



***Consultation
for children, parents
and young people***

Beratungsstelle Oldenburg
AWO WESER-EMS



Our consultation services are aimed at children, young people and their parents from the city of Oldenburg.

We offer:

- educational and family consultation
- couple and marriage consultation
- separation and divorce consultation
- child protection consultation
- consultation for parents with infants and toddlers (e. g. in the areas of feeding, sleeping, crying)

Regardless of where you live, we offer

- pregnancy and pregnancy conflict consultation
- consultation in questions of sexuality, contraception and family planning
- psychosocial consultation for those who wish to have children
- federal Foundation Mother and Child (application)

The high quality and professionalism of the offers is ensured by our pedagogical experts and psychologists.





We find ways

You can come to our consultation centre for family conflicts and partnership problems, but also for your children's school, emotional and social difficulties. Learning and performance disorders also repeatedly lead to a need for consultation and therapy.

Together, we find ways to overcome the difficulties that complicate everyday life. We listen and advise you in a fair exchange.

Our offers are free of charge. According to the Child and Youth Welfare Act (Kinder- und Jugendhilfegesetz), parents are entitled to consultation on parenting, partnership, separation and divorce. Our counsellors are bound by professional secrecy.

Offers for parents

There are different family situations in which you as parents and guardians can turn to us, e. g. when:

- you feel insecure about parenting
- you are stuck with a problem
- you are sometimes so helpless that you do something with your child that you regret afterwards
- there are problems between you as parents that you can no longer solve alone
- quarrels and tensions in your family get out of hand
- you want support with the situation as a foster parent
- after a separation and/or divorce, an agreement must be found on contact with the children





Offers for children and young people

As a child or teenager you can you can come alone, with your parents or a confidant, e. g. if:

- the problems at school or in vocational training become too big for you
- the quarrel in the family gets out of hand
- your parents are separating or have separated
- problems with friends weigh you down
- you are affected by cyber-bullying
- you find it difficult to get in touch with others
- you are dissatisfied with yourself
- you only feel angry, sad or anxious
- you cannot or do not want to talk to your parents

We are here for you!

Our registration times

You can contact us in person or by telephone at the following times:

Monday, Thursday: 8.30–12.00

Tuesday, Wednesday: 13.00–16.00

Open consultation hours (without registration)

Our open office hours are held at the Oldenburger Stadtteiltreff Kreyenbrück, Alter Postweg 1. You can find exact dates on the Internet at:

[www.beratungsstelle-oldenburg.de/
Offene-Sprechstunde.php](http://www.beratungsstelle-oldenburg.de/Offene-Sprechstunde.php)





AWO Kinder, Jugend & Familie
Weser-Ems GmbH

Familienberatungsstelle Oldenburg

Cloppenburger Street 65

26135 Oldenburg

Tel. 04 41/9 73 77-0

info@beratungsstelle-oldenburg.de

www.beratungsstelle-oldenburg.de