

## Where we meet:

### **Auerberg:** Evangelische Lukaskirchengemeinde

Helsinkistraße 4, Gabriele Heyminck  
Telephone: 0228 – 22 72 24 25, renae.haueer@dw-bonn.de  
Tue.: 09:30 a.m. – 11:00 a.m.

FOR WOMEN ONLY

### **Tannenbusch:** Familienzentrum Farbenfroh

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.

FOR WOMEN ONLY

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

Lenaustraße 58, Annabelle Lorenz  
Telephone: 0228 – 24 95 637  
annabelle.lorenz@kinderschutzbund-bonn.de  
Tue.: 02:00 p.m. – 04:00 p.m.

FOR WOMEN ONLY

### **Medinghoven:** Familienzentrum Medinghoven

Stresemannstraße 2a, Hayat Nayat  
Telephone: 0228 – 77 87 390, karin.solzbacher@bonn.de  
Wed.: 08:30 a.m. – 10:30 a.m.

FOR WOMEN ONLY

### **Bonn-Nord:** Familienzentrum Maria im Walde

Kaiser-Karl-Ring 10, Tamara Gartzke und Regina Spitzer-Grünhagen  
Telephone: 0228 – 28 99 88 15, w.hansen@maria-im-walde.de  
Mon.: 10:00 a.m. – 12:15 a.m., Tue.: 09:30 a.m. – 11:00 a.m.

### **Pennenfeld:** Matthias-Claudius-Gemeindehaus

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

FOR WOMEN ONLY

### **Mehlem:** Gemeindehaus der Heilandkirche

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

FOR WOMEN ONLY

Because of corona virus, some of the groups do not meet  
at present. Please check the homepage of the district at  
[www.fruehehilfen-bonn.de/Fruehe\\_Hilfen](http://www.fruehehilfen-bonn.de/Fruehe_Hilfen)

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. Responsible for the central management is 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 monday to friday on:

**Telephone: 0228 – 224155**

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

[info@fruehehilfen-bonn.de](mailto:info@fruehehilfen-bonn.de)  
[www.fruehehilfen-bonn.de](http://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.



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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](http://www.fruehehilfen-bonn.de)

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## Welcome to our open meetings!

You are pregnant or parent to 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 join us at the next group meeting close to your place. We are looking forward to welcoming you! If you have any questions, you are welcome to call us *“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. We also always offer a little snack.



## Consultation hours with midwives

If you are pregnant or have just got your baby, you can consult with the midwives additionally to our open meetings. The appointment is free of charge and you can come in without registering first.

**The dates for consultations hours can be found under [www.fruehehilfen-bonn.de](http://www.fruehehilfen-bonn.de)**

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

**Dransdorf: Eltern-Kind-Treff, Kinderschutzbund OV Bonn e.V. and pro familia**  
Lenaustr. 58, Telephone: 0228 – 24 95 637  
Email: annabelle.lorenz@kinderschutzbund-bonn.de  
every two weeks on Wednesday, 02:00 p.m. – 04:00 p.m., Midwife Ina Spring

**Medinghoven: Familienzentrum Medinghoven**  
Stresemannstr. 26, Telephone: 0228 – 77 87 390  
Email: karin.solzbacher@bonn.de  
every two weeks on Wednesday, 08:30 a.m. – 10:30 a.m., Midwife Stephanie Hafner

**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