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Women, families and elderly people

Information for women

Education/Profession/Qualification

Vocational counselling and coaching for women

You want to find a new job. You had a break and now you are looking for work again. You would like to improve your application documents.

Contact the Women's Centre in Rüsselsheim:

Frauenzentrum Rüsselsheim e.V.

☎ [06142965757](tel:06142965757)

@ info@frauenzentrum.de

🌐 <https://frauenzentrum.de/>

Do you need other information? Visit the pages: [Education](#) and [work](#) in the Integreat app

Consulting

Help with pregnancy and partnership

Are you pregnant and need help? Or do you have questions about your sexuality? Or do you have conflicts with your partner?

You can find advice here:

⇒ Pro Familia Rüsselheim

📍 [Lahnstr. 30](#)

65428 Rüsselsheim am Main

☎ [0614212142](tel:0614212142)

@ ruesselsheim@profamilia.de

🌐 [www.profamilia.de#^/ruesselsheim\\$#](http://www.profamilia.de#^/ruesselsheim$#)

⇒ Caritas Centre Rüsselsheim

☎ [06142409670](tel:06142409670)

@ Caritaszentrum-Dicker-Busch@cv-offenbach.de

Counselling on separation or divorce

You want to separate or are thinking of divorce? You can find help here:

⇒ Caritas Centre Rüsselsheim

☎ [06142409670](tel:06142409670)

@ Caritaszentrum-Dicker-Busch@cv-offenbach.de

⇒ Women's Centre Rüsselsheim e.V.

In the counselling from the Women's Centre you can talk about your relationship in a protected way and talk to a counsellor about your thoughts and feelings.

This counselling is free of charge.

Or would you like to know how to get a divorce? Do you have questions about maintenance and custody?

Contact the Women's Centre in Rüsselsheim:

Frauenzentrum Rüsselsheim e.V.

☎ [06142965757](tel:06142965757)

@ info@frauenzentrum.de

@ <https://frauenzentrum.de/>

Have you experienced something bad? Do you need help immediately? [Here](#) you will find the most important emergency numbers.

In case of violence against women, you can find help at the [women's counselling](#) centre.

German courses

Some associations offer further language courses:

Auszeit e. V.

German-4U Course for Women in the Berlin Quarter

📍 [Berliner Platz 23 \(In the Goethe School: entrance Essener Straße\)](#)

65428 Rüsselsheim

☎ [061425509980](tel:061425509980)

🌐 <https://auszeit-ev.de/berliner-viertel-eichgrund/>

@ berliner-viertel@auszeit-ev.de

German Children's Protection Association

Conversation for women in the city district Dicker Busch

📍 [Evreuxring 14a](#)

65428 Rüsselsheim am Main

☎ [0614252202](tel:0614252202)

🌐 www.dksb-ruesselsheim.de/

@ angebote@dksb-ruesselsheim.de

Frauenzentrum Rüsselsheim e. V.

German course for women

📍 [Darmstädter Street 101](#)

65428 Rüsselsheim am Main

☎ [06142965757](tel:06142965757)

🌐 <https://www.frauenzentrum.de/>

@ info@frauenzentrum.de

Leisure

Offers for women

In the Family Centre at Berliner Platz you will find various offers for women. For example:

- Sewing
- Running
- Learning Arabic

You will also get counselling. And an answer to your questions.

Come by and talk to us:

Neighbourhood Meeting and Family Centre Q19

📍 [Berliner Platz 19](#)
[65428 Rüsselsheim](#)

Samira Hammoudi

☎ [01781568700](tel:01781568700)

@samira.hammoudi@spv-gg.de

Arbresha Mustafa

☎ [016094456956](tel:016094456956)

@arbresha.mustafa@spv-gg.de

Information for girls

Do you feel like doing a girls' project with your friends or do you have ideas about what is missing for girls in the district of Groß-Gerau or Rüsselsheim am Main and want to change this?

Feel free to contact the **girls' work office** of the city of Rüsselsheim:

Girls' Work Office

Yasmin Rahou

☎ +49 (0) 6142832106

@yasmin.rahou@ruesselsheim.de

In the brochure [Mädchen haben Rechte \(Girls have rights\)](#)) you will find a lot of information about being a girl and contacts to counselling centres.

Girls' meetings

>> at Auszeit e. V. in Berliner Viertel and Böllenseesiedlung

Auszeit e.V.

📍 [Böllensee Square 14](#)

65428 Rüsselsheim

☎ [0614215550](tel:0614215550)

@auszeit@auszeit-ev.de

🌐 <https://auszeit-ev.de/>

>> at the Dicker Busch Leisure Centre (Tuesdays from 3 to 6 p.m.)

Dicker Busch Leisure Centre

📍 [Hessenring 76](#)

☎ [0614251106](tel:0614251106)

@Fzh.Dicker-Busch@ruesselsheim.de

>> at the 'just' children's and youth centre (Wednesdays from 2 to 6 p.m.)

Children's and youth centre 'just'

📍 [Friedensplatz 3](#)

[65428 Rüsselsheim am Main](#)

☎ +49 (0) 6142832659

@JuSt.Ju@ruesselsheim.de

>> at the Königstädten youth centre (Wednesday from 2 to 6 p.m.)

Königstädten youth centre

📍 [Im Reis 29](#)

[65428 Rüsselsheim am Main](#)

☎ +49 (0) 1753432131

@jt-koenigstaedten@ruesselsheim.de

>> at Wildwasser e.V.: Girls' group and workshops for safer online behaviour and protection against cyberbullying and texting.

Wildwasser Kreis Groß-Gerau e.V.

Psychosocial counselling centre

📍 [Darmstädter Str. 101](#)

65428 Rüsselsheim

☎ [06142965760](tel:06142965760)

@info@wildwasser.de

🌐 <https://www.wildwasser-kreis-gg.de/>

Information for families

Offers

Childcare

Care for young children from 0 to 3 years

In many families, mother and father go out to work.

Then someone else has to look after the children.

This is called childcare.

In this section you will find information on these questions:

What childcare places are available for your child?

Which schools can your child go to?

What happens after school?

Where can adults learn?

In Germany there is a law.

Children who are older than one year get a childcare place.

These care places are available, for example, in:

1. children's day care

2. crèche

What is day care for children?

A maximum of 5 children are looked after together by one person.

For example, in the house of the day parents.

Or in rooms rented for this purpose.

The exact care times are agreed with the day parents.

What is a crèche?

A crèche is a facility for children from 0 to 3 years of age.

Here, children are cared for and encouraged in a group.

Day nurseries are run by the city.

Or the church.

Care for children from 3 to 6 years

There is a law in Germany.

Children from the age of 3 have the right to a place in childcare.

In a day care centre.

The Kinder-Tages-Einrichtung

Kinder-Tages-Einrichtungen are for children from 3 to 6 years of age.

Another name for a day-care centre is **Kinder-Garten**.

The city runs the Kinder-Garten.

Or a church.

Or an association.

The educational work

Every crèche or day care centre is different.

Each facility works according to a concept.

That means:

For the staff, certain things are important in their work.

- The children should move a lot in the fresh air.
- The children should make a lot of music.
- The children should do and discover a lot themselves.

The staff members are qualified professionals.

They have undergone pedagogical training.

There are different care times.


For example, for half the day.

Or for the whole day.

Registration

Please inform yourself about the different facilities.

Before you register your child.

You can find all the information about child day care [here](#)  on the Internet.

Registration for child day care, for the crèche or child day care facility

In Rüsselsheim, you **must register** your child for care **online**.

Registration is only possible via the webKITA internet portal.

1. You select day care parents near your home.

Or a crèche or day care centre.

2. you fill in the registration form online.

And you send off the application.

3. you print out the application form on paper.

4. you hand in the registration form in person at the childcare facility.

Only then is your registration complete.

Perhaps you have questions about day care for children.

The staff of the City of Rüsselsheim will help you.

Department of Education and Care

Child Day Care Division



[Ferdinand-Stuttmann-Straße 15](#) (City Forum Eichsfeld)

65428 Rüsselsheim am Main

Office hours:

Monday to Friday from 8 a.m. to 12 p.m.

Thursday from 4 to 6 p.m.

You can also get information on the internet [here](#) .

Costs for child care

Childcare sometimes costs money.

How much money does it cost?

That depends on the age of the child.

And how long the child is cared for each day.

You can ask this in the **Child Day Care section:**

Department of Education and Care

Child Day Care Department

[Ferdinand-Stuttmann-Straße 15 \(City Forum Eichsfeld\)](#)

[65428 Rüsselsheim am Main](#)

Office hours:

Monday to Friday from 8 a.m. to 12 p.m.

Thursday from 4 to 6 p.m.

Perhaps you only earn a little money.

That is why you cannot pay for the childcare place.

Then you can apply for assistance.

You can get the papers from the

Child Protection and Youth Welfare Department of the City of Rüsselsheim.

**Department of Child Protection and Youth Welfare
Economic Youth Welfare**



[Mainstraße 7](#)


65428 Rüsselsheim am Main

Family names beginning with A to J

[06142832150](#)

Family names beginning with K to Z

[06142832149](#)

[Here](#)  you will find further information.

Tip:

Perhaps you need help filling out the paperwork.

Or you have questions about how the costs will be covered.

Then ask the staff at the Caritas Centre Rüsselsheim.

Caritas Centre Dicker Busch



[Virchowstraße 23](#)

65428 Rüsselsheim am Main

[06142409670](#)



caritaszentrum-dicker-busch@cv-offenbach.de

Child benefit and child supplement

Do you have children?

You can get **child** benefit for each child:

You can get child benefit until your child's 18th birthday.

Sometimes you can get child benefit for even longer.

If the child does not yet earn any money of his or her own.

You have to apply for the child benefit.

You can apply to the Hessen Family Insurance Fund.

You already get child benefit for your child.

But you only earn a little money.

Maybe you can apply for more money:

The child **supplement**.

There are certain rules for the child supplement.
You must not earn too much money.
And not too little money.

You can ask the **family insurance fund**.
Whether you can get the child supplement.
You apply for the child benefit and the child supplement: at the Family Insurance Fund.
Take a look at the website of the Family Allowance Fund.
There you will find detailed information.
And you can download the application forms.

[Here](#)



is the internet address.

Once a month, the Familienkasse Hessen offers a consultation hour at the Caritas Centre in Rüsselsheim:

Where? [Virchowstraße 23](#) (entrance Liebigstraße).

You need to register for this at the Caritas Centre via [06142409670](tel:06142409670) or by sending an e-mail to caritaszentrum-dicker-busch@cv-offenbach.de. The offer is free of charge.
Further information on the offer can also be found on the homepage www.caritas-offenbach.de.

Please send the completed application forms by post to this address:

Familienkasse Hessen
34196 Kassel
If you have any questions
[08004555530](tel:08004555530)



Familienkasse-Hessen@arbeitsagentur.de

Offers for children and young people

Children and young people are important in Rüsselsheim.
That is why there are many offers for children here.
And for young people.
And for young adults.
For example:

- Children's meetings
- Youth meetings
- Leisure activities

- Educational offers
- Holiday offers
- Holiday camps

Children and young people can try out new things.
Or make new friends.

Help for children and young people

Are you a child?

Or a teenager or a young person?

Maybe you have a problem.

For example:

- A problem at school.
- Or a problem with your parents.
- Or a problem with your friends.
- Or a problem with bullying.
- Or lovesickness.

Maybe you also have a question.

For example, about love and sexuality:

- About love and sexuality.
- Or a question about games on the internet.

Then you can get help.

You can talk to a social worker.

Or with a social worker.

The person listens to you.

And the person can advise you.

You don't have to say your name in the conversation.

The conversation does not cost any money.

And the conversation is secret.

The person does not tell you anything else.

Here you can get information about leisure activities.

Or **advice if you need help**.

Magistrate of the City of Rüsselsheim am Main
Culture and Diversity Department
Youth Development Department



[Dammgasse 7](#)

65428 Rüsselsheim am Main

[06142832102](#) and [06142832108](#)



jugendfoerderung@ruesselsheim.de

Auszeit e.V.



[Böllenseeplatz 1](#)

65428 Rüsselsheim am Main

[0614215550](tel:0614215550)



auszeit@auszeit-ev.de



www.auszeit-ev.de

Here you can find the holiday programme of the city of Rüsselsheim:

<https://www.unser-ferienprogramm.de/ruesselsheim/...>

German Child Protection Association Rüsselsheim
District meeting place Dicker Busch



[Evreuxring 14a](#)

65428 Rüsselsheim am Main

[0614252202](tel:0614252202)



stadtteiltreff@dksb-ruesselsheim.de

[Here](#) you will find the website.

Maybe you have urgent worries.
Or you are in great distress and need to talk to someone quickly.
Then you can also call the "Nummer gegen Kummer".
You can always call here.
All day long.
And at night.
The call doesn't cost any money.
And the call is secret.



[Here](#) you can get more information.

Are you a mother?
Or a father?
Maybe you are worried.
About your child.
Then you can call this telephone number:
08001110550
Here you can get **help and advice for parents**.

Birth certificates and marriage certificates

You would like to apply for Kinder-Geld?
Or do you need to make another application?
For many applications you need a birth certificate.
Or a marriage certificate.
Maybe you have these papers in another language.
For example, in your mother tongue.
Then you need to have these papers translated.
This is done by a translation agency.
But that costs money.
Maybe your child was born in Germany.
Then your child will get a German birth certificate.
At the **registry office** of this city.

You can do many things at the **registry office in Rüsselsheim**.
For example:

- Have a counselling interview.
- Have a divorce recognised.
- Apply for a birth certificate.
- Get a death certificate.
- Registering a life partnership.
- Register a marriage.
- Get married.
- Apply for a **marriage certificate**.

You have a passport from another country?
Then you need a Marriage Capacity Certificate to get married.
It says:

You are not married in your home country.
Then you may marry in Germany.

This is the address of the registry office in Rüsselsheim:

**Department of Citizen Services and Elections
Registry Office**



[Marktplatz 4](#)

65428 Rüsselsheim am Main

[06142832726](#)



standesamt@ruesselsheim.de

Help with violence in the family

Maybe there is violence in your family.
And you are afraid.
Or you need help.
For example:

- Your husband beats you.
Or threatens you.
- Or your wife beats you.
Or threatens you.
- Or your husband hits or hurts your child.
Or your wife beats or hurts the child.
- Or there is sexual violence in your family.

This is forbidden in Germany.
You can go to a counselling centre.
The staff will listen to you.
And the staff will help you.
The counselling session does not cost any money.
The counselling interview is secret.
That means:
The staff members do not tell anyone about it.

Addresses for violence against women:



Frauen helfen Frauen e.V.
Counselling Centre Rüsselsheim



[Darmstädter Straße 101](#)

65428 Rüsselsheim am Main

[0615280000](tel:0615280000)



info@frauenberatung-gg.de

Or you can have a look at the website



www.frauenberatung-gg.de

The Women's House in Groß-Gerau

Maybe you want to leave home.

Because your husband beats you.

Or is threatening you.

Then you can come to the women's house.

And your children can come with you.

You can all stay at the women's house.

The staff will help you.

No one should find you in the Women's House.

Not even your husband.

That's why the address of the Women's House is secret.

Call the Women's House.

You can always call.

During the day and at night.

Or write an e-mail.

Women's Shelter Groß-Gerau

[0615239977](tel:0615239977)



info@frauenberatung-gg.de

Address for violence against men:

Diakonisches Werk



[Schulstraße 17](#)

64521 Groß-Gerau

[06152949380](#) and [06152949381](#)



alb@diakonie-kreisgg.de

Addresses for violence against children and young people:

Wildwasser Kreis Groß-Gerau e.V.

Counselling Centre Rüsselsheim



[Darmstädter Straße 101](#)

65428 Rüsselsheim on the Main

[06142965760](#)



info@wildwasser.de

Or you can have a look at the website



www.wildwasser-kreis-gg.de

You can also contact the staff of the Youth Welfare Office.

They will advise you.

And they will help you.

Rüsselsheim Youth Welfare Office

Department of Child Protection and Youth Welfare



[Mainstraße 7](#)

65428 Rüsselsheim am Main

[06142832167](#)



soziale.dienste@ruesselsheim.de

Office hours:

Monday to Friday from 8 a.m. to 12 p.m.

Thursday from 4 to 6 p.m.

In an emergency, dial 110

Maybe you need help right away.

Then you can call the police.

This is the police emergency number: 110

Consulting

Advice and support for families

Perhaps you have questions about life in the family.

For example:

- What your baby needs.
- How your child develops well.
- How to raise your child properly.

Or there are problems in your family.

For example:

- Problems with your husband or wife.
- Maybe there is a lot of arguing.
- Maybe you want to separate from your husband or from your wife.
- Or you want to get a divorce.
- Maybe your child has problems in the children's garden or at school.

Then you can go to an **educational counselling centre**.

Or to a **family counselling** centre.

The staff will listen to you.

And the staff will advise you.

The counselling session does not cost any money.

The counselling session is secret.

That means:

The staff members do not tell anyone about it.

Children and young people can also go to the counselling centres alone - without their parents.

For example, if you have problems at school.

Or a fight with your family.

Or problems with other young people.

The counselling centre does not tell your parents that you were there.

These are addresses for counselling:

Caritas Centre Rüsselsheim

General life and social counselling, marriage and parenting counselling



[Virchowstraße 23/ Entrance Liebigstraße](#)

65428 Rüsselsheim am Main

[06142409670](#)



caritaszentrum-dicker-busch@cv-offenbach.de

Or you can have a look at the website



www.caritas-offenbach.de

Deutscher Kinderschutzbund Rüsselsheim

General initial counselling, services for mothers and children

Stadtteiltreff Dicker Busch



[Evreuxring 14a](#)

65428 Rüsselsheim am Main

[0614252202](#)

@stadtteiltreff@dksb-ruesselsheim.de

Or you can have a look at the website



www.kinderschutzbund-ruesselsheim.de

Counselling and support for pregnant women

Maybe you are pregnant.

And you have questions:

- About your pregnancy.
- Or about your health.
- Or about the birth.

Maybe you are not pregnant.

But you would like to have a child.

And you have questions about it.

Maybe you don't want to get pregnant.
And you have questions about contraception.
Then come to a pregnancy counselling centre.
The staff will advise you.
And they will help you.
You can bring your husband with you.

For example, you can get advice here:

pro familia
Counselling Centre Rüsselsheim



[Lahnstraße 30](#)
65428 Rüsselsheim am Main
[0614212142](#)



ruesselsheim@profamilia.de
Or have a look [here](#)



of the website.

Mother Protection

Maybe you are pregnant.
And you have a job.
Or you are doing an apprenticeship.
Then the **Mother Protection Act** applies to you .
That means:
Your employer must observe certain rules.
So that you and your baby are well.
These rules are in the Mother Protection Act:

- The employer is not allowed to dismiss you.
- You are not allowed to do heavy work.
- You are no longer allowed to work at night.
- You must not work shortly before the birth.
- You are not allowed to work shortly after the birth.

Maternity protection period

Your doctor has calculated the date for the birth.
6 weeks before this date you will get special protection.
This protection is called:
Mother Protection Period
Now you don't have to go to work.

Maybe you feel fine.
And you still want to work.
Then you are allowed to go to work for 2 weeks longer.
After the birth, you are not allowed to work.
The maternity leave period ends 8 weeks after the birth.
Now you can take parental leave.
Or you can go back to work.

Maternity pay

You get money during the maternity protection period.
Just as much money as in the 3 months before the birth.
This money is called: Maternity benefit.
However, you have to apply for maternity benefit separately.
Ask your health insurance fund.
The staff will tell you

- How to apply.
- What you need for it.

You can get more detailed information [here](#) .

Parenting time

Maybe you have a job.

Or you are in training.
Now you have had a child.
Or you have adopted a child.
Then you can stay at home with your child:

- For a few months.
 - Or up to 3 years.
- You do not go to work during this time.
This time is called:

Parent Time.

Both parents can take parenting time.
Father and mother.
This is how you can take parenting time:

- Father and mother take parent-time together.
 - Only the father takes parenting time.
Or only the mother takes parenting time.
 - First one parent takes parenting time.
Then the other parent takes parenting time.
How long do you want to take parenting time?
You can decide that yourself.
However, you may **not take more than 3 years of** parenting time.
You might want to save 1 year of parenting time.
And take more parenting time later.
Until your child's 8th birthday.
For example, in your child's first year at school.
But you have to discuss this with your boss beforehand.
-

Have you had twins?
Or even more children at once?
Then you can take parental time for each child.

Parenting money

You can get special money during parenting time:

The **Parenting Money**.

Both men and women can get this money:

- If they have a job.
- If they do not have a job.
- If they are employed.
- If they are self-employed.
- If they are in training.
- If they are studying.

This is important for parenting money

1. you look after your child yourself after birth.

2. you do not work.

Or you work a maximum of 30 hours a week.

Or less.

3. the child lives with you in your flat.

4. your place of residence is in Germany.

And you live there most of the time.

You can get Eltern-Geld from the time your child is born.

You may not have applied for Eltern-Geld right away.

Only after a few months.

Then you will get parental allowance paid in arrears.

But only for the last 3 months.

This is the address of the Eltern-Geld office for the city of Rüsselsheim:

Amt für Versorgung und Soziales



[Schottener Weg 3](#)

64289 Darmstadt

[061517380](#)



poststelle-vada@havs-dar.hessen.de

You can find **important information** about Eltern-Geld (= parenting money) on the Internet.

There you can download the application form for Eltern-Geld.

There is also a calculator on the website.

You can use it to calculate your Eltern-Geld.

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



Offers for older people

Older people are important in Rüsselsheim.

That is why there are many offers for older people here.

Older people are also called:

Seniors and senior citizens.

Maybe you are an older person.

- And you have questions about getting older.
- Or you need advice.
- Or you would like to meet other older people.
- Or you would like to take part in an offer for older people.

Then you can come to the "**Haus der Senioren**".

Here you can find the schedule with the offers: [Wochenplan Haus der Senioren](#)

House of the Elderly



[Frankfurter Street 12](#)

65428 Rüsselsheim am Main

In the House of the Elderly are:

- The "Leit-Stelle Älter-Werden" of the city of Rüsselsheim.
- The counselling centre for elderly and disabled people.


The staff there will advise you.

And help with important questions:

For example:

- Where you can apply for money for help.
- Where you can get medical help.
- How to find a care service.
- Social services.
- Leisure for older people.
- Self-help groups.
- Information for relatives of older people.
- Housing for older and disabled people.

- Day Care. Short-term care. Long-term care.

[Here](#)  you can find more information on the internet site:

Learning for older people

You would like to continue learning.

Or do a course.

You can ask at the Volks-Hoch-Schule Rüsselsheim.

Or at many other institutions.

The Volks-Hoch-Schule has a programme for you.

You can also find the courses of the Volks-Hoch-Schule [here](#)



on the website:

Kultur123 City of Rüsselsheim

Adult Education Centre



[Am Treff 1](#)

65428 Rüsselsheim

[06142832630](#)



kultur123@kultur123ruesselsheim.de