

## Table of Contents

<b>Children, young people and family</b>	<b>2</b>
Family counselling centres	2
Counselling services for children and young people	5
Counselling centres for women	10
Counselling centres for men	13
Family planning / contraception and sexual counselling	15
Pregnancy	15
Midwives	18
Delivery (birth)	19
Birth certificate	20
Recognition of paternity and declaration of custody	20
Contraception and sexual counselling	21
Financial support during pregnancy and birth	22
Childcare before starting school	23
Day care centre and child day care	23
Further offers	24
Costs for childcare	26
Early support for your child	26
Special examinations for children	27
Youth welfare office	27
Unaccompanied refugee minors	29
Financial support	31
Child benefit and supplementary child allowance	31
Education and participation package (BuT)	31
Parental allowance	33
Advance maintenance payments - financial support for separated and single parents	33
Marriage in Germany	34
Separation and divorce	35

## Children, young people and family


### Family counselling centres


 **Note All offers on this page are free of charge!**

### The advice centre of the Lippischen Landeskirche

We have the following services for you:

- Marriage counselling
- Counselling for families
- Counselling in all life situations
- Counselling on parenting issues
- Counselling for pregnant women

 [Lortzingstr. 6, 32756 Detmold](#)

 [Gröchteweg 32, 32105 Bad Salzuflen](#)

 [Obere Straße 49, 32683 Barntrup](#)

 **Central registration** via [05231/99280](tel:0523199280)

 [beratung@lippische-landeskirche.de](mailto:beratung@lippische-landeskirche.de)

 Anonymous webmail counselling via [Webmailberatung Diakonie](#)

 [Evangelisches Beratungszentrum](#)

### The WEISSE RING


#### The WEISSE RING helps:

- victims of crime
- the relatives of victims
- the witnesses of crimes
- and the emergency helpers of victims

We also help when the victim does not want to go to the police. For example, if they are still afraid.

All this help is free of charge.

This is how you can contact us.

 [116006](tel:116006)

 [0231/98194850](tel:0231/98194850)

 [@NRW-Westfalen-Lippe@weisser-ring.de](mailto:@NRW-Westfalen-Lippe@weisser-ring.de)


 [WEISSER RING](#)

## **Counselling centre of the district of Lippe**

### **Counselling for families, couples, children and young people**


We help with counselling for parents, young people and children on all topics relating to the family, such as

- Educational counselling
- Assistance with family problems and conflicts
- Child therapy individually and in groups
- Therapeutic counselling for children, adolescents and young adults
- Marriage and relationship counselling and therapy

 [Papenstr. 4, 32657 Lemgo](#)

 Further counselling options in:

- der Stadt Detmold
- der Stadt Bad Salzuflen
- der Stadt Lage
- und der Stadt Oerlinghausen

 **central registration** by telephone: [05231/621621](tel:05231/621621)

 <https://www.beratung-lippe.de/>

## **F.I.T. - Familien.Info.Treff. in Detmold**


In the [Familien.Info.Treff](#) you can obtain various information and services. For example:


- Welcome gift for babies
- Information material for new parents
- Service centre Kita-Navigator
- Childcare services for children
- Childcare for a short stay in the city by prior arrangement (Saturdays)
- Play corner and breastfeeding corner with nappy changing area
- Information on holiday games and holiday camps
- Applications for financial family benefits

- Contact to other advice centres and social services on request
- and on all other topics that are important for you in Detmold.

### **Opening hours**

- Tuesday: 09:00 - 12:00 **and** 13:00 - 16:00
- Wednesday: 09:00 a.m. - 12:00 p.m.
- Thursday: 09:00 a.m. - 12:00 p.m. **and** 1:00 p.m. - 5:00 p.m.
- Saturday: 09:00 a.m. - 14:00 p.m.
- and by appointment

 [Schülerstr. 35, 32756 Detmold](#)

 [05231/977107](tel:05231977107)


 [@fit@detmold.de](mailto:@fit@detmold.de)


 <https://fit.detmold.de/start>

## **Pro Familia**

Counselling for:

- Couples
- family planning
- Sexual counselling
- Pregnancy conflict counselling

 [Lange Str. 79, 32756 Detmold](#)

 [05231/26841](tel:0523126841)

 [@lippe@profamilia.de](mailto:@lippe@profamilia.de)

 [www.profamilia.de/detmold](http://www.profamilia.de/detmold)

## **Beratung und Treffpunkt Blomberg**

Counselling services for

- children
- adolescents
- parents
- families
- Adults, also without children, in difficult situations

📍 [SOS-Kinderdorf Lippe, Holstenhöfener Straße 4, 32825 Blomberg](#)

Contact person: **Mrs Beatrix Schröder**

☎ [05235/5097930](tel:05235/5097930)

@ [beatrix.schroeder@sos-kinderdorf.de](mailto:beatrix.schroeder@sos-kinderdorf.de)

🌐 [Beratung und Treffpunkt Blomberg](#)

## Counselling services for children and young people

💡 **All services on this page are free of charge!**

**YOU ARE NOT ALONE (Du bist nicht allein)** is an initiative for children and young people in North Rhine-Westphalia who have experienced or are experiencing psychological or physical violence.

If you have been **bullied, beaten, abused or neglected**, you will find help and support [here](#).  
If necessary, you can also get protection here.

**Don't be afraid and get in touch. We will help you.**

🌐 <https://www.dubistnichtallein.nrw> => Auf dieser Seite findest du viele Informationen, zum Beispiel auch über weitere Beratungsangebote.

💡 <https://youtu.be/MemXc48uKCM>

## Lippe district counselling centre for families, children and young people (Kreis Lippe)

Counselling and help for children, young people and adults on all family-related topics.

📍 [Papenstr. 4, 32657 Lemgo](#)

📍 Further counselling options in:

- **Detmold**
- **Bad Salzuflen**
- **Lage**
- **und Oerlinghausen**

☎ Central registration by telephone: [05231/621621](tel:05231/621621)

@ [familienberatung@kreis-lippe.de](mailto:familienberatung@kreis-lippe.de)

 <https://www.beratung-lippe.de/>

## Youth centres in the town of Detmold

### Children's centre and youth club Domizil

 [Gut Herberhausen 5, 32758 Detmold](#)

 [05231/37855](tel:0523137855)

 [@Domizil@detmold.de](mailto:Domizil@detmold.de)

#### Öffnungszeiten

- Mittwoch: 17:30 Uhr - 20:00 Uhr
- Donnerstag: 16:00 Uhr - 20:00 Uhr
- Freitag: 16:00 Uhr - 20:00 Uhr

### Detmold-West Youth Centre

 [Oerlinghauser Straße 99, 32758 Detmold](#)

 [05232/98622](tel:0523298622)

 [@jzwest@detmold.de](mailto:jzwest@detmold.de)

#### Opening hours

- Monday: 16:30 - 18:00 Girls' time
- Tuesday: 15:00 - 20:00 Open time
- Wednesday: 15:00 - 20:00 Open time
- Thursday: 15:00 - 20:00 Open time
- Friday: 15:00 - 20:00 Open time

### Youth centre Fürstenzimmer

 [Bahnhofstraße 8, 32756 Detmold](#)

 [01755814512](tel:01755814512)

 [@fuerstenzimmer@detmold.de](mailto:fuerstenzimmer@detmold.de)

#### Opening hours

- Monday: **Start-up help in German** from 15 years from 14:00 - 18:00
- Tuesday: **Start-up help in German** from the age of 15 from 14:00 - 18:00
- Wednesday: **Open area** from 13:00 - 15:00
- Thursday: **Open area** from 13:00 - 15:00. **Girls' meeting place** from 15:00 - 18:00

- Friday: **Open** area from 13:00 - 19:00 and from 19:00 - 22:00 Open area from Drogenberatung Lippe e.V.

### Youth centre Style

📍 [Niedernfeldweg 12 b, 32758 Detmold](#)

☎ [015114058284](tel:015114058284)

#### **Opening hours**

- Tuesday: 15:00 - 20:00
- Thursday: 15:00 - 20:00

### Jugendberatung im Quartier

for young people aged 16 - 27 who live in Detmold

- Support with career orientation and life planning
- Help with the search for an apprenticeship, internship or job
- Individual help

📍 [Gut Herberhausen 6, 32758 Detmold](#) (Stadtteilbüro, district Herberhausen)

#### **Consultation hours**

- Wednesday: 14:00 - 18:00
- Thursday: 16:00 - 18:00

📍 [Humboldtstraße 16, 32756 Detmold](#) (Villa am Hügel, district Hiddeser Berg)

#### **Consultation hours**

Appointments by arrangement

📍 [Bahnhofstraße 8, 32756 Detmold](#) (Jugendtreff Fürstenzimmer, city centre district)

#### **Consultation hours**

- Monday: 14:00 - 18:00
- Tuesday: 14:00 - 18:00

### Contact person:

**Mrs Alina Richter**


☎ [0151/62663085](tel:0151/62663085)


@ [a.richter@detmold.de](mailto:a.richter@detmold.de)

## Youth counselling of the Lippischen Landeskirche (Lippische Landeskirche)

You can contact us if you have stress or problems:

- at school
- in the family
- with friends or others
- with yourself

 [Lortzingstr. 6, 32756 Detmold](#)

 [05231/99280](tel:0523199280)

[@Webmail-Beratung](#) (anonymous)


Counselling is free of charge and anonymous if you wish.

We are bound to confidentiality, including towards your parents and teachers.

## "The number against grief" (Die Nummer gegen Kummer) for children and young people

The "Nummer gegen Kummer" is a nationwide special number for all questions, worries and problems, whether with school, parents, boyfriend or girlfriend.


The call is free of charge. Regardless of whether you call from a landline or mobile phone. It also does not appear on your telephone bill.


 [116111](tel:116111)

 <https://www.nummergegenkummer.de/>

## Telephone counselling for young people and adults - the call is free of charge

The telephone counselling service is available to everyone. The telephone is manned 24 hours a day, every day of the year. The call or chat is anonymous and free of charge. Regardless of whether you call from a landline or mobile phone.

 [0800/1110111](tel:08001110111)

 [0800/1110222](tel:08001110222)

 [Telefonseelsorge](#)

## Beratung und Treffpunkt Blomberg



Counselling service for

- children
- adolescents
- families

 [SOS-Kinderdorf Lippe, Holstenhöfener Straße 4, 32825 Blomberg](#)

 Contact person: **Mrs Beatrix Schröder**

 [05235/5097930](tel:05235/5097930)


 [beatrix.schroeder@sos-kinderdorf.de](mailto:beatrix.schroeder@sos-kinderdorf.de)

 [Beratung und Treffpunkt Blomberg](#)

## Fachstelle Kinderrechte beim Kreis Lippe

Ihr möchtet mehr über eure Rechte erfahren oder habt das Gefühl, dass eure Rechte missachtet werden? Die Fachstelle Kinderrechte informiert, berät und unterstützt euch.

 Ansprechpartnerin: **Frau Mareike Brinkmeyer**


 [05231/624330](tel:05231/624330)


 [kinderrechte@kreis-lippe.de](mailto:kinderrechte@kreis-lippe.de)

 [Hilfe und Beratung - Ort der Kinderrechte](#)

## Direct telephone counselling (without an appointment) in cases of sexualised violence for

- Families
- Victims
- Children and young people

 The specialist counselling service is the contact point for children and young people from Lippe who have (presumably) experienced or had to experience sexualised violence. As a friend or family member, you can also seek counselling.

 [0170/9264142](tel:0170/9264142)

### Opening hours:

Monday: 13:00 - 14:00

Tuesday: 09:00 - 10:00 am

Wednesday: 16:00 - 17:00


Thursday: 11:00 - 12:00


## Counselling centres for women

 **All counselling services on this page are free of charge.**

### Alraune Women's counselling centre

Counselling and groups on overcoming the consequences of sexual and domestic violence, separation and divorce and other topics.

 [Wall 5, 32756 Detmold](#)

 [05231/20177](tel:0523120177)

 [info@alraune-frauenberatung.de](mailto:info@alraune-frauenberatung.de)

 <https://www.alraune-frauenberatung.de/>

### The WEISSE RING


The WEISSE RING helps:

- Victims of crime
- the relatives of victims
- witnesses of crimes
- and emergency helpers

The WEISSE RING also helps if the victim does not go to the police because they are still afraid, for example.

The help is free of charge.

How can you contact WEISSEN RING?

 [116006](tel:116006)

 [0231/98194850](tel:023198194850)

 [NRW-Westfalen-Lippe@weisser-ring.de](mailto:NRW-Westfalen-Lippe@weisser-ring.de)

 [WEISSER RING](#)


## FAIR - Women and work in the region

Counselling on career development for all women from the district of Lippe:

- Career re-entry
- Further training
- Setting up a business
- Re-orientation
- for women of working age

Contact person: **Mrs Silke Quentmeier**

 [Bad Meinberger Str. 1, 32756 Detmold](#)

 [05231/4585600](tel:05231/4585600)

 [@quentmeier@fair-lippe.de](mailto:@quentmeier@fair-lippe.de)

 [FAIR – Frau und Arbeit in der Region](#)


## Frauenhaus Lippe - AWO Kreisverband Lippe e.V.

Any woman aged 18 or over who is at risk of abuse or has been subjected to psychological, physical or sexual violence can turn to the Lippe Women's Refuge.

It does not matter what nationality you are. You can of course bring your children with you.

Admission and temporary accommodation are organised in an unbureaucratic manner. The location remains anonymous to protect the women.

**In the event of threats, abuse, counselling or information, please call the following free number:**

 [0800/8508509](tel:0800/8508509)

**You can reach us day and night!**

Your contact person: **Mrs Stefanie Nowak-Thormählen**

 [Frauenhaus Lippe - AWO Kreisverband Lippe e.V.](#)

 [Häusliche Gewalt](#)

## **Free women's refuge places in NRW**


Here you can quickly and easily find out about available places in women's refuges in NRW. You can also access further important information about support services for women affected by violence.


 [Frauen Info Netz gegen Gewalt](#)

If you are experiencing violence in your family, you can find further help and information here:  [Gegen häusliche Gewalt in Lippe](#)

## Gleichstellungsstelle of the Kreises Lippe

 Contact persons: **Mrs Nicole Krüger, Frau Samantha Trzeciak-Hawes**


 [05231/627660](tel:05231627660)


 [05231/627640](tel:05231627640)

 [@gleichstellung@kreis-lippe.de](mailto:@gleichstellung@kreis-lippe.de)

## Pro Familia

Counselling for couples, family planning, sexual counselling, pregnancy conflict counselling

 [Lange Str. 79, 32756 Detmold](#)


 [05231/26841](tel:0523126841)

 [Pro Familia](#)

## Prostitute counselling THEODORA und NADESCHDA (Evangelische Frauenhilfe in Westfalen e.V.)

THEODORA has been counselling women in prostitution in Ostwestfalen-Lippe since 2011.

Where possible, counselling is provided in the mother tongue.

 [02921/3710](tel:029213710)

 [@info@frauenhilfe-westfalen.de](mailto:@info@frauenhilfe-westfalen.de)

 [Prostituiertenberatung](#)

## RICA - Rat, Inspiration and coaching for the labour market Counselling centre for women at the Netzwerk Lippe

RICA supports and advises women from the Lippe district on all topics relating to everyday life and work.

- Orientation: Where do I stand and where do I want to go? What opportunities are there for me?
- Help with everyday problems, personal or family issues
- Support and guidance with job searches and career development
- Counselling on education and further training

Contact person: **Mrs Ilka Gräber**

📍 [Braunenbrucher Weg 18, 32758 Detmold](#)

☎ [05231/640318](tel:05231640318)

@ [i.graeber@netzwerk-lippe.de](mailto:i.graeber@netzwerk-lippe.de)

### Counselling centres for men

💡 **All offers are free of charge for you!**

### The WEISSE RING

is the point of contact for

- Victims of crime
- the relatives of victims
- Witnesses of crimes
- and emergency helpers

The WEISSE RING will also help you if you do not want to go to the police.

We are here for you. You can reach us here:

☎ [116006](tel:116006)

☎ [0231/98194850](tel:023198194850)

@ [NRW-Westfalen-Lippe@weisser-ring.de](mailto:NRW-Westfalen-Lippe@weisser-ring.de)

🌐 [WEISSER RING](#)

### man-o-mann Men's counselling

We offer counselling on the following topics

- male identity
- partnership
- sexuality
- Conflicts in the family, in leisure time or at work
- fatherhood
- Psychological problems

- Violence as a victim
- Violence as a perpetrator

Please get in touch with us!

📍 [Bismarckstraße No. 8, 32756 Detmold](#)

📍 [Teutoburger Str. No. 106, 33607 Bielefeld](#)

☎ [0521/68676](tel:0521/68676)

@ [kontakt@man-o-mann.de](mailto:kontakt@man-o-mann.de)

🌐 [www.man-o-mann.de](http://www.man-o-mann.de)

## Pro Familia

We are here for you and provide counselling for

- Couples
- family planning
- Sexual counselling
- Pregnancy conflict counselling

📍 [Lange Str. 79, 32756 Detmold](#)

☎ [05231/26841](tel:05231/26841)

@ [lippe@profamilia.de](mailto:lippe@profamilia.de)

🌐 [www.profamilia.de/detmold](http://www.profamilia.de/detmold)

## Protestant Counselling Centre of the Lippische Landeskirche

We take care of you with:

- Marriage counselling
- Family counselling
- life counselling
- and educational counselling

📍 [Lortzingstr. 6, 32756 Detmold](#)

📍 [Gröchteweg 32, 32105 Bad Salzuflen](#)

📍 [Obere Straße 49, 32683 Barntrup](#)

☎ Registration via [05231/99280](tel:05231/99280)

@ [beratung@lippische-landeskirche.de](mailto:beratung@lippische-landeskirche.de)


@Anonymous via the [Webmailberatung Diakonie](#)

 [Evangelisches Beratungszentrum](#)

## **Family counselling, child counselling, marriage counselling and youth counselling of the district of Lippe**

Counselling for parents, young people and children on all topics relating to the family, such as

- Educational counselling
- Assistance with family conflicts
- Child therapy individually or in a group
- Marriage counselling and relationship counselling

 [Papenstr. 4, 32657 Lemgo](#)

There are further counselling centres in the following towns:


- Detmold
- Bad Salzuflen
- Lage
- and Oerlinghausen

**The central registration office** can be contacted via the telephone number: [05231/621621](#)

## **Gleichstellungsstelle District of Lippe**

Your contact persons:

- **Mrs Nicole Krüger**
- **Mrs Samantha Trzeciak-Hawes**

 [05231/627660](#)

 [05231/627640](#)

@[gleichstellung@kreis-lippe.de](mailto:gleichstellung@kreis-lippe.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** (Frauenarzt) 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 pass with you in case of emergencies.

[This film](#) in several languages provides information about pregnancy check-ups and birth preparation as well as medical care from midwives and doctors before, during and after the birth.

## Being pregnant

### How do you recognise 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 in several languages [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.

### Contact points for expectant parents

Expectant parents have many **questions about pregnancy and birth**, but also about various topics such as

- Parental allowance
- child benefit
- Further offers of help

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

The ["Frühe Hilfen"](#) - Team Freundlicher Kreis Lippe offers guidance and counselling on these issues.

Further advice is available from the **pregnancy advice centres**:

#### [pro familia Detmold](#)

☎ [05231/26841](tel:05231/26841)

#### [Advice centre for pregnancy and family planning AWO Lemgo](#)

☎ [05261/6607270](tel:05261/6607270)


#### [Protestant Counselling Centre of the Lippische Landeskirche Detmold](#)

☎ [05231/99280](tel:05231/99280)



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## **SKF Sozialdienst katholischer Frauen e.V., Detmold branch office**

 [0152/27841652](tel:015227841652)

### **Unplanned 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 Kreis Lippe](#)

 [05231/26841](tel:0523126841)

The **help hotline** "[Pregnant women in distress - anonymous and safe](#)" on [0800/4040020](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 (Babykörbchen)**

It is also possible to place the child in the **baby basket or in the baby hatch**.

**Baby basket Detmold** (on the north side of the clinic, on Hofstraße)

 [Hofstraße 11, 32756 Detmold](#)

 [05231/723110](tel:05231723110)

 [Lippische Landeskirche](#)

### **Baby hatch in Paderborn (Babyklappe in Paderborn)**

📍 [Am Busdorf 3, 33098 Paderborn](#)

☎ [05251/1020](#)

🌐 <https://www.moses-baby-fenster.de/>

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

[Multilingual information](#)

## Pregnant under 20?

Are you under 20 and have become pregnant? Here you will find information on early parenthood and education.

🌐 <https://www.jung-und-schwanger.de/>

🌐 <http://www.teenagermuetter.de/schwanger.html>

## Midwives

If you are **pregnant**, you are entitled to a midwife.

The midwife will support you

- during your pregnancy,
- during the birth,
- with childcare.

## Who pays for the midwife?

The costs of the midwife's **pre-natal examinations** are covered by **statutory health insurance**.





Health insurance also covers the costs of the **antenatal course** (maximum 14 hours).

## How do I find a midwife?






Lippe Hospital works with many midwives. You can find the midwives in [this list](#).

**Further midwife practices** in the district of Lippe:




**Hebammengemeinschaft Floh & Co** - Midwife Brigitta Pütz

 [Hindenburgstraße 58, 32760 Detmold](#)  
 [05231/570236](tel:05231570236)  
 [b.puetz@hebammenpraxis-lippe.de](mailto:b.puetz@hebammenpraxis-lippe.de)  
 [Midwife Brigitta Pütz](#)

### **Körperbau - Hebammen im Herzen von Lippe** - Midwife Mara Ferreri and Katharina Wedel

 [Lagesche Straße 10-14, 32657 Lemgo](#)  
 Midwife Katharina Wedel: [0176/84278158](tel:017684278158)  
 Midwife Mara Ferreri: [0171/4991851](tel:01714991851)  
 [hallo@hebamme-lemgo.de](mailto:hallo@hebamme-lemgo.de)  
 [Midwife Mara Ferreri and Katharina Wedel](#)

### **Midwifery practice Bad Salzuflen**

 [Werler Str. 49, 32105 Bad Salzuflen](#)  
 [05222/3854598](tel:052223854598)  
 [0176/63260219](tel:017663260219)

### **Delivery (birth)**

### **Delivery and aftercare**

Your gynaecologist will refer you to a maternity clinic. After the birth, ask there for a midwife or a maternity nurse for aftercare. You will receive a birth certificate from the clinic.

### **Maternity clinic**

Maternity clinics are hospitals where your child can be born.

Clinics near you:

- [Obstetrics Klinikum Lippe](#)

Your gynaecologist will refer you to a maternity clinic. You will receive a **birth certificate** from the clinic.

After the birth, you will also receive financial support and counselling. You can find more information [here](#).

Various [videos](#) in several languages show how to breastfeed in the first few hours after the birth and how to put the baby to the breast and breastfeeding positions.

You will receive a **birth certificate** for your child from your **registry office**. You can find more information [here](#).

### **Paediatricians**

Find out which paediatricians are available in your local area, preferably before the birth.

There are ten early detection examinations(**U1-U9 and J1**). This means that the child is examined regularly up to the **age of 6**. The paediatrician monitors your child's development. The **U1 (examination after birth)** and **U2 examinations** usually take place in the clinic. For further examinations, you must make an appointment with your paediatrician. [You can find more information about the examinations here.](#)

Proof of complete early detection examinations may be requested when [registering for daycare](#).

## Birth certificate

### Notification of the newborn child to the registry office

Newborn children must be registered with the [registry office](#). Do you live in accommodation? Then the birth must be reported to the management.

The [maternity clinic](#) will register the birth with the registry office.

There you will receive the (provisional) **birth certificate** for your child. Bring your identity card with you. You will also need the birth certificate from the clinic.

**Are you married?** Bring your marriage certificate with you.

💡 Please only present original documents. If your documents are in a foreign language, an officially certified German translation is required.

👤 **Do you live in shared accommodation?** Give your accommodation manager a copy of your birth certificate. Your child will then be registered.

The **birth certificate** proves that someone was born. It contains the first name and surname as well as the parents' details. It is an official document with the date and place of birth. You can request a birth certificate from the registry office in whose area you were born.

### Recognition of paternity and declaration of custody

#### Recognition of paternity and declaration of custody

If the parents are not married under **German law**, the father must make an acknowledgement of paternity. A declaration of custody must be made for joint custody.

The acknowledgement of paternity can be made free of charge at the youth welfare office([Jugendamt](#)). The declaration of custody can also be made at the Youth Welfare Office. Acknowledgement of paternity and a declaration of custody can be made both before and after the birth.

These towns have their own youth welfare offices for notarisation.

- Bad Salzuflen
- Detmold
- Lage

- and Lemgo

## Your team for notarisations in the district of Lippe

 [Declaration of acknowledgement of paternity, notarisation \(notarisation\)](#)

## Contraception and sexual counselling

You can decide for yourself whether and how many children you want to have. Nobody is allowed to force you to have children. **You** can also say that **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 (yet) want to have children, you can use contraception to prevent pregnancy. Contraception is the responsibility of both partners. Talk to your partner about which **contraceptive method** you want to use as a couple. **Both of you** should be in **agreement**.

Contraception **does not** make a woman **less fertile**. If she stops using contraception, she can have children.

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

## Contraceptive methods

**Important:** Please seek advice on contraceptive methods from a **gynaecologist** or a **counselling centre**.

Here are just a few examples:

- **Barrier methods:**

Condom, diaphragm and others

The condom is a contraceptive method that also protects you against HIV. It also reduces the risk of contracting a sexually transmitted infection (STI).

- **Methods with hormones:**

Pill, IUD and others

- **Emergency contraception**

If you have **sexual intercourse without contraception**, there is a chance that you could become pregnant, even if you don't want to. Mistakes can also happen when using contraception. Then you will become pregnant despite using contraception. For example, the condom can slip off. You can also forget to take the pill or you have had severe diarrhoea and the pill could not work properly.

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

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

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


## Sexual counselling

**Sexual self-determination** means choosing how and with whom you want to have sex. You must not be forced to do anything. You can talk about your sexuality at a **sexual counselling** session. In sexual counselling, you can ask questions about your body, sexual orientation and sexual difficulties such as lack of desire or erection problems. Experiences of sexual violence can also be discussed.

Sexual counsellors **do not talk to other people** about what you discuss with them.

You can find more information in several languages here: [www.zanzu.de](http://www.zanzu.de)

## Counselling centres

- The youth portal of the **Federal Centre for Health Education** offers information for young people on love, relationships, sexuality and contraception:  <https://www.loveline.de/>
- [Pro Familia Beratungsstelle Detmold - Family planning, sex education and sexual counselling](#)
- [Protestant counselling centre of the Lippischen Landeskirche](#)
- [SKF - Sozialdienst Katholischer Frauen, Catholic pregnancy counselling centre](#)
- [man-o-mann: Counselling centre for men](#)

## Financial support during pregnancy and birth

Expectant parents have many **questions about pregnancy and birth**, but also about various topics such as:

- Parental allowance,
- child benefit,
- offers of help

The "Early help ([Frühe Hilfen](#))" - Team Freundlicher Kreis Lippe offers guidance and counselling on these issues.

Early help is available in the following municipalities:

Kreis Lippe: ☎ [05231/624220](tel:05231624220)

Stadt Bad Salzuflen: ☎ [05222/952453](tel:05222952453)

Stadt Detmold: ☎ [05231/977927](tel:05231977927)

Stadt Lage: ☎ [05232/601534](tel:05232601534)

Stadt Lemgo: ☎ [05261/213401](tel:05261213401)

**Elterngeld** - If you have a child, you can receive financial support from the state. If you want to look after your child yourself and therefore work less or not at all, you are entitled to parental allowance. You can find out what you need to know about parental allowance and who can receive it on the [family portal](#). There is also a [parental allowance calculator](#) here.

**Kindergeld** - Entitlement to parental allowance begins in the month of birth and continues without restriction until the child's 18th birthday. Parents or other legal guardians are entitled to apply. In order to receive child benefit, parents must apply in writing to the [Familienkasse](#) in writing. The [Kindergeldantrag](#) is submitted to the authority, whereby a processing time of 4 to 6 weeks must be expected.

**Further information on benefits during pregnancy and after the birth can be found on the [family portal](#) in several languages.**

**Family Information Service (FID)** - The services include counselling on pregnancy and family life. In addition, they can also refer you to "early help" support services such as family midwives or family nurses.

#### **Pregnancy advice centres**

- [pro familia](#) ☎ [05231/26841](#)
- [Counselling centre for pregnancy and family planning AWO Lemgo](#); ☎ [05261/6607270](#)
- [Protestant advice centre at Lippischen Landeskirche](#), ☎ [05231/99280](#)
- [SKF Sozialdienst katholischer Frauen e.V.](#) ☎ [0152/27841652](#)

### **Childcare before starting school**

#### **Day care centre and child day care**

#### **What is a daycare centre and what is childminding?**

A daycare centre is a place where several children are looked after by **teachers**. Day care centres often have several groups in which the children are looked after. Your child can **play** with other children in the daycare centre, **make friends** and **learn** lots of new things. Some children also learn German here. Your child will receive targeted developmental support.

Day care for children is often also known as childminding. In this form of childcare, your child is in a small group and is looked after by one person. It is often flexible and individualised care. Sometimes the group is even at the childminder's home. Day care is just as good as a day care centre, especially for children under the age of 3.

From the age of 3, attending a day care centre is recommended, as children can be better prepared for school here.

The **day care centre** and **child day care** are very **important preparation for school**. In the penultimate year and shortly before your child starts school, there is an enrolment check-up.

Attendance at the daycare centre is **voluntary**.

A monthly fee is charged for childcare. This is called the parental contribution. The amount depends on income. It is also possible to be exempt from the parental contribution if, for example, you receive income support or social assistance.

You can find more information on the calculation or exemption from the parental contribution [here](#).

[Here you can find videos about the day care centre in different languages.](#)

## How can I enrol my child in a daycare centre?

There are 5 youth welfare offices in the district of Lippe. The big cities: [Lage](#), [Lemgo](#), [Detmold](#) and [Bad Salzuflen](#) (Bad Salzuflen) have their own youth welfare office. The youth welfare office of the district of Lippe is responsible for all other towns and municipalities. If you live in one of the 4 large towns, you can register your child in a daycare centre online using the Kita Navigator. Simply click on the towns.

A place at a day care centre can be arranged in [Bad Salzuflen](#) and [Lage](#) the youth welfare office of the city. In [Lemgo](#) and [Detmold](#) this can also be done online.

If you do not live in one of these 4 towns in the district of Lippe, then always register your child directly at a daycare centre. You go to the daycare centres and ask to be put on a waiting list. It is best to do this at several daycare centres.

The "[Frühe Hilfen](#)" ([Frühe Hilfen](#)) department [of the district of Lippe](#) can help you find a place in a day care centre.

From the age of 1, your child has the right to attend a daycare centre or childminder. However, the availability of a place is not guaranteed.

It is best to register your child several months to 1 year in advance and have it placed on the **waiting list**.

Make sure that your child is vaccinated against [measles](#) (Masern).

## When is the daycare centre open?

There are **different opening hours**.

In day care centres, you can usually have your child looked after from **the morning** until **late in the afternoon**. However, there are also daycare centres that are only open until midday (12:00 or 14:00).

You **bring** your child to the daycare centre in the morning and **pick it up** again at lunchtime or in the evening. This depends on how long you have booked. There are **fixed times** for this. You have to stick to them. This is very important for the children. This allows the teachers to support the children undisturbed.

Find out more directly at the daycare centre.

## Further offers

### International Parent - Child Groups (IEKG)

#### Who can take part?

All **mothers and/or fathers with children up to the age of 6 with refugee experience** who do not yet attend a regulated day care centre (nursery, day care, primary school).



Participation in the parent-child groups is **free of charge** and **does not** require **registration**. Just come along with your child!

### What is done there?

Children and parents are prepared for everyday kindergarten and primary school life. The focus is on learning the German language for everyday use.

### Where are we?

You can find us at Kalletal and Barntrup:


#### "Together for Kalletal e.V."

**Address:** [Am Markt 6, 32689 Kalletal](#)


 Tuesday and Thursday: 09:00 - 12:00

#### Youth centre "Das neue Haus" Barntrup

**Address:** [Kellerstraße 2, 32683 Barntrup](#)

 Tuesday and Thursday: 09:00 - 12:00

 **Contact person for Kalletal and Barntrup:** Mrs N. Heinemann

 Phone: [05231/624241](tel:05231624241)

 Email: [N.Heinemann@kreis-lippe.de](mailto:N.Heinemann@kreis-lippe.de)

### Services offered by the Municipal Integration Centre for children aged 1-3 years and 4-6 years and their parents:

#### Griffbereit

Multilingual parent education group for parents and their children aged 1-3 years in daycare centres, family centres and community centres.

Contact person: **Mrs Jenny Czychun**

 [+49 \(0\) 5231621489](tel:+4905231621489)

 [J.Czychun@kreis-lippe.de](mailto:J.Czychun@kreis-lippe.de)

 [Ready to grip](#)

#### Rucksack Kita

Multilingual parent education group for parents of children aged 4-6 years in daycare centres.

Contact person: **Mrs Jenny Czychun**

 [+49 \(0\) 5231621489](tel:+4905231621489)

 [J.Czychun@kreis-lippe.de](mailto:J.Czychun@kreis-lippe.de)

## [Rucksack Kita](#)

### Costs for childcare

Would you like to have your child or children looked after in a day care centre (Kita) ) or in day care? Then the so-called **parental contribution** is due. This contribution can vary depending on your income.

If you receive the following benefits, you do not have to pay a parental contribution:

- Citizen's allowance
- Social assistance, basic income support in old age and in the event of reduced earning capacity
- Asylum seeker benefits for basic income support
- supplementary child allowance
- Housing benefit

Further information and help can be found under [Parental contributions for childcare in a day care centre in the district of Lippe](#).

**Lunch** is often provided at the centre. **Vouchers** are also available for this. You must submit an application for [education and participation, in short BuT](#), from your service provider (social welfare office/job centre/employment agency).

### Early support for your child

#### Early support

Children with disabilities and their parents should be able to participate fully and independently in social life, regardless of where they live and the type of care they receive. This is the aim of early intervention. [Here you will find a simple explanation of early intervention](#).

Children should be supported right from the start and receive help if they are disabled or may develop a disability.

The earlier the support starts, the better it is for the child. Children have a right to support. This right is enshrined in law.

Early intervention ends when the child starts school. Early intervention costs parents nothing if the paediatrician has prescribed the treatment.

Here you will find information on early intervention for your child in several languages:

[Early intervention in English](#)

[Early intervention in Turkish](#)

[Early intervention in Arabic](#)

[Early intervention in French](#)

[Early intervention in Polish](#)

[Early intervention in Russian](#)

## Autism-specific support for your child

[Here](#) you [will find](#) information for parents on autism-specific support from birth until the child starts school. What are autism-related impairments? What services can my autistic child receive? And how does my child receive these services?

## Special examinations for children

### The early detection examination

The child is examined regularly up to the age of 6. Their development is monitored. There are ten early detection examinations (U1 to U9 and J1). The **U1** (examination after birth) and **U2** examinations usually take place in the clinic. For all other examinations, please make an appointment with your **paediatrician**.

💡 Proof of complete early detection examinations may be requested when registering for daycare.

You can find more information about early detection examinations for children in several languages here:

🌐 [Early detection examinations in several languages](#)

### The school entry examination

For children aged **4 to 6 years**, the public health department offers a school enrolment examination.

This involves an examination of the child's school-relevant abilities and counselling:

- the parents
- the day care centre
- and the primary school.

Further information can be found here: 🌐 [School entry examination in the district of Lippe](#)

## Youth welfare office

**When bringing up children and young people, parents must respect children's rights (best interests of the child).**

**When bringing up children, it is particularly important**

- no violence
- good health

- education
- and freedom of expression.

💡 You can find out more about this in the [chapter on children's rights](#).

💡 **The Youth Welfare Office is the first point of contact for reports of threats to a child's welfare.**

**The first point of contact is the [Allgemeine Sozialdienst](#).**

**You can reach** the staff in the general social services department **in the district building and in three regional offices in the district of Lippe.**

**Contact:** [Here](#) you will find an overview of the contact persons.

**The youth welfare office in the district of Lippe is responsible for**

- Youth support in the area of educational assistance
- Support for children in day care centres and in day care
- Questions about custody or access rights
- Counselling during divorces
- Taking children and young people into care
- Refugee children and young people living in Germany without parents ("UMA").

**The youth welfare office of the district of Lippe is responsible for the following municipalities in Lippe:**

- Augustdorf
- Barntrup
- Blomberg
- Dörentrup
- Extertal
- Horn-Bad Meinberg

- Kalletal
- Leopoldshöhe
- Lügde
- Oerlinghausen
- Schieder-Schwalenberg
- Snakes

### **Four towns in Lippe have their own youth welfare offices:**

- [Youth welfare office of the town Bad Salzuflen](#)
- [Youth welfare office of the town Detmold](#)
- [Youth welfare office of the town Lage](#)
- [Youth welfare office of the city Lemgo](#)

💡 **The Youth Welfare Office works together with independent procedure guides who can help you on the subject of integration assistance for young people (up to 27 years old). You can find more information [here](#).**

### **Problems with the Youth Welfare Office**

Children, adolescents, young adults and their parents seeking advice can contact the [Ombudsstelle Jugendhilfe NRW](#) with problems.

For example, if they feel

- feel unfairly treated,
- do not feel sufficiently involved, counselled or cared for

💡 The **NRW Youth Welfare Ombudsman's Office** also offers a YouTube channel with videos on a number of topics. You can find the YouTube channel here:

🌐 <https://www.youtube.com/channel/UC4KftW52sFTZamKz...>

### **Unaccompanied refugee minors**

#### **Help for young refugees**

### **Support for young people travelling alone (UMA = "unaccompanied**


## minor foreigners")

Some young people flee to Germany without their parents. The Youth Welfare Office helps them.

These young people live in special groups or with foster families. Each of them is assigned a carer. This person is called a **guardian**. The guardian looks after the young person as the parents would.

### The guardian helps with many things, for example

- Where the young person lives
- How the young person is getting on at school or in training
- With applications for financial support
- Appointments with the authorities
- For visits to the doctor
- When settling in Germany

 **Note:** More information on guardianship can be found in the flyer "[Your guardian represents you](#)".

## Young people with relatives

Some young people come to Germany without parents. However, they come with relatives, for example an aunt, uncle or older sibling. The residential home reports this to the youth welfare office.

The Youth Welfare Office talks to the young person and their relatives. It looks at whether the young person can stay with the relatives and who will look after the young person.

Sometimes a court decides who takes responsibility.

There are two options:

1. **"guardianship by relatives"**: A relative takes responsibility.
2. **"Right of guardianship"**: A relative receives the right of guardianship from the parents.

In both cases, the young person can stay with the relative. If this is not possible, the youth welfare office can help. The young person is then looked after like a young refugee travelling alone.

**Contact:**

For more information, please contact the



[Youth welfare office](#) at




[Youth welfare office](#)

**Financial support****Child benefit and supplementary child allowance****Child benefit**

All parents who are authorised to settle or reside in Germany are entitled to child benefit. Child benefit is paid for each child from birth until at least the age of 18. You must apply for child benefit yourself at the Federal Employment Agency.


 **[Here you will find the most important forms and applications in several languages.](#)**


[For further information, please visit the homepage of the Family Benefits Office.](#)

 Further information in several languages on the subject of child benefit and who can receive child benefit can also be found on the [family portal](#)!

**Child allowance**

If you receive child benefit and have a low income, you can receive child supplement. Please find out about the most important information on this benefit [here](#).

 **If you would like to know in advance whether you are entitled to the child supplement, you are welcome to try out our [KiZ-Lotsen](#).**

 You can also find more information in several languages on the [family portal](#)! Here you will find answers to questions such as

- what is child supplement?
- Who can receive child supplement?

**Education and participation package (BuT)**

If you receive **social benefits**, you can receive financial support for your child. This support is called the **education and participation package** , or **BuT**.

### 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 are not earning money as part of an apprenticeship.

### What can be subsidised by BuT?

- Children and young people (up to their 18th birthday) receive **15 euros per month** for **participation in social and cultural life**. The 15 euros are given as a **voucher**. The vouchers can be used for **club fees, lessons, courses** or **leisure activities**.
- Costs for **excursions** and **trips lasting several days** with the school or day care centre (travel costs, meals, admission) are covered.
- The costs of **lunch at school** or at the **day care centre** are covered.
- You can receive money for **school materials**. **Other tuition costs** can also be covered. Pupils receive **100.00 euros** at the **beginning of the school year** (September) and **50.00 euros halfway through the school year** (on 1 February).
- Pupils can receive **learning support** under certain conditions. The school confirms in which subjects and to what extent learning support is required.

### Who can apply for BuT?

Children and young people from families who receive the following benefits

- Unemployment benefit II/social benefit in accordance with the German Social Code (SGB II)
- Social assistance and basic security according to the German Social Security Code (SGB XII)
- Child supplement
- Housing benefit
- Benefits in accordance with the Asylum Seekers Benefits Act (AsylbLG)

In addition:

- Families who finance their own living expenses but are unable to pay the costs incurred for the requirements of the education and participation package.

### What do I need to apply?

- If you receive social benefits: Proof of receipt of the social benefit (current authorisation notice)
- If you work: detailed proof of your personal and financial circumstances
- the completed and signed [BuT application](#) and the corresponding attachment.

### Where can you apply for BuT?



- [District of Lippe](#) - if you receive housing benefit or child supplement
- **Jobcenter Lippe** - if you receive benefits according to SGB II
- [the local social welfare office](#) - if you receive benefits according to SGB XII or the Asylum Seekers Benefits Act

Here you will find further information on how to apply and on BuT benefits in several languages:

[BuT flyer in German](#)

[BuT flyer in Ukrainian](#)

[BuT flyer in Russian](#)

[BuT flyer in English](#)

[BuT flyer in Romanian](#)

[BuT Flyer in Bulgarian](#)

[BuT Flyer in Turkish](#)

[BuT flyer in Arabic](#)

💡 Ask for support from your:

- Social counselling
- Case manager or case manager
- Migration counselling
- or youth migration counselling

## Parental allowance

If you previously worked and then have a child, you may be entitled to parental allowance.

You can apply for parental allowance [here](#) at Kreis Lippe.

## Advance maintenance payments - financial support for separated and single parents

Are you **separated and a single** parent and the other parent **does not** pay **maintenance** or only pays **maintenance irregularly**?

Then you are **entitled to an advance on maintenance payments** if you fulfil the following requirements:

- You live in Germany
- You are a single parent
- You live with your child
- The other parent does not pay maintenance or only pays maintenance irregularly
- Or paternity has not been established

- You are not married or in a registered civil partnership
- Your child does not receive benefits according to SGB II. This only applies to children between the ages of 12 and 17.
- You have an income of at least 600 euros per month. This only applies if you receive citizen's allowance

The amount of the maintenance advance depends on the age of your child.

**💡 If you have any questions about advance maintenance payments, you can contact the regional advice centres as follows:**

**Region Blomberg** - this includes: Blomberg, Lügde and Horn-Bad Meinberg

- [uv.blomberg@kreis-lippe.de](mailto:uv.blomberg@kreis-lippe.de)

**Region Dörentrup** - this includes: Barntrup, Dörentrup, Extertal, Kalletal and Schieder-Schwalenberg

- [uv.doerentrup@kreis-lippe.de](mailto:uv.doerentrup@kreis-lippe.de)

**Region Oerlinghausen** - includes: Augustdorf, Leopoldshöhe, Oerlinghausen and Schlangen

- [uv.oerlinghausen@kreis-lippe.de](mailto:uv.oerlinghausen@kreis-lippe.de)

💡 If you are in **Detmold, Lage, Lemgo** or **Bad Salzuflen** you can obtain information on advance maintenance payments from the youth welfare office in your town or apply for an advance maintenance payment.

[Advance maintenance payments from the town of Bad Salzuflen](#)

[Advance maintenance payments from the town of Detmold](#)

[Advance maintenance payments from the town of Lage](#)

[Advance maintenance payments with the city of Lemgo](#)

## Marriage in Germany

### Who is allowed to marry in Germany?

In Germany, everyone is free to choose whether they want to marry, who they want to marry and when they want to marry. This also applies to homosexual couples. **From the age of 18**, you can marry without your parents' consent.

**The registry offices in Germany ([Standesamt](#)) are responsible for marriages.**

### What papers do I need to get married in Germany?

- You need your identity card or a passport with a photograph,
- a certified copy of the birth register. The copy from the register of births can be obtained at Standesamt in the place of birth.
- A mere birth certificate is not sufficient. If the partners are registered in Germany, they must have a certificate of residence from the registration office stating their marital status,

nationality and place of residence. An exception is if the Standesamt and the registration office belong to the same municipal administration.

You must submit the **originals** of all documents. The certificates must **not be older than six months**. The certificate from the registration office must not be **older than 14 days**.

**The foreign documents must be submitted together with a translation by a translator authorised in Germany and partially certified.**

## Determination of the married name

The couple can choose a family name (married name). If they do not, the couple will continue to use their previous names.

## Separation and divorce

With regard to separation and divorce, there are no differences between same-sex and opposite-sex marriages.

The family court at the local court ([Amtsgericht](#)) Detmold is responsible for the divorce. Both spouses must be represented by a lawyer specialising in family law.

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

## Family counselling in the district of Lippe

 [Family counselling in the district of Lippe](#)

Our counselling is **free** and **confidential!**

We provide independent and neutral advice if you live in the district of Lippe and :

- Parents of underage children
- adolescents
- young adults under the age of 27
- children or
- other adults bringing up children (e.g. nursery school teachers, teachers, grandmas and grandpas)

### Reasons for counselling can be

- You are concerned about your child's behaviour
- You feel unsure about parenting issues
- You need support in dealing with your separation and divorce problems
- You are finding it difficult to grow together as a stepfamily or patchwork family
- You have serious differences of opinion in your marriage or partnership
- You are affected by domestic violence

## **Counselling especially for children and young people:**

- You have stress with your parents
- You have problems at school or at work

**📍 We have rooms for personal counselling and therapy in Lemgo, Detmold, Bad Salzuflen, Lage and Oerlinghausen.**

### **Contact:**

We have a **central number for all locations:** 📞 [+49 \(0\) 5231621621](tel:+4905231621621)

[@familienberatung@kreis-lippe.de](mailto:@familienberatung@kreis-lippe.de)

### **We can be reached by telephone:**

Monday - Friday: 08:00 - 13:00

Monday - Thursday: 14:00 - 16:00

## **Mandrake Women's Counselling Centre**

- Counselling and groups to overcome the consequences of sexual and domestic violence,
- separation and divorce,
- and other topics

📍 [Wall 5, 32756 Detmold](#)

📞 [05231/20177](tel:0523120177)

🌐 [Alraune Women's counselling centre](#)

## **Debt counselling and insolvency counselling at the PariSozial gGmbH**

📍 [Bismarckstr. 8, 32756 Detmold](#)

📞 [05231/31348](tel:0523131348)

[@schuldnerberatung@paritaet-lippe.org](mailto:@schuldnerberatung@paritaet-lippe.org)

🌐 [Debt counselling and insolvency counselling](#)

### **🕒 Opening hours:**

- Monday: 09:00 - 16:30
- Tuesday: 09:00 - 16:30

- Wednesday: 09:00 - 16:30
- Thursday: 09:00 - 16:30
- Friday: 09:00 - 16:30
- Open consultation hours: every 1st and 3rd Tuesday of the month in the morning from 9:00 a.m. and every 2nd Thursday of the month in the afternoon from 3:00 p.m.

Please arrive early - the counselling centre works with a number allocation system.