

Hier finden die Gruppen statt:

Bonn-Nord: Familienzentrum Maria im Walde

Kaiser-Karl-Ring 10, Barbara Huhn und Maria Reudenbach
Telephone: 0228 – 96 77 71 5, a.otto@maria-im-walde.de
Tue.: 10:30 a.m. – 12:45 a.m.
Thu.: 09:00 a.m. – 11:15 a.m. and 11:15 a.m. – 01:00 p.m.

Tannenbusch: Familienzentrum Farbenfroh

FOR WOMEN ONLY

Chemnitzer Weg 11, Ulrike Hohengarten
Telephone: 0228 – 77 87 180, famz.chemnitzerweg@bonn.de
Tue.: 09:00 a.m. – 10:30 a.m. and 10:30 a.m. – 12:00 p.m.

Dransdorf: Eltern-Kind-Treff, Kinderschutzbund OV Bonn e.V.

FOR WOMEN ONLY

Lenastraße 58, Annabelle Lorenz
Telephone: 0228 – 24 95 637
ulla.baumgaertner@kinderschutzbund-bonn.de
Wed.: 02:00 p.m. – 04:00 p.m.

Auerberg: Evangelische Lukaskirchen-gemeinde

FOR WOMEN ONLY

Helsinkistraße 4, Gabriele Heyminck
Telephone: 0228 – 22 72 24 25, reate.hauber@dw-bonn.de
Tue.: 09:00 a.m. – 10:30 a.m.

Medinghoven: Städtisches Spielhaus

FOR WOMEN ONLY

Stresemannstraße 2a, Yvonne Espinosa
Tel.: 0228 – 64 49 70, yvonne.espinosaalvarez@bonn.de
Fr.: 08:45 a.m. – 11:15 a.m.

Pennenfeld: Matthias-Claudius-Gemeindehaus

FOR WOMEN ONLY

Zanderstraße 51, Heike Jakob-Bartels
Telephone: 0228 – 22 72 24 25, reate.hauber@dw-bonn.de
Mon.: 10:00 a.m. – 11:30 a.m.

Mehlem: Gemeindehaus der Heilandkirche

FOR WOMEN ONLY

Domhofstr. 45-49, Heike Jakob-Bartels
Telephone: 0228 – 22 72 24 25, reate.hauber@dw-bonn.de
Thu.: 09:30 a.m. – 11:00 a.m.

Beuel: Familienzentrum St. Paulus

Siegburgerstr. 73, Birgit Heleenders
Telephone: 0228 – 46 42 04, kitapaulus@t-online.de
Fr.: 10:00 a.m. – 12:00 p.m.

The open meetings under the motto *“Neu im Leben”* [new in life] are carried out with help of urban family centres and other establishments in Bonn. The central management is carried out by the coordination centre *“Frühe Hilfen Bonn – Das Netzwerk für Vater, Mutter, Kind”* [early help Bonn – the network for father, mother, child].

You can reach us seven days a week on:

Telephone: 0228 – 224155

(Please also leave a message on the answering machine!)

info@fruehehilfen-bonn.de
www.fruehehilfen-bonn.de



**STADT.
CITY.
VILLE.
BONN.**

“Neu im Leben” is a cooperation of the city of Bonn, the coordination centre *“Frühe Hilfen”* and the supporters named hereafter. These offers are funded by the city of Bonn and through capital resources of the supporters.

pro-familia
Beratungsstelle Bonn



Familienzentrum St. Paulus
Centro Familiar St. Paulus
www.familienzentrum-sankt-paulus.de

DIAKONIE
Diakonisches Werk Bonn und Region –
gemeinnützige GmbH



**KATHOLISCHE
FAMILIENBILDUNGSSTÄTTE**
Bonn



die lobby für kinder
Deutscher Kinderschutzbund • Ortsverband Bonn e.V.

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New in Life

Open meetings and consultation hours with midwives for pregnant women and parents with babies and toddlers in their neighbourhood

Information in **other languages** online:
www.fruehehilfen-bonn.de

GER

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Welcome to our open meetings!

Are you pregnant or are you the parent of a toddler not older than two years? A lot of new things are coming your way and you surely do have a lot of questions concerning pregnancy, childbirth and the first years with your child.

You are very welcome to join our open meetings. Here, you can meet other parents, exchange experiences and receive advice and suggestions. The meetings are free of charge. The commonly used language is German.

You can register at one of the establishments (see the list with addresses) – or just join us at the next group appointment close to you. We are looking forward to welcoming you! If you have any questions, you can also call us, the coordination centre “Frühe Hilfen”, under 0228–224155.



You will receive a lot of important information

All groups are guided by a specialist. We address a lot of important topics, such as:

- Pregnancy and childbirth
- Care and nutrition
- Baby sleep through the night
- Child development
- Advice for raising a child
- Registration at a kindergarten
- And many more...

A wonderful experience for you and your child

At the meetings we sing a lot of songs, do crafts and play the first games with the babies and toddlers. The children enjoy meeting other children, too. An older sibling is also very welcome to join you at our meetings. We also always offer a little snack.



Consultation hours with midwives

If you are pregnant now or have just had your baby, you can visit the consultation hours with midwives additionally to our open meetings. Here, you can have individual appointments and receive customised advice or an examination. The appointment is free of charge and you can come in without registering first.

The appointments for consultation hours can be found under www.fruehehilfen-bonn.de, Aktuelles [current topics]

Tannenbusch: Familienzentrum Farbenfroh
Chemnitzer Weg 11, Telephone: 0228 – 77 87 180
Email: famz.chemnitzerweg@bonn.de
every two weeks on Tuesday, 09:00 – 12:00 p.m., Midwife Sonja Hotz

Dransdorf: Eltern-Kind-Treff, Kinderschutzbund OV Bonn e.V. and pro familia
Lenastr. 58, Telephone: 0228 – 24 95 637
Email: ulla.baumgaertner@kinderschutzbund-bonn.de
every two weeks on Wednesday, 02:00 p.m. – 04:00 p.m., Midwife Birgid Siebert

Mehlem: Kita Domhofstr. and Monti-Häuschen
Domhof Str. 27 and Ellesdorfer Str. 43, Telephone: 0228 – 77 87 150
Email: famz.ellesdorferstrasse@bonn.de
every two weeks on Monday, 10:30 a.m. – 01:30 p.m., Midwife Dorothee von Haugwitz