of the Family, Arrest Building, An Fronte Diez 1, 76726 Germersheim

Further information from:

Family Office of the City of Germersheim

☎ [07274/9491151](tel:07274/9491151) or ☎ [0162/2010383](tel:0162/2010383)

@familienbuero-germersheim@caritas-speyer.de

Hagenbach

Repair café

📍 2nd floor of the former secondary school, Am Stadtrand 1, 76767 Hagenbach

While we are repairing, you can enjoy coffee and cake or chat with other visitors. If it takes longer, we will contact you when the work is finished.

You can find the dates of the repair café at 🌐 [here](#)

German language café

📍 Hagenbach Family Centre, Bienwaldstraße 4a, 76767 Hagenbach

German learners and German speakers who would like to have a chat are invited.

Every Wednesday, 16:00 - 18:00h (from 09.04.25)

Handicraft meeting

📍 Hagenbach Family Centre, Bienwaldstraße 4a, 76767 Hagenbach

Every 1st and 3rd Monday of the month, 15:00 - 18:00h

Café Auszeit

📍 Hagenbach Family Centre, Bienwaldstraße 4a, 76767 Hagenbach

Every Tuesday, 09:00h - 11:00h

Games meeting

📍 Protestant community centre, Konrad-Adenauer-Ring 1, 76767 Hagenbach

Every 2nd and 4th Tuesday of the month, 15:00 - 17:00h

Toddler group

📍 Hagenbach Family Centre, Bienwaldstraße 4a, 76767 Hagenbach

Every Thursday, 09:30 - 10:30h

Local consultation hour

📍 Town hall 1. Berg / 2. Neuburg / 3. Scheibenhardt

Every Thursday, 14:00 to 15:00h

Here is an overview of all [Regelmäßige Angebote 25-2.pdf](#)

Kandel

Play afternoon: Meeting point for refugee families with children from Ukraine

In cooperation with the Kandel Youth Welfare Centre and the Kandel Family Centre, the municipality of Kandel is offering an afternoon of games as a meeting point for refugee families with children from Ukraine. The aim is to get to know people, understand cultures and socialise.

When: Mondays, from 14:30 to 16:00h

Where: Kandel town hall, Schulgasse 3, 76870 Kandel

Info and contact: Kandel municipal administration

Mrs Bibiche Ulrich, ☎ [07275/960128](tel:07275/960128) or [0159/04240178](tel:0159/04240178), @ bibiche.urlich@vg-kandel.de

FFZ House of the Family

Mrs Heidi Untch, ☎ [07275/4316](tel:07275/4316) or [0163/2136905](tel:0163/2136905), @ info@ffz-kandel.de

Play and toddler group

Meeting place for parents with child(ren) aged 0.5 to 2.5 years. The children can play, paint and do handicrafts in a cosy atmosphere. The parents exchange ideas. Playground visits or joint excursions, a visit to the parents' café or a picnic at the swimming pool - the group decides the programme together.

When: Mondays, from 16:00 to 17:00

Where: FFZ- Haus der Familie, Luitpoldstraße 6, 76870 Kandel

Contact: Mrs Melanie Heilmann, ☎ [0176/56793831](tel:0176/56793831)

Parents' café "Time out"

A little break from everyday life with a cup of coffee or tea. The children can play in the playroom under supervision while the mums and / or dads can chat over coffee, tea and a lovely breakfast. midwife Jana Frech visits us at regular intervals and is happy to answer any questions with help and advice! www.freche-hebamme.de

The parents' café of the FFZ - Haus der Familie Kandel takes place in cooperation with the Caritas Centre.

When: Tuesdays, from 09:30 to 11:30h

Where: FFZ - Haus der Familie (next to the Kulturkeller), Luitpoldstraße 6, 76870 Kandel

Contact: ☎ [07275/4316](tel:072754316), ☎ [0163/2136905](tel:01632136905) @ info@ffz-kandel.de

Begegnungstreff - meeting place for refugees from Ukraine

The Begegnungstreff offers space for cosy get-togethers and cultural exchange. The focus is on encounters, getting to know people and engaging in dialogue! With activities for children.

People who would like to join in and get involved are very welcome.

When: Wednesdays, from 15:30 to 17:30

Where: Max and Moritz, Rheinstraße 65, 76870 Kandel

An offer of the Kandel Association of Municipalities in cooperation with the FFZ-Haus der Familie Kandel

Info and contact:

Municipal administration Kandel

Contact: Mrs Bibiche Ulrich, ☎ [07275/960128](tel:07275960128) or [0159/04240178](tel:015904240178), @ bibiche.ulrich@vg-kandel.de

FFZ- House of the Family

Contact: Mrs Heidi Untch, ☎ [07275/4316](tel:072754316) or [0163/2136905](tel:01632136905) @ info@ffz-kandel.de

Breakfast together

Have breakfast together in a relaxed atmosphere, exchange ideas and make new contacts.

For organisational reasons, please register in advance.

Contribution towards expenses: €6.00 per person

When: Every 2nd Wednesday of the month (12.10., 09.11. and 14.12.2022), from 09:30 to 12:00h,

Where: FFZ- House of the Family, Luitpoldstraße 6, 76870 Kandel

Contact and registration: Barbara Asselmeyer, ☎ [07274/5474](tel:072745474)

Lingenfeld

"Open crawling meeting"

The Haus der Familie invites you to an open toddler meeting. We offer stimulating activities for children in a safe environment as well as opportunities to chat over a snack in a cosy atmosphere.

Dates:

07.01.2025

23.01.2025

04.02.2025

20.02.2025 09:00 - 12:00

The offer is free of charge!

📍 House of the family, Schulstraße 7, 67363 Lustadt

The open crawling meeting takes place regularly.

"Parents' café"

The parents' café serves to establish contacts, exchange ideas and impart knowledge on various topics. Parents' concerns relating to school, upbringing, education and bureaucratic matters can be discussed in an open setting in the afternoon.

📍 Canteen Primary School Lingenfeld, Humboldtstr. 5, 67360 Lingenfeld

When: 26.02.2025 from 15:30 - 17:30

The offer is free of charge!

The parents' café takes place regularly

Rülzheim

Café Klatsch - free breakfast for parents and children organised by the Rülzheim Family Office

The Rülzheim Family Office invites parents and children to a (free) breakfast together in the municipality.

When: every 1st Wednesday of the month, from 10:00 to 12:00

Where: Protestant Church, Hoppelgasse 35, 76761 Rülzheim

The organisation depends on the current situation in the Corona pandemic.

Registration under: Mrs Janine Sabetz and Mrs Olfa Belfadhel, ☎ [07272/7778161](tel:072727778161) @
familienbuero-ruelzheim@lebenshilfe-ger.de

[Cafe Klatsch.pdf](#)

Wörth on the Rhine

Parents' café "all round"

The parents' café is an open door place to talk and listen, to exchange ideas, get to know each other, get ideas, have fun, expand knowledge, strengthen families, experience togetherness ... drink a cup of coffee.

For parents with children from 0 to 3 years. No pre-booking required.


Please observe the 3G rule and wear a mask (medical/FFP2) indoors!

A cooperation between the Caritas Centre Germersheim and the Family Office Wörth

When: Tuesdays, from 09:30 to 11:30h

Where: Multi-generation centre Wörth, Ahornstraße 5, 76744 Wörth am Rhein

Are you looking for a toddler group near you?


 [Click here](#) for an overview of the toddler groups in the district of Germersheim.

Are you looking for leisure activities for children and young people?

In our app you will also find [offers especially for children and teenagers](#)

Early help network

Are you pregnant or do you have children under the age of 6? And do you have questions and concerns?

Then the  [Early Help Network](#) can support you. Under the motto "Early on - in good shape... Right from the start!", it offers many services for parents. It supports families from pregnancy until the children are 6 years old. The focus of the work is on children aged 0 to 3 years. The network aims to help with questions and concerns. The aim of the services is to ensure that children can develop healthily and grow up without violence.

The network offers information and services on the following topics

- pregnancy
- babies
- (small) children

It offers you



- Counselling
- support
- help





The network includes family midwives and family health and nursing carers (FGKiKP). They also come to your home. Mums and dads can also take part in parent cafés and parent meetings. There they can exchange ideas or get support from a parenting advice centre. And the family offices with their many services are also part of the Early Help programme in the district.

Early help services are usually free of charge for families. No application has to be made. The service is only available to families who want it. Nobody has to accept the offer.



Further information is available here:

- [Early help Family guide](#)
-  [Pregnancy counselling at the Caritas Centre Germersheim](#)
- Early intervention centre for the diagnosis, treatment and support of children and young people who are diagnosed or suspected of having developmental problems -  [Frühförderzentrum St. Laurentius und Paulus](#)

- The most important facts about the  [early detection examinations in childhood U1 to U9](#) briefly explained
-  [Calculate U-examination dates for your child](#)
-  [Health information on the topic of women's health/maternal health](#) from the Federal Centre for Health Education
- Health information in various languages from  [Landeszentrum Gesundheit in Nordrhein Westfalen](#) on the topics of pregnancy and birth, infants and toddlers and children and adolescents
- Films from the Federal Centre for Health Education on the [topics of bonding, playing, eating and language](#).

... and in the [family offices](#) in the municipality or city.

Educational counselling, marriage counselling and life counselling

Marriage and family counselling

There can always be problems in a partnership or marriage. And there are also often problems or arguments between parents and their children. Sometimes it is not possible to solve these problems alone. Then it can help to ask someone for advice. This is what marriage and family counselling is for. People work there who are trained to help. They provide support in overcoming the challenges and problems in the relationship or in the family.

Anyone and everyone can contact the counselling centre. Counselling is free of charge. Everything that is discussed during counselling remains confidential. Nobody else finds out about it.

There are various counselling centres in the district of Germersheim. Caritas and AWO offer counselling.

Caritas Centre Germersheim

The Caritas Centre offers free advice and support.

It helps with

- Questions about parenting,
- Worries about your own children,
- problems in the partnership,
- anxiety and grief

In Germersheim

 [17er Straße 1, 76726 Germersheim](#)

 [07274/94910](#)

 **Appointments can be made:**

Monday and Wednesday, 08:30 - 12:00h,

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

Branch office in Wörth

■ [Mozartstraße 5, 76744 Wörth](#)

■ [07274/94910](#)

Appointments can be made by telephone

■ Further information can be found [here](#).

Workers' Welfare Association (AWO) advice centre

The AWO counselling centre offers free advice. It helps with problems in relationships and in the family. But also for other life issues.

Its services include

- Partnership counselling
- Marriage counselling
- Family counselling
- Life counselling
- Counselling for individual problems and life crises
- Counselling for separation and divorce
- Counselling in matters of custody and access rights
- Lectures and seminars
- Participation in family court proceedings (according to §50 SGB VIII) on behalf of the Germersheim Youth Welfare Office

AWO counselling centre

Contact: Tabea Rieke, qualified social education worker

■ [Waldstraße 38, 76870 Kandel](#)

■ [07275/9886850](#)

Fax: 07275/9886859

■ Telephone consultation hours:

Appointments can best be made by telephone:

always Monday to Thursday, 11:30 - 12:30h

■ Further information can be found [here](#).

Education and Participation (Financial Support)

Families with low incomes can apply for benefits under the education and participation package. Depending on the type of assistance, subsidies or full cost coverage can be granted for school trips, school materials, lunch, club memberships, learning support and school transport.

The education and participation package (Bildungs- und Teilhabepaket) enables children in need to be able to better participate in the social and cultural life of the community.

Further information, contact persons and links to the applications can be found [here](#).

Multigenerational house

Multi-generation houses are places where people can meet, no matter how old they are. The houses are places where people can meet and get to know each other outside of the family. They can contribute themselves, their interests and their skills there. This gives them the opportunity to help shape the space in which they live.

Multi-generation centres coordinate their services with their local communities. They want to provide local services that are really needed.

 [Multi-generation centre Würth am Rhein](#)

Click here for the special offers for [children and young people](#).

Youth welfare / Youth Welfare Office / General Social Services (ASD)

Youth welfare office

Youth welfare

Do you have any questions or problems regarding the care of your children? Do you have questions or problems with bringing up your children? Do you need help caring for your children? Or do you need legal representation yourself?

Then you can contact the Youth Welfare Office.

The Youth Welfare Office supports young people. It looks after children, adolescents and young adults. And it also helps their parents. Or others who look after the children (guardians).

If there are problems with parenting in the family, the youth welfare office can provide advice and help. And the youth welfare office can also help if there are questions or problems that have nothing to do with the family.

The youth welfare office can help or support with these issues:

- General counselling and support for the family
- Counselling on the topics of partnership, separation and divorce, personal care
- Youth work / youth social work
- Crisis intervention
- Help with parenting
- Integration assistance
- Youth welfare in criminal proceedings
- Advance maintenance payments
- Legal counselling
- Other services

Youth Welfare Office of the Germersheim District Administration

■ [17er Str. 1, 76726 Germersheim](#)

■ [+49 \(0\) 727453229](#)

■ [@Kreisverwaltung@kreis-germersheim.de](mailto:Kreisverwaltung@kreis-germersheim.de)

■ Further information is available [here](#).

■ Opening hours:

Monday to Friday, 08:30 - 12:00h

Monday and Wednesday, 13:30 - 16:00h

Thursday, 13:30 - 18:00h

General Social Service (ASD)

The General Social Service (ASD) is the central point of contact for children and young people, young adults and families living in the district of Germersheim. The ASD is part of the Youth Welfare Office.


The ASD provides support and assistance in coping with everyday life, problems and crisis situations. The central tasks of the ASD also include organising and planning educational assistance and [child protection](#).

The ASD can help and support when:

- Children or young people are in trouble with their parents
- Children or young people can no longer cope at home or are experiencing violence there
- Parents need help with parenting
- Parents are overwhelmed in everyday life with their children
- the school has recommended contacting the youth welfare office,

- people are worried about a child - regardless of whether they are educators or teachers, neighbours or sports coaches or other people from the community
- there are conflicts in a partnership. ASD can also provide counselling in the event of separation and divorce
- proceedings are pending before the family court


The ASD has a broad network of co-operation partners and can also mediate if necessary.


Thanks to the district social work, the ASD has a permanent contact person for each local authority. You can find the breakdown by district at  [here](#)

Contact:

Youth welfare office counselling hotline

Mrs P. Michl

 17er Straße 1, 76276 Germersheim

 [+49 \(0\) 727453432](tel:+49(0)727453432)

 p.michl@kreis-germersheim.de

 [ASD Kreis Germersheim](#)

Senior citizens

Senior citizens' representatives and advisory councils

There are around 18.9 million people aged 65 or over in Germany. This means that the senior citizens target group makes up over 22 per cent of the total population throughout Germany.

There are also many senior citizens in the district of Germersheim. They often have different questions and problems than younger people. That is why there are senior citizens' representatives in the district. They have an open ear for the concerns of older citizens.

The senior citizens' representatives are impartial. They mediate between citizens, the administration and politicians.

They develop and maintain contacts with clubs and organisations in the local community. They arrange help and counselling services. And they stand up for the interests of older people. They ensure that the needs of the older generation are taken into account. They help to recognise them and pass them on.

They are personally available to all local citizens. Or by telephone, letter or e-mail.

Contact person

Germersheim district administration

Mrs Valkana Krstev

📍 Waldstraße 13a, 76726 Germersheim

Room: 3

☎ [07274/53279](tel:07274/53279)

@ v.krstev@kreis-germersheim.de

Further information on the senior citizens' representatives and advisory councils as well as the senior citizens' offices can be found [here](#).

Information on care in the Germersheim district can be found [here](#).

Community Nurse Plus

Society in Germany is getting older and older. There are also many elderly (very elderly) people in the district of Germersheim. But not all older people need care. Some simply need a little support. That's why the Germersheim district has the Community Nurse Plus.

The Community Nurse Plus visits and advises older people. If they wish, even in their own home. These visits are about recognising people's needs. It is important to recognise needs at an early stage. It is also about recognising risks. And to help accordingly. The aim is to enable older people to lead independent lives for as long as possible.

The Community Nurse Plus provides advice on the following topics:

- Health
- nutrition
- mobility
- Help and care
- Local offers (e.g. senior meetings, exercise programmes, events or courses)
- how to establish social contacts. This strengthens independence
- how everyday life can be made easier

She would also like to suggest corresponding programmes in the respective regions. Or implement them themselves. The aim is to further develop the infrastructure. The Community Nurse Plus programme should enable people to live healthy and independent lives in their community for a long time.

All professionals in the Community Nurse Plus programme have training in nursing. They also have many years of experience as nurses or geriatric carers. However, they do not provide advice on care issues. They do not provide any care services themselves. However, they will arrange appropriate support for the elderly if required. In this case, they refer them to the relevant [care support centre](#). They work closely with this centre.

The counselling is only an offer. It is voluntary and free of charge. Nobody has to accept the offer. All questions are treated with absolute confidentiality.

Contact persons:

Social Care Centre Rülzheim, Bellheim, Jockgrim e.V.

Mrs Ramona Baudy

📍 Mittlere Ortsstraße 38

76761 Rülzheim

☎ [+49 \(0\) 72729734734](tel:+49(0)72729734734)

☎ [+49 \(0\) 17619117772](tel:+49(0)17619117772)

@gemeindeschwesterplus@sozialstation-ruelzheim.de

📍 [Rülzheim Social Care Centre - Gemeindeschwesterplus](#)

Important: Currently no counselling by the GemeindeschwesterPlus is possible.

Do you need support?

Then the social centre Rülzheim, Bellheim, Jockgrim e.V. can help you.

☎ [07272/919177](tel:07272/919177)

@info@sozialstation-ruelzheim.de

Specialist in the Community Nurse Plus project for the municipalities of Hagenbach and Kandel and the town of Wörth

Mrs Angelika Drodofsky

📍 Keltenstraße 15a

76744 Wörth a. R.

☎ [+49 \(0\) 7271131151](tel:+49(0)7271131151)

☎ [+49 \(0\) 1622138547](tel:+49(0)1622138547)

@gemeindeschwester@woerth.de

📍 [Town of Wörth-Community Nurse Plus](#)

Click here for the [flyer](#)