

Counselling and help in Gladbeck

Frauenberatungsstelle Gladbeck e.V.

Counselling for women and girls, prevention and further training on the topics of protection against (sexualised) violence and eating disorders

Our offer includes:

- Trauma counselling
- Crisis intervention
- Violence protection counselling

The offer is aimed at cis women, trans women and female socialised genderfluid, intersex and non-binary people.

Consultations are offered in person, by telephone or digitally. They are always confidential and free of charge.

The counsellors are bound to confidentiality. Counselling can also take place anonymously.

Contact:

📍 Wilhelmstr 46, 45964 Gladbeck

☎ [02043/66699](tel:02043/66699)

@ team@frauenberatungsstelle-gladbeck.de

📅 Monday, Wednesday, Thursday, Friday: 09:00 - 12:00, Tuesday: 11:00 - 12:30

Consultation hours: Monday and Thursday: 09:30 - 11:30 a.m

or by prior appointment

🌐 [Frauenberatungsstelle Gladbeck](#)

Instagram: [Frauenberatungsstelle Gladbeck](#)

Facebook: [Frauenberatungsstelle Gladbeck](#)

🌐 [Women's counselling](#)

Pro familia e.V.

- Pregnancy counselling
- Pregnancy conflict counselling with a counselling certificate
- Counselling after abortion/ stillbirth and miscarriage

- Contraception counselling
- Sexual counselling
- Sex education

Contact:

📍 Hochstr. 39, 45964 Gladbeck

☎ [02043/25132](tel:02043/25132)

@ gladbeck@profamilia.de

📅 Only by prior appointment.

🌐 [Profamilia e.V.](#)

🌐 [Profamilia e.V. Gladbeck](#)

rebeq GmbH Akti(f) Plus Projekt „Familiencoaching Gladbeck“

Parents and parent carers from the districts of Mitte, Butendorf and Brauck

Counselling and support to improve your own situation

in different places such as at home, in the park, on the playground or in the office

- Accompaniment to public offices and counselling centres
- confidential discussions
- Planning new family destinations
- flexible monthly planning

Small group offers

- Child supplement and parental allowance
- Housing benefit
- Education
- Application documents
- Computer and mobile phone

📍 Krusenkamp 24, 45964 Gladbeck

👥 Dr. Eva Urbanski, Dilyana Veselinova, Verena Jansen, Danail Veselinov, Sabine Kornfeld

@ aktiv@rebeq.de

☎ [02043/2064213](tel:02043/2064213) , ☎ [02043/2064218](tel:02043/2064218),




[02043/2064221](tel:02043/2064221),



[02043/2064219](tel:02043/2064219),



[02043/2064214](tel:02043/2064214)


 Accessibility: Monday - Friday: 07:30 - 14:00 and by appointment.

rebeq GmbH Jobcom

Voucher via the job centre


Target group: Refugees and immigrants

- Individual advice in the areas of work, integration and help with forms, digitalisation
- Create application documents
- Advice on institutions and authorities

 Krusenkamp 24, 45964 Gladbeck

 Hatice Kaya

 [@kaya@rebeq.de](mailto:kaya@rebeq.de)

 [02043/2064210](tel:02043/2064210)


 Samar Shaddoud


 [@shaddoud@rebeq.de](mailto:shaddoud@rebeq.de)

 [02043/2064211](tel:02043/2064211)

 Danail Veselinov

 [@veselinov@rebeq.de](mailto:veselinov@rebeq.de)

 [02043/2064219](tel:02043/2064219)

 Accessibility: Monday - Friday: 08:00 - 13:30 and by appointment.

rebeq Projekt: „BIWAQ V - grün und mobil im Quartier“

is primarily aimed at people from the districts of Mitte, Brauck and Butendorf.

Counselling and support

- Accompaniment to public offices and counselling centres
- Confidential conversations

- Planning new life goals
- Personalised monthly planning


Job coaching


- Preparation of application documents
- Set up your own e-mail address
- Interesting company tours
- Employer contacts

Small group offers

- Gardening
- Kitchen and family
- Art and craft
- Computer, mobile phone and so on
- Personal development
- Pathways to work

Contact:

 Daniela Neumann, Dipl. Sozialpädagogin


 [02043/957120](tel:02043/957120)


 @neumann@rebeq.de

 Hans-Jürgen Reimann, Jobcoach

 [02043/957122](tel:02043/957122)


 @reimann@rebeq.de

 Philipp Olfmann, Jobcoach/Anleiter


 02043/957120

 @olfmann@rebeq.de

 Sabine Kornfeld, Projektleitung

 02043/2064214

 @kornfeld@rebeq.de

 Monday - Friday: 08:00 am - 4:00 pm

prior appointment desirable!

donum vitae Bottrop, Gelsenkirchen, Gladbeck e.V.

Pregnancy counselling and pregnancy conflict counselling centre

Offer:

- General pregnancy counselling (financial support, information on legal entitlements, parental allowance)
- Pregnancy conflict counselling with proof of counselling
- Contraception counselling
- Counselling for examinations before the birth
- Counselling for fathers

Contact:

👥 Brigitte Avramov - Verwaltung, Barbara Hildebrand-Vohl, Saskia Ülker

📍 Jovyplatz 4, 45964 Gladbeck

📍 Overwegstraße 49, 45879 Gelsenkirchen

☎ [0209/1702730](tel:02091702730) to the appointment booking

✉ info@donumvitae-bot-ge-gla.de

📅 by appointment

🌐 [Website](#)

gsm GmbH

Mobiles Coaching für Geflüchtete und Zugewanderte

Voucher via the job centre

- Refugees and immigrants (from 18 years to retirement age)
- Processing and translation of important applications
- Support with the recognition of professional and educational qualifications
- Vocational language support
- Support with official matters
- Help with finding accommodation
- Preparation and support for job applications

🗣 German, Arabic, Ukrainian, Kurdish, Russian and English


📍 Rentforter Str. 8, 45964 Gladbeck

🌐 [GSM GmbH](#)

 Herr Idris


 a.idris@mein-gsm.de


 [02043/2737073](tel:02043/2737073)

 [0152/51458830](tel:0152/51458830)

 Frau Lavreniuk

 i.lavreniuk@mein-gsm.de

 [0152/51510365](tel:0152/51510365)

 Herr Jurkosek

 r.jurkosek@mein-gsm.de

 [0151/54829415](tel:0151/54829415)

 Monday - Friday: 08:00 - 16:00

by prior appointment


Integrationsagentur

Internationales Mädchenzentrum Gladbeck e.V.

Women and girls with and without a history of migration and flight

Leisure and educational programmes

Low-threshold help with forms

 Horster Str. 341 b, 45968 Gladbeck

 Esther Montzka, Ganimet Karapinar, Lena Jurkosek

 info@mzgladbeck.de

 [02043/207390](tel:02043/207390),  [0151/50460430](tel:0151/50460430),



[0171/1248100](tel:0171/1248100),



[0151/67859235](tel:0151/67859235)

 Monday - Friday: open, fixed programme

Dates on request

RE/init e. V. "IT'S MY WAY"

Running time: 01.01.2023 - 31.12.2025

The project supports women with migration experience on their way into the labour market.

Our offers:

- Individual coaching sessions to develop career prospects
- Support with the recognition of qualifications acquired abroad
- Support with catching up on school-leaving qualifications
- Organisation of internships as preparation for integration into training, qualification and work.
- Active support in the application process
- German lessons with training in speaking and writing skills as part of work-related basic education
- Advice on balancing work and family life and help in finding childcare facilities
- Introduction to basic digital skills: Online research, online application, use of apps, preparation for participation in digital qualifications
- Open counselling café with low-threshold services and interesting topics relating to education, training and work

📍 Schillerstr. 7, 45964 Gladbeck

👤 Jessica Schumacher

☎ [02043/60000-20](tel:02043/60000-20)

✉ [@info@reinit.de](mailto:info@reinit.de)

🌐 [Reinit e.V.](https://www.reinit.de)

RE/ Init e.V. NetVest

Running time: 01.11.2022 - 30.09.2026

Network for the holistic and sustainable social integration of particularly disadvantaged newly arrived EU-Citizens in the Vest

Our offer:

Social counselling

- Orientation counselling for the perception of local and regional help offers
- Assistance in the event of imminent homelessness
- Leisure activities on offer
- Information and counselling for everyday orientation
- Promotion of intercultural exchange and sponsorships

Educational counselling

- Introduction to and support for early education programmes
- Counselling, placement in language courses
- Counselling on the school system and education system

Health counselling

- Arrangement and accompaniment to preventive medical check-ups and vaccination programmes
- Information on the German healthcare system and health insurance cover

Contact:

📍 Schillerstraße 7, 45964 Gladbeck

☎ [02043/6000031](tel:02043/6000031) (romanian)

☎ [02043/6000032](tel:02043/6000032) (bulgarian)

@info@reinit.de

🌐 [Reinit e.V.](https://www.reinit.de)

Jugendmigrationsdienst (JMD)

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

Contact:

📍 Pastoratstr. 6, 45879 Gelsenkirchen-Altstadt

🕒 Monday - Friday: by prior appointment

👤 Grazyna Proft

☎ [0209/38948971](tel:0209/38948971)

@jmd.proft@meinediakonie.de

👤 Meryem Üstebay

☎ [0209/38948972](tel:0209/38948972)

@jmd.uestebay@meinediakonie.de

👤 Süheda Tanis

☎ [0209/38948977](tel:0209/38948977)

@jmd.tanis@meinediakonie.de

📍 Harthorststraße 7, 45899 Gelsenkirchen-Horst

📅 Monday: by prior appointment

☎️ [0209/38948977](tel:020938948977)

Appointments can be made in person, by telephone or by e-mail.

🌐 [Jugendmigrationsdienst](#)

Sozialpastorales Zentrum K4

- Counselling, guidance and support for people with a migration background
- Offers for children, young people and families
- Integration programmes in cooperation with schools
- Integration services in cooperation with Caritas (help with forms, language cafés, language training)

Contact:

📍 Kirchstr. 6, 45964 Gladbeck

👤 Herr Alfares

@hammad.alfares@k4-gladbeck.de

☎️ [02043/4027827,](tel:020434027827)



[0152/07456903](tel:015207456903)

📅 Monday - Thursday: 10:00 - 12:00 and 14:00 - 18:00

Lebenshilfe Gladbeck gGmbH

Lebenshilfe Café gGmbH (Art Café Zeitlos)

Inclusion centre of Lebenshilfe Gladbeck

- Inclusive training
- Training and further education
- Consultancy (1. General participation advice centre and specialist centre for education, sexuality, partnership and life planning)
- Leisure activities
- Inclusive sport
- Integration assistance in school support


- Family support service (accompaniment in everyday life)
- Family support service (assistance with household planning)
- Easy Language Office (translations and training)
- Special programme for people with exceptional needs

Contact:

 Andrea-G. Fortmann, Thomas Hensel, Frank Buers (Lebenshilfe Gladbeck gGmbH)


Kerstin Stein (Lebenshilfe Café gGmbH)

Meeting centre

 Bahnhofstr. 2, 45964 Gladbeck

 [02043/275200](tel:02043275200)

 info@lebenshilfe-gladbeck.de

 09:00 - 12:00

Outside opening hours by prior appointment

 [Lebenshilfe Gladbeck](https://www.lebenshilfe-gladbeck.de)

Seniorenbüro Nord/ Süd

Counselling and various services for older people by professionally qualified employees of the City of Gladbeck and its cooperation partners

Free and independent information and help in the following areas, among others:

- Age-appropriate living
- Home emergency call, lunch delivery, transport service for the disabled
- Formulation aids for objections
- Advice on financing care
- Healthcare proxy and living will
- Neighbourhood assistance

Cooperation partners of the city are:

- Diakonisches Werk Gladbeck-Bottrop-Dorsten
- Caritas
- AWO
- Deutsches Rotes Kreuz
- Seniorenbeirat Gladbeck
- Sport für betagte Bürger Gladbeck

- Malteser Hilfsdienst
- Knappschaft Bahn See / IGBCE

Contact:

Seniorenbüro Nord

📍Feldhauser Str. 243, 45966 Gladbeck

☎[02043/3188517](tel:020433188517)

@seniorenbuero-nord@gelsenet.de

Management: Ulrich Hauska

🗓Monday - Thursday: 10:00 - 12:00

Monday - Friday: 14:00 - 16:00

Care matters:

every third Thursday of the month from 16:00

Senior Citizens' Office South

Offers:

Seniors' café

Monday and Friday 2.00 - 5.00 pm

Meeting of older migrant women

Wednesday 14.00 - 17.00

Further information can be found in the [flyer](#).

📍Horster Str. 349, 45968 Gladbeck

☎02043-96 98 88

@sbsued@gelsenet.de

🗓Monday to Friday 10.00 - 12.00 and

Tuesday and Thursday 2.00 - 5.00 pm

The staff at the senior citizens' office will also be happy to advise you at home if required.

Migrationsberatung für erwachsene Zuwanderer (MBE)

Counselling for adult immigrants


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

👤Christian Hotze

 [02043/279181](tel:02043/279181)

 @christian.hotze@caritas-gladbeck.de


 [Caritasverband Gladbeck e.V.](#)

 Kirchstraße 5, 45964 Gladbeck


Caritasverband Gladbeck e.V. Begegnungsstätte für Senioren

Meeting place for senior citizens

 Gabriele Buchholz

 Heringstraße 128, 45968 Gladbeck

 [02043/31183](tel:02043/31183)

 @gabriele.buchholz@caritas-gladbeck.de

 [Caritasverband Gladbeck e.V.](#)

klamotten & mehr

Second-Hand-Laden

The range includes inexpensive clothing in good condition and much more for children, women and men.

The prices are favourable and family-friendly.

Baby first equipment:

- Clothing
- Toys
- Pushchair

For older children:

- Everyday clothes
- Rainwear
- Sportswear
- Festive clothing

For women and men:

- Clothing
- Clothing for pregnant women
- Shoes
- Accessories

For the household:

- Bed linen
- Towels
- Tablecloths

📍 Goethestraße 46, 45964 Gladbeck

☎ [02043/7846054](tel:02043/7846054)

🕒 Opening hours:

Monday, Tuesday, Wednesday and Thursday: 09:30 - 12:30/13:30-16:00

Friday: 09:30 - 12:30

Caritasverband Gladbeck e.V. Flüchtlingshilfe

Refugee aid

- Mother and child café
- German training
- Form help
- Migration counselling for adult immigrants
- Coordination of voluntary refugee aid

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

Contact us

👤 Siham Kobrosli

📍 Kirchstraße 5, 45964 Gladbeck

☎ [02043/279132](tel:02043/279132)

✉ @siham.kobrosli@caritas-gladbeck.de

👤 Christian Hotze

📍 Kirchstraße 5, 45964 Gladbeck

☎ [02043/279181](tel:02043/279181)

✉ @christian.hotze@caritas-gladbeck.de

Caritasverband Gladbeck e.V. Beratungsstelle für Alleinstehende in besonderen sozialen Schwierigkeiten – Wohnungslosenhilfe

Counselling for single people in particular social difficulties. Help for people without a home.

The advice centre informs and advises, supports and accompanies people without a home. The advice centre provides help and support for people without a home. The advice centre helps people who may lose their homes.

The advice centre has open consultation hours. Registration is not necessary. The advice centre offers advice, personal help and support to people without a home and people who may lose their home. The aim of the support is to overcome existing problems.

Personal assistance provides support in the following areas:

- Contact address / postal address
- Housing (Housing preservation / Housing search)
- Material security / dealing with debt
- Contact with authorities
- Health care
- Work (clarification of the professional situation)
- Building up social contacts / leisure activities

📍 Humboldtstraße 4, 45964 Gladbeck

☎ [02043/681735](tel:02043/681735)

@ robert.pankratz@caritas-gladbeck.de

@ sonja.chmielek@caritas-gladbeck.de

🌐 [Caritasverband Gladbeck e.V.](#)

Caritasverband Gladbeck e.V. Beratungsstelle für Eltern, Kinder und Jugendliche

The team at the counselling centre for parents, children and young people can help and support with

- Educational issues
- Challenges in the family
- Separation and divorce
- Questions about the development of children and young people
- school difficulties and other family problems

Counselling is confidential, voluntary and free of charge for all those seeking advice.

Young people and children can also seek counselling without their parents' knowledge.


There are also group programmes on specific topics.

Opening hours secretariat

Monday: 08:30 am - 12:30 pm

Tuesday - Thursday: 08:30 am to 5:00 pm

Friday: 8:30 to 14:00

 Kirchstraße 5, 45964 Gladbeck

 beratungsstelle@caritas-gladbeck.de

 [Caritasverband Gladbeck e.V.](#)


Caritasverband Gladbeck e.V. Beratungsstelle für Frauen in Notsituationen und Konfliktsituationen - Schwangerschaftsberatung


For expectant parents and families with babies and toddlers, the Caritasverband Gladbeck offers a wide range of services. It provides advice and support on all issues relating to pregnancy, birth and a successful start to a child's life.

Counselling for women in emergency and conflict situations

Pregnancy counselling

 Birgit Müller/Kirsten Sommerfeld

 Kirchstraße 5, 45964 Gladbeck

 [02043/279176](tel:02043/279176)

 birgit.mueller@caritas-gladbeck.de

 Kirsten.sommerfeld@caritas-gladbeck.de

 [Caritasverband Gladbeck e.V.](#)

Caritasverband Gladbeck e.V. BlickKontakt Initiative für Kinder psychischerkrankter und suchterkrankter Eltern

Preventive support for children of mentally ill and addicted parents in cooperation with the city of Gladbeck

Children of mentally ill and addicted parents are burdened and at risk of developing abnormalities in the course of their development and becoming ill themselves. The aim of the programme is to provide these children with preventative support so that risk factors for their own illnesses are minimised and protective factors are strengthened.

 Karola Schroers/Julia Latocki

📍 Wiesenstraße 28, 45964 Gladbeck

☎ [02043/294990](tel:02043/294990)

@ karola.schroers@caritas-gladbeck.de

@ julia.latocki@caritas-gladbeck.de

🌐 [Caritasverband Gladbeck e.V.](#)

Caritaswerkstätten Gladbeck

People with disabilities also want to lead as independent and self-determined a life as possible. Despite all the independence, a certain amount of support is sometimes necessary. The Caritasverband Gladbeck therefore offers a range of home support services as well as various forms of residential and semi-residential care for people with disabilities. The two workshop locations and various external workplaces offer individualised opportunities for participation in working life.

Regardless of the type and severity of the impairment, the Caritaswerkstätten has set itself the goal of offering every person with disabilities a job that meets their individual expectations and possibilities. With the support of specialists, it is possible to develop and realise professional and personal goals.

📍 Mühlenstraße 1-3, 45964 Gladbeck

☎ [02043/29670](tel:02043/29670)

@ oliver.grimm@caritas-gladbeck.de

🌐 [Caritasverband Gladbeck e.V.](#)

Caritasverband Gladbeck e.V. Fahrdienst für Menschen mit Beeinträchtigungen

Active and mobile despite impairment

Age, illness or disability do not mean the end of mobility and the renunciation of active participation in social and cultural life.


In these situations, the Caritas-Fahrdienst is there to help. The experienced drivers take their customers (almost) everywhere.

The price for a return journey including 5 kilometres is currently 36 euros. A charge of 2.20 euros is currently made for each additional kilometre.

The transport service takes people with disabilities reliably and safely to their desired destination.


- to work
- to the doctor
- for physiotherapy


- to meet up with friends

 Appointments can be arranged: Monday - Friday: 07:00 and 12:00 o'clock available.

Contact:

 **Nadine Altmann**

 Kirchstraße 5-7, 45964 Gladbeck

 [02043/279127](tel:02043/279127)

 nadine.altmann@caritas-gladbeck.de

 Caritasverband Gladbeck e.V.

Caritasverband Gladbeck e.V. Frühe Hilfen (Baby-Kleinkind-Sprechstunde und Eltern-Kleinkind-Gruppe)

The birth of a child usually turns parents' lives upside down. A wide variety of situations can lead to new parents feeling insecure about doing something wrong. The baby and toddler consultation can be a helpful service in precisely these situations.

You can contact us if:


- Your child cries a lot or withdraws conspicuously
- Your child has problems drinking, eating and/or sleeping
- Your child challenges you through dissatisfaction, restlessness, unwillingness to play, excessive defiance or clinging.
- You feel unsafe with your child
- You are very stressed or worried or you cannot find the right contact with your child


The counselling service is for Gladbecker Families and free of charge. It can be utilised from the beginning of pregnancy and during the first three years of the child's life .

Consultation hours and counselling for parents with babies and toddlers

Group for parents with small children:

- Shared experience of movement, play and joy
- free offer for parents with their children from 0 to 3 years of age
- every Wednesday from 10:00 -11:30 am
- You can join the group at any time and without prior notice.

 Wiesenstraße 28, 45964 Gladbeck

 [02043/294930](tel:02043/294930)


 fruehe-hilfen@caritas-gladbeck.de


Caritasverband Gladbeck e.V. Frühförder- und Beratungsstelle

Interdisciplinary early support and counselling

- Special educational and therapeutic support for children who are developing under difficult conditions such as developmental delay or disability
- Special educational support utilises the child's need to play in order to develop cognitive, linguistic, motor, social and emotional skills.
- Supporting the realisation of individual development opportunities
- Promotion of social participation

Further information can be found on the website.

 Wiesenstraße 28, 45964 Gladbeck

 [02043/294930](tel:02043/294930)

 [@fruehfoerderstelle@caritas-gladbeck.de](mailto:fruehfoerderstelle@caritas-gladbeck.de)

 [Caritasverband Gladbeck e.V.](#)

Caritasverband Gladbeck e.V. Kontakt- und Beratungsstelle für Menschen mit psychischer Erkrankung

Contact point for

- People who experience psychological stress
- People with a mental illness
- People in a life crisis

and for their relatives, friends, acquaintances

Offers:

- Individual counselling
- Clarification of the need for help
- Crisis intervention
- Working with relatives
- Group programmes (topic-specific and leisure-oriented)
- Help with daily structuring
- Space for relaxed encounters
- Cooperation with other providers of psychosocial support in Gladbeck and the surrounding area

Counselling is free, unbureaucratic and, if required, anonymous.

Appointments can be made at short notice and without long waiting times.

Online counselling

Counselling takes place online, anonymously and securely.

📍 Kirchstraße 5, 45964 Gladbeck

👤 Conny Elbers

☎ [02043/279152](tel:02043/279152)

@conny.elbers@caritas-gladbeck.de

👤 Martina Maidhof

@martina.maidhof@caritas-gladbeck.de

🌐 [Caritasverband Gladbeck e.V.](https://www.caritasverband-gladbeck.de)

Caritasverband Gladbeck e.V. Psychosoziale Beratungsstelle für Menschen mit Suchterkrankung

Psychosocial counselling for people with addiction and their relatives

Counselling and information for individuals, families and groups

Various signs can indicate the onset of an addiction:

- excessive alcohol consumption
- the incipient inability to fall asleep without tablets
- the regular gambling of money
- excessive leisure time in amusement arcades
- or similar

If you have noticed signs of addiction in yourself or have been made aware of it by others, you are welcome to contact us.

An initial consultation usually takes place at short notice. We will of course advise you free of charge.

All discussions are subject to confidentiality.

Contact:

👤 Judith Lange

📍 Kirchstraße 5, 45964 Gladbeck

☎ [02043/279154](tel:02043/279154)

@judith.lange@caritas-gladbeck.de

 [Caritasverband Gladbeck e.V.](#)

Caritasverband Gladbeck e.V. Seniorenberatungsstelle


Counselling for older people and their relatives

The uncertainties, worries and problems of older people and their relatives are manifold. These and similar questions arise when people start to need help or care. What support is necessary and appropriate, what services are available in Gladbeck and how can the support be organised and financed?

Illness and the need for help often hit people suddenly and unprepared. Those affected and their relatives are often overwhelmed by the situation and do not know what steps to take or where they can get help. Individual counselling can be very helpful and necessary in these cases.

Counselling is confidential and free of charge.

Bereich Senioren und Pflegedienste Seniorenzentrum St.-Altfrid-Haus

 Auf'm Kley 5, 45968 Gladbeck

 [02043/373454](tel:02043/373454)



[02043/3712105](tel:02043/3712105)

@senioren@caritas-gladbeck.de

 [Caritasverband Gladbeck e.V.](#)