Where we meet:

Auerberg: Evangelische Lukaskirchengemeinde
Helsinkistraße 4, Gabriele Heyminck
Telephone: 0228 – 22 72 24 25, renate.hauber@dw-bonn.de
Tue.: 09:30 a.m. – 11:00 a.m.

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.

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.

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.

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.

Pennonfeld: Matthias-Claudius-Gemeindehaus
Zanderstraße 51, Heike Jakob-Barrels
Telephone: 0228 – 22 72 24 25, renate.hauber@dw-bonn.de
Mon.: 10:00 a.m. – 11:30 a.m.

Melem: Gemeindehaus der Heilandkirche
Domhofstr. 45-49, Heike Jakob-Barrels
Telephone: 0228 – 22 72 24 25, renate.hauber@dw-bonn.de
Thu.: 09:30 a.m. – 11:00 a.m.

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

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
www.fruehehilfen-bonn.de

“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.

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

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Visual design: www.nadine-kreuder.com
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 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

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

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.