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Advice and help / families


Counselling centres for parents, children, young people and families on the subject of parenting

Counselling centres for parents, children, young people and families on the subject of parenting

Counselling on issues relating to family life, school difficulties and parenting issues, concerns about children and young people, separation and divorce, issues relating to access and custody.


 [Find out more](#)

Who for: Parents, mothers, fathers, children, young people and other family members

 Interpreters can be organised if required.

Children can be brought along.

The service is free of charge.

Which parenting advice centre is responsible for you depends on your  [home address](#): Enter your address, then click on the "Continue" field and the educational counselling centre you can contact will be displayed.

Guardianship for minor children

Assistance for minor children

Advice on questions of paternity and maintenance for minor children

We provide legal advice and support on the following issues:


- Establishing paternity
- Maintenance for minor children
- Possibility of joint parental custody for parents who are not married to each other

Guardianship for minor children

An application for guardianship must be made in writing. The guardian represents the minor child as an additional legal representative in establishing paternity and/or in maintenance matters. If necessary, the guardian also represents the child in court. This does not restrict parental custody.

Who for: For parents with sole custody and for single parents

Requirements: underage child with habitual residence in Germany; the parent making the application lives in the city of Munich

 We can organise for a person to be present to translate. Please let us know in advance which language you speak.

Children can be brought along.

There is barrier-free access to the building and the rooms. There is a disabled toilet.


The offer is free of charge.

Stadtjugendamt München


Sachgebiet Beistandschaft, S-II-B/B

Werner-Schlierf-Straße 9

81539 München

 [089/23367514](tel:08923367514) or [089/23367515](tel:08923367515)

 @beistandschaften.soz@muenchen.de

 From Monday to Friday 09:30 - 12:00 and by appointment

 [Website](#)

Munich Child Protection Centre

Munich Child Protection Centre

Protecting children, supporting parents, strengthening families.

We advise families from the city of Munich, the district of Munich and Upper Bavaria.


We advise you in stressful life situations if the child's welfare is at risk or is suspected to be at risk. This means that a child is being neglected. Or that a child is experiencing or has previously experienced physical, psychological or sexual violence.

We offer therapeutic help. Even in acute crises. We support parents in raising their children lovingly and without violence.

We help children and young people to process traumatic experiences as well as possible. For example, if they are experiencing or have previously experienced lack of care, maltreatment, serious conflicts between parents, parental mental illness or sexual abuse.

 [Find out more](#)

For whom: Families and individual family members

 If you let us know in advance, we can organise a person to translate.

The service is free of charge.


Kinderschutzbund KinderschutzZentrum München


Kapuzinerstraße 9D

80337 München


 [089/555356](tel:089555356)


 @kischuz@dksb-muc.de

 From Monday to Thursday 09:00 - 12:30 and 13:30 - 17:00

 On Friday 09:00 - 12:30 and 13:30 - 16:00

The telephone is manned at the following times

 From Monday to Friday 19:00 - 20:00

 On Saturday, Sunday and public holidays 9:30 - 11:30 a.m.

This text contains information on the following search terms:
child abuse, dispute

Peace Chapel Family Centre


Family centre Friedenskapelle

Our services:

- Advice on all aspects of pregnancy and breastfeeding
- Play groups for children with and without parents
- Postnatal courses with a midwife
- There is an indoor playground in winter
- Lectures on topics relating to education and parenting
- There is a daily swap shop. Especially things for babies and toddlers can be exchanged here.
- Open meetings (including an international meeting)
- Group activities such as yoga or sewing
- Childcare for primary school pupils during the holidays
- We provide support with applications to the authorities and in finding your way around Germany
- We advise couples and parents
- We provide support in difficult situations

 [Find out more](#)

Childcare is available.

Familienzentrum Friedenskapelle
Kemptener Straße 73
81475 München
 [089/7593518](tel:0897593518)
[@familienzentrum@esd-m-fuerstenried.de](mailto:familienzentrum@esd-m-fuerstenried.de)

Familientreffpunkt Giesing, family and advice centre

Familientreffpunkt Giesing, family and advice centre

We are a meeting place for parents and children. We provide counselling and information. You can come to us with any questions about family, relationships and parenting.

Our offer:

- Groups for babies
- Groups for parents and children
- Play in the afternoon
- Creative activities
- German courses with childcare

- Talks with other parents and experts

Most of the programmes are free of charge.

 [Find out more](#)

There is childcare.

There is a disabled toilet.

Pöllatstraße 15

81539 München

 [089/904214810](tel:089904214810)

 @ftg@gfsa-muenchen.de

 [Website](#)

Laim Family Centre

Laim Family Centre

We are a centre for families in the district. We focus on the needs of children and their mums and dads:

- We promote contacts and encounters.
- We advise parents, children and young people.
- We provide stimulation and enrichment.
- We take the strain out of everyday family life.
- We create good conditions for children to grow up in a healthy and non-violent environment.
- We offer a place for personal activity and commitment.
- We help families to support each other.


Our programme is open to everyone. Regardless of background, education and income:

- Parent-child meetings
- Counselling on social issues
- Counselling for couples and families
- Legal advice
- Support with homework
- Courses on the topic of birth
- Training for parents
- Music, exercise and crafts for children
- Health and exercise for parents
- German courses for mums
- Games and events

We accompany and support families who are new to Germany. This programme is called:
"Together: moving on - talking - getting to know each other"

 [Find out more](#)

Who for: Children, mums, dads and families in general.


 If necessary, there are people who can translate.

The programme is free of charge. Fees may apply for individual courses.


FamilienZentrum Laim

Valpichlerstraße 36

80686 München

 [089/566933](tel:089566933)

 [@fam@dksb-muc.de](mailto:fam@dksb-muc.de)

 Monday to Friday 9:30 - 11:30 and 15:00 - 17:00

**This text contains information on the following search terms:
child abuse, child protection, learning, leisure**

Parkstadt Schwabing family centre

Parkstadt Schwabing Family Centre

We have great offers for children, parents and families. Everyone is welcome.

What we offer:

- There are open meetings for families. Parents and children can get to know each other and exchange ideas.
- There are group programmes
- There are courses for parents with small children
- We support and inform families
- Our counselling is individual
- If you wish, we can refer you to other facilities
- There are programmes for children aged 6 and over

 [Find out more](#)

Our services are free of charge.

Familienzentrum Parkstadt Schwabing

Wilhelm-Wagenfeld-Straße 17

80807 München

 [0157/34504327](tel:015734504327)

 [@familienzentrum@fzps.de](mailto:familienzentrum@fzps.de)

SOS family centres

SOS family centres

SOS-Familien- und Kindertageszentrum Neuaubing (family and child day centre), Familientreff+ with secondhand goods for children's needs, multi-generation house.

SOS-Kindertageszentrum: Child day care places for children from 3–12 years of age.

SOS family centre / Multi-generational house: intercultural meeting place with a varied programme and possibilities to get involved, social counselling and low-barrier everyday support.

SOS-Familientreff+ (family meeting point): Secondhand goods for children's needs, information on services in the district, everyday counselling and individual offers.

Who's it for: open to all age groups; focus is on families with young children.

■ Cultural mediators and interpreters available, if needed

Barrier-free access in place.

Drop-in programmes are free, other courses have minimal fees; childcare costs in SOS day care centre according to the municipal fee scale.

■ [Website](#)

SOS-Familienzentrum (family centre) Neuaubing

■ Hörweg 17, 81248 Munich

■ [089/2170379480](tel:0892170379480)

■ fkitz-neuaubing@sos-kinderdorf.de

SOS-Familientreff+ (family meeting point)

■ Limesstraße 81, 81243 Munich

■ [089/2170379490](tel:0892170379490)

■ fkitz-neuaubing@sos-kinderdorf.de

SOS-Kindertageszentrum (day care centre) Neuaubing

■ Clarita-Bernhard-Straße 3, 81249 München

■ [089/2170379200](tel:0892170379200)

■ fkitz-neuaubing@sos-kinderdorf.de

SOS Beratungs- und Familienzentrum Berg am Laim

- Drop-in programmes, courses and group offers, German courses, parent-child programmes
- Advice for families on parenting issues, family advice and family therapy, separation and divorce, for parents with babies and small children.

Who's it for: Families with children between the ages of 0 and 6, counselling for families with children of any age

■ Interpreters are available on request in the languages of English, French, Dutch, Serbian, Croatian and Spanish.

You can bring your children with you. Childcare can be organised on request.

All premises have barrier-free access as well as a disabled toilet.

The service is free.

■ Sankt-Michael Straße 7, 81673 Munich
■ bz-muenchen@sos-kinderdorf.de
■ Monday 09:00 - 12:30, 13:30 - 17:00
Tuesday 09:00 - 12:30, 13:30 - 18:00
Wednesday 13:30 - 17:00
Thursday 09:00 - 12:30, 13:30 - 17:00
Friday 09:00 - 12:30, 13:30 - 15:00
■ www.sos-kinderdorf.de/beratungs-und-familienzentr...

SOS Kinder- und Familientreff Messestadt Ost

Drop-in programmes, courses and group offers, German courses, parent-child programmes, parenting advice.

■ www.sos-kd-muenchen.de

Who's it for: Families with children between the ages of 0 and 6, counselling for families with children of any age

You can bring your children with you.

All premises have barrier-free access as well as a disabled toilet.

The service is free.

■ Astrid-Lindgren-Straße 65, 81829 Munich
■ kft-messestadt@sos-kinderdorf.de
■ Monday to Friday 09:00 - 12:00

SOS Familien- und Beratungszentrum Riem

Drop-in programmes, courses and group offers, German courses, parent-child programmes, parenting advice.

■ www.sos-bz-muenchen.de

Who's it for: Families with children between the ages of 0 and 6, counselling for families with children of any age

You can bring your children with you.

All premises have barrier-free access as well as a disabled toilet.

The programmes are free apart from possible minimal costs for materials.

■ Mittbacher Straße 15, 81829 Munich
■ fz-riem@sos-kinderdorf.de
■ Monday to Friday 09:00 - 12:00
Wednesday to Thursday 15:00 - 18:00

This text contains information about the following search terms:

Family support centre, childcare, SOS Kinderdorf Munich

Family get-togethers

Family get-togethers

Open café at the Mütterzentrum Sendling

All families are welcome to our open café. Registration is not required. Exchange ideas with other parents while your children are looked after in our playroom.

Our centre also offers many other services with information, advice and exchange, for example open breastfeeding and nutritional advice, open parent-child groups (baby group, singing group), various courses (with registration) and intercultural events.

 [Find out more](#)


Who for: For families from Sendling and the neighbouring districts with children up to 6 years old

Some counselling sessions are free of charge, a fee is charged for courses.


Mütterzentrum Sendling

Brudermühlstraße 42

81371 München

 [089/777744](tel:089777744)

 [@info@muetterzentrum-sendling.de](mailto:info@muetterzentrum-sendling.de)

 Monday 09:30 - 12:00 and 15:00 - 17:30

Tuesday 09:30 - 12:00 and 15:00 - 17:30

Wednesday 09:30 - 12:00 and 15:00 - 17:30

Thursday 09:30 - 12:00 and 15:00 - 17:30

Friday 09:30 - 12:00

Open meeting in the family centre Messestadt Riem e. V.

You can chat and socialise with other parents over a cosy breakfast. Our playroom is open for your children.

Coffee, tea and breakfast are available at very reasonable prices, but you don't have to buy anything! You can also bring your own snacks. On Thursday afternoons we serve fresh pancakes.

 [Find out more](#)

Who for: open to everyone, with a focus on families with small children up to 3 years old

The programme is free of charge.

Children can be brought along.

Barrier-free access to the building and premises as well as a disabled toilet are available.

Familienzentrum Messestadt Riem
Helsinkistraße 10
81829 München
 [089/40906074](tel:08940906074)
[@info@fameri.de](mailto:info@fameri.de)
 Monday 09:00 - 13:00
Tuesday 09:00 - 13:00
Wednesday 09:00 - 13:00
Thursday 14:00 - 18:00
Friday 09:00 - 13:00



Open meeting in the Mütterladen Giesing

Mums, dads and children can play together in the open meeting place, talk and get information. You are welcome to buy something buy something to drink and eat.

Who for: Mums and dads with their children aged 0-3 and older siblings

 [Find out more](#)

There is barrier-free access to the building and the rooms.

Mütterladen Giesing
Rißbachstraße 12
81369 München
 [089/69370371](tel:08969370371)
[@info@muetter.de](mailto:info@muetter.de)
 From Monday to Wednesday 09:00 - 11:30 and 14:30 - 17:30
On Thursday and Friday 09:00 - 11:30 am

Müttertreff Moosach e. V.



Family centre with large play and café area.

 [Find out more](#)

Who for: Families with children from 0 to around 4 years old

Childcare is available for some courses (such as yoga).
In general, children are welcome to come along.

The programme is free of charge, apart from a small charge for food in the café.

Müttertreff Moosach e. V.
Feldmochinger Straße 42
80993 München
 [089/1491532](tel:0891491532)
[@service@muettertreff.de](mailto:service@muettertreff.de)
 From Monday to Friday 09:15 - 11:15 and 15:00 - 17:00

Treffam - International Family Meeting Point

Treffam is a centre for families of all nationalities with children aged 0-6. We advise you on your individual questions and support you in learning German. You can also get to know other families and exchange ideas. The coexistence of people of different origins and religions is a natural part of everyday life at Treffam.

Our programmes include

- Parent-child café
- Counselling and information
- Parent-child groups
- Baby playgroups
- Integration course for women (with childcare)
- Language support: language café, German course for children using the Kikus method
- Work opportunities (AGH)
- Festivals, excursions and activities
- Rentals for children's birthday parties
- Volunteering
- Weekend activities

Who for: Mums, dads, children (0 - 6 years) and women.

☎ Our social pedagogues and educators speak the following languages: German, English, French, Italian, Russian, Ukrainian, Turkish, Arabic, Romanian.

Childcare is available. Children can be brought along.

Many offers are free of charge, some courses have low fees.

There is barrier-free access to the buildings and rooms. There is a disabled toilet.

Treffam

Tübingerstraße 11

80686 München

☎ [089/1269915200](tel:0891269915200)

@ treffam@diakonie-muc-obb.de

📅 Opening hours:

On Monday and Wednesday 08:30 - 17:00

On Tuesday and Friday 08:30 - 13:30

On Thursday 08:30 - 18:00

🌐 www.treffam.de

Müttertreffs (get-togethers for mums)

Müttertreffs

Verein Stadtteilarbeit - Milbertshofen

Who's it for: Mothers with children, women

All premises have barrier-free access as well as a disabled toilet.

Moosacher Straße 11a

80809 Munich

■ [089/9901650](tel:0899901650)

■ c.schmidt@verein-stadtteilarbeit.de

■ www.verein-stadtteilarbeit.de

CaféTreff for women

At this get-together, mothers can discuss things, enjoy coffee and cake and do creative activities. Children of all ages are very welcome.

Donations for coffee and cake are requested.

■ Thursday 15:00 – 18:00 (not in the school holidays)

Breakfast get-together for women

At this get-together, mothers can discuss things and have a leisurely breakfast. Children of all ages are very welcome.

Donations for the breakfast are requested.

■ 09:00 – 12:00 (not in the school holidays)

Familienzentrum Trudering

International mother & child group

Our group is drop-in — you can just come along and do not need to register in advance. We sing, play and breakfast together. The breakfast is provided by the centre.

■ [Find out more](#)

Who's it for: Mothers with children up to the age of 3

■ Interpreters for English are available.

Childcare is available.

There is barrier-free access to the building and rooms, and a disabled toilet.

The service is free.

Dompfaffweg 10

81827 Munich

■ [089/45242070](tel:08945242070)

■ info@familienzentrum.com

■ **International mother & child group**

Friday from 09:30 to 11:30

Centre general opening times

Monday 09:00 - 14:00

Tuesday 09:00 - 14:00

Wednesday 09:00 - 14:00

Thursday 09:00 - 14:00

Friday 09:00 - 14:00

This text contains information about the following search terms:

Babies, toddlers, parent-child group, toddlers group, together, exchange, get to know each other, contact, neighbourhood, handicraft, craft work, artistic, leisure time

Parents active - mother-tongue parent training

Parents active - mother-tongue parent training

The parent training programme helps mothers and fathers with a refugee or migrant background with parenting. It takes place in the parents' native language.

Who for: For parents of children aged 0 to 13.

The training consists of 12 sessions. Each session lasts 2 hours. Thanks to the cultural proximity of our trainers and the common mother tongue, the values of parenting and family can be reflected on a basis of trust and understanding. Values and competences brought along should be preserved and utilised. New knowledge about topics that are important for parenting in this country should be built up.

Possible topics are

- School and kindergarten
- Dealing with conflicts
- Dealing with media
- Child development
- Giving attention and praising correctly
- Setting boundaries
- Nightmares, bedwetting, etc.

The programme is free of charge.

🗣️ We offer the training in 30 different languages.

Here you can find the flyer in 🇸🇦 [Arabic](#), 🇷🇺 [Bulgarian](#), 🇩🇪 [German](#), 🇬🇧 [English](#), 🇫🇮 [Farsi](#), 🇫🇷 [French](#), 🇷🇴 [Romanian](#), 🇷🇺 [Russian](#), 🇮🇷 [Sorani](#), 🇪🇸 [Spanish](#), 🇹🇩 [Tigrinya](#), 🇹🇷 [Turkish](#), 🇺🇦 [Ukrainian](#), 🇮🇪 [Hungarian](#) and 🇻🇳 [Vietnamese](#).

You can also bring your children with you. If you arrange it with us in advance, we can look after your children during this time.

🗣️ [Find out more](#)

📍 Refugio München, Elsässer Straße 33, 81667 München

☎ [089/98295752](tel:08998295752)

@ barbara.reich@refugio-muenchen.de

@ frederic.lwano@refugio-muenchen.de

Association of Binational Families and Partnerships, iaf e. V.

Association of Binational Families and Partnerships, iaf e. V.

We are a counselling centre for couples and families. We support you with various issues:

- We help you in difficult situations, separation and divorce.
- We advise you on legal issues. For example, if you have questions about marriage or [family reunification](#). Or if you have questions about different residence options.
- We support you in preparing for an interview with the authorities.
- We can help you if your family is suffering from discrimination.

We also offer seminars and programmes for groups.

For whom: binational and migrant couples and families.

🗣 Our counsellors speak German and English. It is also possible to organise a person to be present at the meeting and translate.

There is barrier-free access to the building and the rooms.

Counselling is free of charge. Other offers cost something.

Please make an appointment.

🌐 [Website in easy language](#)

📅 Monday, Wednesday and Friday 10:00 - 12:00

Verband binationaler Familien und Partnerschaften, iaf e.V

📍 [Goethestraße 53, 80336 München](#)

@ muenchen@verband-binationaler.de

☎ [+49 \(0\) 89248813770](tel:+49089248813770)

🌐 <https://binational-muenchen.de/>

**This text contains information on the following search terms:
anti-racism, anti-discrimination**

Babynews Munich - the community for parents from Munich and the surrounding area

Babynews Munich - for parents from Munich and the surrounding area

 [Babynews.de](https://www.babynews.de) is an internet forum and has 14,000 registered users.

- You can ask questions and exchange ideas
- There are courses and offers for parents and children
- In the section „Suche/Biete“ you can buy and sell things for babies and children
- In the section „Öffentliche Flohmärkte“ you will find current flea markets for baby and children's items in Munich. These are updated regularly.

The  [website](#) contains helpful tips for parents and anyone who wants to become one.

Who for: Parents, parents-to-be, people who want to have children

The service is free of charge.

@kontakt@babynews.de

**This text contains information on the following search terms:
children's clothing, toys, cheap shopping, second-hand**

Children's day centres (KiTZ)

KinderTagesZentren (KiTZ)

There are more than 30 KiTZe in Munich. They are spread all over Munich.

What is a KiTZ?

A house for families and children in the neighbourhood. Everyone is welcome.

 You can find a [film](#) here.

What we do:

- We look after children aged 9 weeks to 12 years.
- We create a place where families from the neighbourhood can meet.
- We have many offers for families from the neighbourhood.
- We offer advice and help with the search for a place in a kindergarten (daycare centre).
- There are playgroups and an outdoor playground.
- We offer creative activities with music and dancing.
- There are groups for fathers.
- There are groups for parents, sewing cafés.
- There are meetings for parents on specific topics.

All programmes are free of charge.

If you have any questions about accessibility, please ask on site:

Where are the centres?

You can find your nearest centre on the [INTEGREAT city map](#) or here on the website:

- 📍 Fritz-Erler-Straße 12, 81737 München
☎ [089/139283711](tel:089139283711)
✉ @kita.fritzerlerstr.12@muenchen.de
- 📍 Heinrich-Braun-Weg 5, 80933 München
☎ [089/309053770](tel:089309053770)
✉ @kita.heinrichbraunweg.5@muenchen.de
- 📍 Hartmannshofer Bächl 46, 80997 München
☎ [089/159896710](tel:089159896710)
✉ @kita.amhartmannshoferbaechl46@muenchen.de
- 📍 Nanga-Parbat-Str.105, 80992 München
☎ [089/1598967830](tel:0891598967830)
✉ @kita.nangaparat.105@muenchen.de
- 📍 Freienfelsstraße 3, 81249 München
☎ [015254850873](tel:015254850873)
✉ @martina.labenz@muenchen.de
- 📍 Widmannstraße 34, 81829 München
☎ [089/053521](tel:089053521)
✉ @kita.widmannstr.34@muenchen.de
- 📍 Grafinger Straße 67+69+69a, 81671 München
☎ [089/49002603](tel:08949002603)
✉ @kita.grafingerstr.69@muenchen.de
- 📍 Blumenauer Straße 9, 80689 München
☎ [3090526729](tel:3090526729)
✉ @kita.blumenauerstr.9@muenchen.de
- 📍 Traunsteiner Straße 4/4a + 6/8, 81549 München
☎ [089/6202197810](tel:0896202197810)
✉ @kita.traunsteinerstr.4@muenchen.de
- 📍 Rosenheimerstr 118, 81669 München
☎ [089/23320090](tel:08923320090)
✉ @kitz.severinstr.2@muenchen.de
- 📍 Langbürgener Straße 11, 81549 München
☎ [089/680861943](tel:089680861943)
✉ @kitz.langbuergenerstr.11@muenchen.de
- 📍 Menaristr.1, 80689 München
☎ [089/589095955](tel:089589095955)
✉ @kita.menaristr.1@muenchen.de
- 📍 Brittingweg 8, 81737 München
☎ [089/6702555](tel:0896702555)
✉ @kita.brittingweg.8@muenchen.de
- 📍 Kistlerhofstraße 127, 81379 München
☎ [089/748089910](tel:089748089910)

@kita.kistlerhofstr.127@muenchen.de

📍 Werner-Egk-Bogen 33, 80939 München

☎ [089/309053730](tel:089/309053730)

@kita.werneregkbogen.33@muenchen.de

📍 Hans-Clarin-Weg 10, 81249 München

☎ [089/23364686](tel:089/23364686)

@kita.hansclarinweg10@muenchen.de

📍 Korbinianplatz 21, 80807 München

☎ [089/35718790](tel:089/35718790)

@kita.korbinianplatz.21@muenchen.de

📍 Gubestraße 3-5, 80992 München

☎ [089/1415068](tel:089/1415068)

@Kitz.moosach@awo-muenchen.de

📍 Reinmarplatz 30, 80637 München

☎ [089/143043280](tel:089/143043280)

@3725@jh-obb.de

📍 Clarita-Bernhard-Straße 3, 81249 München

☎ [089/2170379203](tel:089/2170379203)

@kitz-fachkraft@sos-kinderdorf.de

📍 Stösserstraße 14, 80933 München

☎ [089/31400022](tel:089/31400022)

@kitz-hasenberg@awo-muenchen.de

📍 Veit-Stoß-Straße 98, 80687 München

☎ [089/54646640](tel:089/54646640)

@kitz@dksb-muc.de

📍 Helmut-Käutner-Straße 14, 81739 München

☎ [089/444512770](tel:089/444512770)

@3724@jh-obb.de

📍 Heinrich-Böll-Straße 133, 81829 München

☎ [089/2317167750](tel:089/2317167750)

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