

Principles

The consultation centre is state-approved.

Our counsellors are subject to the legal duty of confidentiality. All information will be treated confidentially. If you wish, you can also receive anonymous consultation.

The consultation is independent of the place of residence, free of charge, non-judgemental, open-ended and takes place promptly.

Further aids

The Familienberatungsstelle Oldenburg (Oldenburg family consultation centre) also offers the following services:

- educational consultation for individuals, couples or families
- prevention events for children and young people
- topic-oriented parent meetings
- lectures and training
- consultation, supervision and information for professionals



Registration times

Monday, Thursday 8.30–12.00
Tuesday, Wednesday 13.00–16.00
Consultations take place by appointment from Monday to Friday.

If you have any questions, please call us. We are happy to help you!



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Pregnant – and what now?



Familienberatungsstelle Oldenburg
PREGNANCY
AND PREGNANCY CONFLICT CONSULTATION



Our consultation services

We offer consultation and support on all aspects of pregnancy. You can come to us individually or as a couple – before, during and also after pregnancy.

During the time of wanting a child and pregnancy, a new sense of orientation often arises, which is accompanied by many questions and possible uncertainties. During the talks, we will help you find answers to your personal questions.

In addition to general questions about pregnancy, birth and parenthood, we also provide consultation on personal, partnership and family issues. The focus of the consultation sessions depends on your very personal needs.

We will tell you what legal regulations and assistance are available and what services you can receive from independent associations or private providers.

Pregnancy consultation

We advise and inform on the following topics, among others:

- state benefits for family support, e. g. parental allowance, child benefit
- antenatal care
- prenatal diagnostics (methods and psychosocial support)
- special rights in working life, e. g. maternity Protection Act, parental leave
- state financial support, e. g. unemployment Benefit (ALG II), Student Loans (BAföG), Housing Benefit (Wohngeld)
- paternity and maintenance issues
- financial support from foundations and application procedures
- family planning
- unfulfilled desire for children
- adoption/foster care
- contraception
- payment of the contraceptive grant from the City of Oldenburg

Pregnancy conflict consultation

We offer pregnancy consultation in accordance with Section 219 of the German Penal Code (StGB) and issue a consultation certificate if required.

It is important for us to take women and couples in the special situation of the legally prescribed pregnancy conflict consultation seriously with their concerns and to have understanding for their situation. We offer support for responsible decision-making in a fear-free atmosphere and without moral judgement.

During the consultation you will receive information about, among other things

- on legal, social, financial and medical issues in the event of an abortion
- on adoption and foster care
- on contraception

In the event of an abortion, we also provide consultation afterwards on how to cope with the termination of pregnancy.

