

# INTERCULTURAL MIDWIFE SERVICES



International Women's  
and Family Center  
Heidelberg e.V.



Twice a month  
on Fridays

Are you a mom or mom-to-be  
with questions and/or concerns  
about pregnancy or  
motherhood? Book a free  
consultation with one of our  
midwives at:

06221 - 18 23 34  
[info@ifz-heidelberg.de](mailto:info@ifz-heidelberg.de)  
[www.ifz-heidelberg.de](http://www.ifz-heidelberg.de)

**IFZ  
Heidelberg  
e.V.**

11.30  
to  
13.30

**Free of  
charge**



## **Who we are**

IFZ Heidelberg e.V. is a federally recognized center that offers consultations for pregnant women, pregnancy options counseling as well as marriage, family and life counseling.

## **What we offer**

- Prenatal care
- Antenatal education guidance navigating the German healthcare system
- Breastfeeding consultations and nutrition counseling
- Support and guidance coping with everyday life with a newborn baby

## **Why intercultural?**

Birth and postnatal practices differ significantly from culture to culture. Our midwives are here to help you understand what to expect before, during and after childbirth, and feel more confident navigating the German healthcare system.

Our midwives services are available in German, Spanish, English and Turkish. Other languages are available on request.

## **Who it's for**

All Migrants and refugees  
who need a midwife.

## **Where**

At IFZ Heidelberg e.V.:  
Theaterstr. 16,  
69117 Heidelberg



Gefördert durch die

**GlücksSpirale**