



Familiensprechstunde
Frühe Hilfen

telephone advice from a midwife early help
0151 14352862
throughout Emsland (also via the messenger „signal“)
or mail to: jana.steven@skf-lingen.de

Family Consultation Service Early Help

for parents and (expectant) mothers and fathers

- Are you pregnant and have questions about birth and the time afterwards?
- Do you need tips on feeding your child or on caring for your baby?
- Are you in a stressful life situation?
- Do you feel overwhelmed in your current family situation?

We give advice to pregnant women and families

- for all (expectant) mothers and fathers with children up to 3 years of age
- in stressful life situations
- with a history of escape and refuge
- for (expectant) parents with mental stress

We offer

- an open consultation hour for everyday questions before and after childbirth
- needs-based services (one-to-one counselling, group offers)
- Health counselling and referral to other support programmes and early help

If you are in need or know someone who is, please contact the Early Help Midwife Jana Steven

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