

## THE FOLLOWING IS OFFERED TO GROUPS:

... Discussion evenings dealing with different topics (some also in the original language) for example:

- ☞ Women's health
- ☞ Social law for mothers-to-be and their families
- ☞ Being parents and educating one's offspring
- ☞ Families and Migration

... Group activities with the main aim of integration:

- ☞ Organized by volunteers and members for all interested women.

The current group offers and events are to be found listed under:

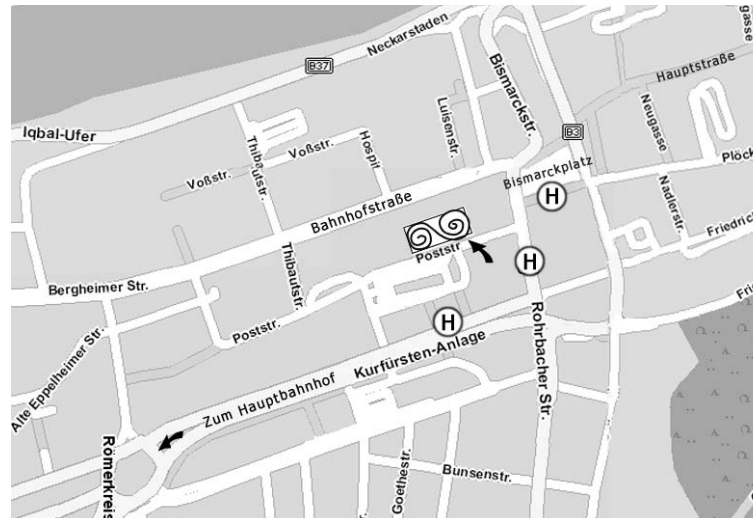
[www.ifz-heidelberg.de](http://www.ifz-heidelberg.de)

or by phoning 06221/182334

## FURTHER IMPORTANT FACTS:

- ☞ Our counselling is subject to prior appointment by phone
- ☞ All our workers are bound to secrecy.
- ☞ The International Women's Centre has no affiliations to any religion or political party.
- ☞ Partners or fathers are also welcome.

You support the work of the IFZ in becoming a member of the association and/or with donations.



## The International Women's Centre Heidelberg e.V.

An officially recognized centre for pregnancy conflict, marriage, family, and personal counselling

Member of D.P.W.V.

Poststraße 8  
(entrance in the courtyard)  
69115 Heidelberg

Phone: 06221 / 182334  
Fax: 06221 / 653673  
ifz.hd@t-online.de  
[www.ifz-heidelberg.de](http://www.ifz-heidelberg.de)

- ENGLISCH -

## **THE COUNSELLING CENTRE:**

The International Women's Centre Heidelberg e.V. (IFZ) is an officially recognized counselling centre in accordance with the laws governing pregnancies and family assistance as well as an advice centre regarding marriage, family or personal matters. In particular the counselling offered to immigrant women and their families incorporates their language, culture and migration experience.

The intercultural counselling team consists of professional women in the fields of gynaecology, psychology, pedagogics and social pedagogics. They offer counselling in their mother tongue, which includes many languages, such as German, English, French, Spanish and Turkish. The IFZ has also built up an interpreter service encompassing twenty languages.

The Verein Internationales Frauenzentrum Heidelberg e.V. is the body responsible for the counselling centre which opened in 1991. Its aim is a better link between female immigrants and their families above all to the local National Health System and to serve as a bridge between immigrant women and their families and the institutions of society.

## **We offer the following counselling :**

... **We inform and advise you**

- ☞ During pregnancy regarding:
- ☞ Psychosocial questions  
Social welfare benefits (e.g. maternity leave, parents leave etc.)
- ☞ Financial support possibilities ( e.g. child and other benefits for families)
- ☞ The laws relating to families and foreigners (e.g. child support and alimony)

... **Regarding pregnancy conflict:**

- ☞ Counselling pursuant to paragraph 219 of the BGB (the German Civil Code)
- ☞ Post-Abortion problems

... **Regarding family planning and contraception:**

- ☞ Sexuality counselling
- ☞ Unfulfilled desire for children
- ☞ Counselling concomitant with prenatal diagnostics
- ☞ Healthy reproduction for women

## **We are here for you , the immigrant woman and your family regarding**

... **Legal, professional and general questions**

- ☞ Comprehensive orientation help for women and their families who have just arrived in the area
- ☞ Immigration laws, asylum and family law.

... **Personal problems concerning health for example:**

- ☞ Psychological and psychosomatic issues
- ☞ General health

... **Problems in the marriage and the family**

- ☞ Couple conflicts, in particular with bi-cultural couples
- ☞ Generation conflicts
- ☞ Difficulties in raising the children.
- ☞ Domestic violence