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## Children, young people and family


### Separation and divorce


Enclosed you will find counselling centres that can help you in the event of a divorce:

#### Parenting Counselling Centre

Separation and divorce counselling for parents

Counselling is subject to confidentiality and is free of charge.

 [Hermannstr. 10, 31785 Hamelin](#)


 [051519033535](tel:051519033535)

 [www.hameln-pyrmont.de](http://www.hameln-pyrmont.de)

#### Diakonie

Psychological Counselling Centre for Life, Family and Marriage Counselling

 [Münsterkirchhof 10, 31785 Hamelin](#)

 [0515176666](tel:0515176666)

 [www.kirche-hameln-pyrmont.de](http://www.kirche-hameln-pyrmont.de)

 [info@lebensberatung-hameln.de](mailto:info@lebensberatung-hameln.de)

### Counselling centre for men

#### Men's Office (Männerbüro) Hanover

The Men's Office (Männerbüro) Hanover is a non-profit association that deals with the living conditions of boys, male youths and men as well as their social environment and advocates for their concerns.

[www.maennerbuero-hannover.de](http://www.maennerbuero-hannover.de)

### Family planning / contraception and sexual counselling

#### Pregnancy

Pregnant women in Germany are under **special protection** and are entitled to counselling, medical care and support. A **gynaecologist** determines the pregnancy. This is also known as a **gynaecologist**.

Have the **check-ups** carried out there. You will then receive a maternity pass. The maternity record is a document containing important information about your pregnancy, your health and that of your child. Always take your maternity record with you in case of emergencies.

#### Being pregnant

#### How do you determine a pregnancy?

For example:

- The body changes a lot during pregnancy. For example, nausea, tiredness and much more.
- You no longer have a period.

You can have pregnancy tests carried out by a doctor or get a test from a pharmacy or drugstore.

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

Some women get pregnant very easily, others have to try for a long time. This is normal. If it takes longer, you or your partner may be less fertile.

Talk to your doctor about this.

## Unintended pregnancy

If you have not planned to become pregnant, it is particularly important that you seek help and advice. You should find out about the various options available to you.

## Termination of pregnancy

You can terminate the pregnancy with an [abortion](#).

Termination of pregnancy is possible up to the **twelfth week** of pregnancy. Before that, you must go to a **pregnancy conflict counselling centre** and have a consultation.

You can find **help and counselling** here:

- [pro familia Hameln-Pyrmont](#)
- [Social welfare organisation](#)

The **help hotline** "Pregnant women in distress - anonymous and safe" on [0800 40 40 020](tel:08004040020) is available free of charge 24 hours a day. Counselling is available in many languages with the help of an interpreter.

You can also get information about a pregnancy counselling centre in your area. They will provide you with anonymous and free counselling and support you in all further steps.

## Adoption

You can continue the pregnancy and give the baby up for **adoption**.

In Germany, women can have their baby in hospital without having to give their name. After the birth, the mother leaves the hospital. The baby is given up for adoption after a certain period of time. You can find helpful information under ["Confidential counselling and birth"](#).

## Baby basket

There is also the option of placing the child in the [baby basket](#).

You can [use contraceptive methods](#) to avoid an unwanted pregnancy.

[Multilingual information](#)

## Pregnancy counselling

Women and men can obtain free and anonymous advice on **all questions, issues and changes relating to pregnancy** and family planning. Regardless of whether they need **medical** or **legal information**, for example. The counselling service is also available for mothers and young families after the birth of a child. Women and men with an unfulfilled desire to have children can also seek counselling.

You can find counselling on the topics of sexuality, partnership and family planning here:

[Pregnancy counselling](#)

## Midwives

If you are pregnant, you have the right to be cared for by a midwife.

Midwives are specialists for all questions concerning pregnancy, birth and child care.

You can find more information [here from page 15](#):

## Delivery (birth)

### Maternity clinic

Maternity hospitals are hospitals where your baby can be born.

Clinics near you:

[Sana Klinikum Hameln-Pyrmont](#)

Your gynaecologist will refer you to a maternity hospital. You will receive a **birth confirmation letter** from the hospital.

## Paternity declaration / declaration of custody

If the parents are not married under **German law**, the father must make a paternity declaration. In addition, a custody declaration must be made for joint custody.

Acknowledgement of paternity can be made free of charge at the [Youth Welfare Office \(Jugendamt\)](#). The declaration of custody can also be submitted to the Youth Welfare Office (Jugendamt). The paternity declaration and the custody declaration can be made before or after the birth.

## Contact:

### Guardianship/legal adviser/parental allowance team



[05151/903-3618](tel:05151/903-3618)



[vbe@hameln-pyrmont.de](mailto:vbe@hameln-pyrmont.de)



[Süntelstraße 9, 31785 Hameln](#)

You can find more information here: [Certifications](#)

## Financial support during pregnancy and birth

Advice on financial, social and legal assistance before and after birth, applications for initial baby equipment and support in contact with the public authorities can be found here:

- [Diakonisches Werk](#)
- [Caritas Hamelin](#)
- [SkF \(Sozialdienst katholischer Frauen e.V.\)](#)
- [pro familia Hamelin](#)

## Initial baby equipment

The initial baby equipment is a financial aid for pregnant women. With the initial baby equipment you can buy baby clothes, strollers, additional pregnancy supplies and the like. You can apply for this help if you have no or low income. You must submit an **application to** the responsible case worker ([Jobcenter](#) or [Social Welfare Office \(Sozialamt\)](#)). In addition, you can apply for benefits for initial baby equipment at the pregnancy counselling centres.

## Child benefit

As a rule, all children in Germany are entitled to [child benefits](#) from their birth until their 18th birthday (or even later, in exceptional cases).

## Parental allowance

Lots of parents want to look after their child after his/her birth. They don't work for a certain period of time in order to do this. Or they only work part-time. During this time, there is [parental allowance](#).

## Early Help (Frühe Hilfen)

[Here](#) you can find the offers of "Early Help (Frühe Hilfen)". The offers prepare you for the new family situation. They also support parents who have become parents in growing together with the child. The offers are from many areas, such as health, finance, education and leisure.

[Early Help \(Frühe Hilfen\) Parents Film](#)

[Pregnancy manual explanation in different languages](#)

[Pregnancy manual](#)

[Family handbook explanation in different languages](#)

[Family handbook](#)

## Special examinations for children

## Early detection examination

There are **ten screening tests** (U1bis U9 and J1). Until the age of 6, The child is regularly examined and its development is monitored. The **U1** (examination after birth) and **U2** examinations usually take place in the clinic. You must make an appointment with your **paediatrician** for further examinations.



A proof of complete early detection examinations may be required when applying to the day-care centre.

Further information can be found on the [homepage of the Lower Saxony State Office for Social Affairs, Youth and Family](#).

## School health check

For children aged **4 to 6 years**, the Health Department (Gesundheitsamt) offers a **school-preparatory examination** (Einschulungsuntersuchung).

There is an examination with regard to school-relevant abilities and a consultation with the parents, the day care centre and the primary school.

Further information can be found on the [homepage of the District of Hameln-Pyrmont](#).

## Contraception and sexual counseling

You are the only person who decides whether you want to have children, and how many children to have. Nobody can force you to have children. Put another way: **You have the right to family planning.**

### Contraception

Contraception prevents a woman from becoming pregnant. If you want to have sexual intercourse but do not want to have children (yet), you can use contraception to prevent pregnancy. The responsibility for contraception lies with both partners. Talk to your partner about which **contraceptive method** you want to use as a couple. **Both** should **agree with** this.

Contraception does **not** make a woman **less fertile**. If she goes off birth control, she can have children.

There are several **methods of contraception**. You can choose which method is best for you and your partner. Some contraceptive methods fit a person's lifestyle, age, and physical conditions better than others.

### Contraceptive methods

**Important:** Please consult a **gynecologist** or **counseling center** for advice on contraceptive methods.

Here are just a few examples:

- **Barrier Methods:**

Condom, diaphragm and others

The condom is a contraceptive method that also protects you from HIV. It also lowers the

risk of getting a sexually transmitted infection (STI).

- **Methods with hormones:**

Pill, IUD and others

- **Emergency contraception**

If you have **sexual intercourse without contraception**, there is a possibility that you will become pregnant, even if you do not want to. Mistakes can also happen with contraception. Then you get pregnant despite the contraception. For example, the condom may slip off. You may also forget to take the pill or you may have had severe diarrhea and the pill could not work properly.

You can take the "**morning after pill**". You must take it as soon as possible, preferably **in the first twelve hours after sexual intercourse**. You can buy the "morning after pill" without a prescription at a pharmacy. You can get advice on the pill at a pharmacy or from a doctor.

**Important:** Do **not** use the "morning after pill" **as a contraceptive method**.

More information is available [here](#).

## Sexual counselling

**Sexual self-determination** means choosing how to experience your own sexuality, choosing who to experience it with. Nobody can force you to do anything. In **sexual counselling** you can talk about your sexuality in a safe setting. In sexual counseling, you can ask questions about your body, sexual orientation, and sexual difficulties such as listlessness or erection problems. But sexual violence experiences can also be a topic.

The sex counselor does not talk to **anyone else** about what you discuss with them.

More information is available here [www.zanzu.de](http://www.zanzu.de)

## Counselling centres

[pro familia Hamelin](#)

## "Jugendamt" (Youth Welfare Office)

Children's rights (best interests of the child) must be observed when raising children and youth. Particularly important in education are: freedom from violence, health, education and freedom of expression. You can find more on this in the chapter on [children's rights](#).

The Youth Welfare Office (Jugendamt) is responsible for youth support in the area of educational assistance, support for children in day care facilities and day care, custody and access rights issues and divorce counselling, as well as for taking children and young people into care.

The first point of contact is the [General Social Services \(Allgemeiner Sozialdienst\)](#).

The **Special Social Services (Besondere Soziale Dienste)** is responsible for the placement of children in permanent care and the qualification of foster parents.

### District of Hameln-Pyrmont

#### Youth Welfare Office (Jugendamt)



[Süntelstraße 9, 31785 Hamelin](#)


 [www.hameln-pyrmont.de](http://www.hameln-pyrmont.de)


## First point of contact for reports of child welfare risks

Monday - Thursday: 8:00 a.m. - 4:00 p.m.

Friday: 8:00 a.m. - 1:00 p.m.

@ [Erstberatung-Jugendamt@hameln-pyrmont.de](mailto:Erstberatung-Jugendamt@hameln-pyrmont.de)


 [051519033434](tel:051519033434)


 [051519033420](tel:051519033420)

Outside the above-mentioned office hours, the Youth Welfare Office (Jugendamt) can be reached on call around the clock via all police stations in the District of Hameln-Pyrmont and the emergency number 110 as well as via the Cooperative Regional Control Centre Weserbergland under the telephone number [05151/951000](tel:05151951000).

## Parenting counselling centre

Counselling is subject to confidentiality and is free of charge.

 [Hermannstr. 10, 31785 Hamelin](#)

 [051519033535](tel:051519033535)

 [www.hameln-pyrmont.de](http://www.hameln-pyrmont.de)

## Financial Support

### Child benefit

All children in Germany are entitled to a child benefit from **birth until the age of 18. (or even later, in exceptional cases)**. **Your child must live in your household and be cared for by yourself.**

Child benefit is always received by only one person, usually one parent. If there are several children, the individual amounts are paid as one sum. Often you will receive at least 219 euros per month for each child.

If you have several children, the number of children determines the amount of child benefit. From the third child you are entitled to more child benefit

### Child benefit since January 1, 2023

- 1. Child: 250 euros

### How do I receive child benefit?

You must submit an application to the [Family Benefits Office \(Familienkasse\) of the Federal Employment Agency \(Bundesagentur für Arbeit\)](#). Please also contact your benefits provider (Jobcenter or District of Hameln-Pyrmont) for more information.



**Note to asylum seekers:** You cannot receive **child benefits** during the **asylum procedure**. This is only possible when you have a positive decision from the BAMF.

## Contact Family Benefits Office (Familienkasse) Lower Saxony-Bremen



[Mailing address:](#)

Familienkasse Niedersachsen-Bremen  
30131 Hannover



[0800 4 5555 30](tel:08004555530) (questions about child benefit and child supplement)



[Familienkasse-Niedersachsen-Bremen@arbeitsagentur...](mailto:Familienkasse-Niedersachsen-Bremen@arbeitsagentur...)



[Family Benefits Office \(Familienkasse\) Lower Saxony-Bremen](#)

## Parental allowance (Elterngeld)

Lots of parents want to look after their child after **his/her birth**. They don't **work** for a **certain period of time** in order to do this.

Or they only work **part-time**. Part-time means: You work less than 30 hours a week.

If you have applied for **parental allowance**, you can get at **least 300 euros every month**. But it can be more. You **normally get parental allowance for 12 months**. But it can also be longer.

You receive parental allowance if you have a **residence** and reside in **Germany**. You need a **residence permit**. You must live with your child.



[Explainer film](#)



[Bundesministerium für Familie, Senioren, Frauen und Jugend](#)



[Elterngeld digital](#)



[03034047010 \(Elterngeld Digital\)](tel:03034047010)



Monday to Thursday 09:00 to 18:00


## Parental allowance office (Elterngeldstelle), District of Hameln-Pyrmont

 [www.hameln-pyrmont.de](http://www.hameln-pyrmont.de)

District of Hameln-Pyrmont

[Süntelstraße 9](#)

31785 Hamelin

 [051519033613](tel:051519033613)

### Education and Participation Package (BuT; Bildungs- und Teilhabepaket)

If you receive **Social Security benefits**, you may receive financial assistance for your child. This support is called the **Education and Participation Pact**, or **BuT** for short.

### For whom can I apply for BuT?

- for children up to their 18th Birthday.
- for young adults up to their 25th Birthday if they are attending school but do not earn money as part of an education.

### What can be supported by the BuT?

- Children and youth (up to their 18th Birthday) receive **15 euros per month** to be able to **participate in social and cultural life**. You get the 15 euros as a **voucher**. The vouchers can be used for **club fees, lessons, courses** or **camps**.
- For **excursions** and **multi-day trips** with the school or the day-care centre, costs (travel costs, food, admission) are covered.
- The costs of **lunches at school** or **daycare centers** are covered.
- You can receive money for **school supplies**. It can also be used to pay for **other costs of tuition**. Students receive **€100.00** for this at the **beginning of the school year** (September) and **€50.00** after **half of the school year** (February).
- Under certain conditions, schoolchildren can receive **learning assistance**. The school confirms in which subjects and to what extent learning support is required.

### Who can apply for BuT?

Children and adolescents from families receiving the following benefits:

- Unemployment benefit II/social welfare benefit according to the German Social Code (SGB II)
- Social assistance and basic benefits under the German Social Code (SGB XII)
- Kinderzuschlag (child benefit supplement)
- Housing assistance
- Benefits under the Asylum Seekers' Benefits Act (AsylbLG)

Furthermore:

- Families who finance their own living costs but cannot pay the costs incurred for the needs of the education and participation package.

## What do I need for the application?

- If you receive social benefits: Proof of receipt of the social benefit (current notice of approval)
- If you are working: detailed evidence of your personal and financial circumstances
- The completed and signed [BuT application](#) and the corresponding annex.



Ask your [social counseling/integration manager, migration counseling or youth migration counseling](#) for assistance.

## Support and offers for families and couples

### Help in cases of domestic violence

Violence can take different forms. Humiliation, control over your social life, threats or insults, stalking, physical assault, sexual harassment or rape – and these are only a few examples. Violence is harmful to your physical and mental health.

Help is available for those people who are experiencing domestic violence at the hands of their husband, wife or partner.

### [BISS - Counselling and intervention centre for domestic violence](#)

Women and men who are affected in the District of Hameln-Pyrmont can contact BISS by phone or in person for counselling and support from experienced professionals.

Telephone counselling and appointments are available Monday to Friday from 09:00 to 12:00 and Tuesdays and Thursdays from 15:00 to 18:00 at:



[0515125299](tel:0515125299)




[frauenhaus-hamelnt-online.de](mailto:frauenhaus-hamelnt-online.de)

### [Women's shelter](#)

Women who are experiencing violence in their relationship with their partner can get help from a women's shelter. There are several ways to be admitted to the women's shelter:

The woman can get in contact herself. A friend, relative or acquaintance can also call the shelter for her if, for example, she doesn't speak German. In an emergency, a woman can also go to the shelter at night or at the weekend. The police will establish contact.

The shelter is also open to women who are not sure whether they wish to separate from their husband or partner. The shelter is a safe place for them to think about their next steps. They can stay at the shelter with or without their children. Everyone is welcome, regardless of cultural background.


 [0515125299](tel:0515125299)

@

[frauenhaus-hamelnde@t-online.de](mailto:frauenhaus-hamelnde@t-online.de)

### **Multilingual helpline (Germany-wide):**

The "Gewalt gegen Frauen" (violence against women) helpline offers counselling to women in need at any time – it is anonymous, professional, safe and accessible. Qualified counsellors are there to help those who need it. It is always confidential. The counsellors will also refer callers to helpful resources in their area. Counselling is also available for family members, friends or other people supporting the person in need. The helpline offers counselling in seventeen languages, as well as telephone interpreting for the deaf.

 [08000116016](tel:08000116016)

[Homepage](#)

### **Migrant parents network**

The Migrant Parents Network Lower Saxony (MigrantenElternNetzwerk; M.E.N.) strengthens and mobilises migrant parents so that they can confidently and safely fulfil their educational mandate and establishes a strong representation of interests for parents with a migration background in Lower Saxony.

The Migrant Parents Network Niedersachsen...

- advocates for educational equity for migrant children and youth
- empowers parents through training, information and exchange of experiences so that they can consciously and confidently engage in their children's schooling and vocational education.
- offers a platform on which the latest information on parenting and education topics is made available to parents.
- promotes the dialogue between migrant parents, education and training providers Educational institutions, business and politics through networking at regional level.
- represents the interests of parents with a migration background in politics, education and administration.
- is a link between migrant parents as well as politics and administration at the national level.

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

## Geste - gemeinsamSTARK

The project Geste, "gemeinsamSTARK," supports single-parent families in their everyday family organization tasks.


Welcome to 'Geste – gemeinsamSTARK,' a pioneering project dedicated to advocating for and supporting single-parent families in the challenges of daily family organization.

Our initiative provides personalized counseling to ensure a balanced harmony between family commitments and financial security. We not only establish contacts with relevant interfaces such as JobCenter Hameln-Pyrmont, the district of Hameln-Pyrmont, the city of Hameln, and the youth welfare office but also encourage exchange and networking among the families themselves.


Our voluntary support and counseling services are open to all single-parent families. Any single parent can reach out to us for concerns related to authorities, finances, work, housing, or childcare. We offer not only direct counseling but also connect individuals to other relevant services in the region.

To ensure the best possible support, we integrate the resources of the mentioned networks to promote the individual successes of our participants.

## Contact:

 [05151982140](tel:05151982140)

 [Geste@impuls-hamelnpyrmont.de](mailto:Geste@impuls-hamelnpyrmont.de)

 [Ohseener Str. 106, 31789 Hameln](#)

For more information, visit: [Impuls Hameln](#)



## Leisure activities

### Youth clubs

A **youth club** is a meeting place for teenagers and young adults. In the youth centers there are many different offers, most of which are free of charge. You can meet young people there.

There are youth centres in these [cities and municipalities](#):

- [Bad Münden](#)
- [Hessisch Oldendorf](#)
- [Hamelin](#)
- [Aerzen](#)

- [Coppenbrügge](#)
- [Salzhemmendorf](#)

### Drop-in meeting point and cafés

A **drop-in meeting** or an **drop-in café** is a place where people meet. It doesn't matter if they have an appointment or just spontaneously come by. This offers the opportunity to get in touch with a wide variety of people and exchange ideas.

There are also open cafés in many towns and communities in the District of Hameln-Pyrmont. They have different names: (interkulturelles) Begegnungscafé, Café International, Frauencafé.

Ask at the [town hall](#) of your place of residence for a drop-in meeting or café.

### Unaccompanied Minor Refugees

**Underage refugees** who arrived in Germany unaccompanied (also known as “unaccompanied foreign minors” [UMA]) are under the care of the Youth Welfare Office (Jugendamt).

Unaccompanied minors are placed in special housing groups managed by recognised youth welfare institutions or in foster care ("Inobhutnahme"). Depending on the age and maturity level of the young person, an educational assistance plan is developed.

Every unaccompanied minor also receives a guardian. The guardian is the personal and legal contact person of the young person. They act in place of the parents. They represent and support the minor, for example, in the asylum procedure and with the authorities.

The guardian's duties include:

- The decision as to the place of residence
- The application of youth welfare service measures
- The fostering and upbringing of the ward
- Provision of training
- Representation for the law of aliens and the asylum procedure
- Health care
- Application and enforcement of entitlements
- Development of school and career prospects
- Promoting integration

You can find more information on the topic of guardianship in the [“Dein Vormund vertritt dich” \(“Your Guardian Represents You”\) flyer](#) (in German).

### Minors with non-parental family members

Some minors under the age of 18 enter without their parents but **with relatives** (e.g. uncle or aunt, cousins or older siblings). The accommodation management reports this to the Youth Welfare Office (Jugendamt) after arrival. The Youth Welfare Office (Jugendamt) will talk to the minor and their adult relatives and check whether the minor can stay there and who can take

over their legal representation. Subsequently, if necessary, the Family Court (Familiengericht) decides, with the involvement of the Youth Welfare Office (Jugendamt), whether a guardian is to be appointed. This can be a private person such as a relative or the Youth Welfare Office (Jugendamt) as an official guardian.

Now there are two possibilities:

An adult relative can make an application for guardianship at the family court; with guardianship, the relative assumes full responsibility for the minor in place of the parents. The relative can take also on parental rights, which can be transferred informally by the parents by power of attorney, and is also evident from the relevant and responsible actions of the parties involved.

In both cases, the minor can remain with their family member(s). This also applies if the relative is not willing or able to take over guardianship or parental rights, e.g. for language reasons.

If the stay with the relatives is refused by the minor or by their relative, the minor is treated as an unaccompanied minor refugee and taken into care by the Youth Welfare Office (see above).

### **District of Hameln Pyrmont**

[Youth Welfare Office \(Jugendamt\)](#)