

The Mütterzentrum is an association for families.

We want to help mothers and fathers.

You can come to the Mütterzentrum

- **without an appointment** from 9:00 to 18:00. From Monday to Friday.
- always bring the children with you.
- have a coffee and something to eat.
- tell your worries.
- Everyone can come: Moms and dads. Grandmas and grandpas. Even people without children.

We will find solutions together.

Just visit us.

Or call us.

What else is there?

We have groups.

There we talk together.

About how to succeed in life as a family.

- Elternstart
- Strengthening parents

There are courses.

They are for parents. Together with the baby or the small child.

- Toddler group

- PEKIP

We find care for your children.

When you go to work.

You can join us.

- honorary work

- subsidized work (2-Euro-Jobs)

- vacancies

And we know many people.

They can help us.

If you want to know more: Call us.

Phone: 0231 - 997 896 0