



Familiensprechstunde
Fröhe 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

Contact 0151 14352862 or jana.steven@skf-lingen.de

Family consultation service in southern Emsland:

Salzbergen: Tuesdays 9 - 11 a.m. at the Family Centre St. Cyriakus Salzbergen
Bahnhofstrasse 3, 48499 Salzbergen
Spelle: Mondays 9 - 11 a.m. at the Civic Meeting Centre in Wöhlehof
Pastor-Batsche-Weg 1, 48480 Spelle

Family consultation service in northern Emsland:

Werlte: Wednesdays 9 a.m. - 12 p.m. in the pavilion next to the Town Hall
Marktstraße 1, 49757 Werlte
Rhede: Thursdays from 9 a.m. - 12 p.m. at the Town Hall
Gerhardyweg 1, 26899 Rhede (Ems)

Upon request, in

Sögel: In the Caritas Counselling Centre
Am Markt 9, 49751 Sögel

Papenburg: In the Caritas Counselling Centre
Kirchstraße 16, 26871 Papenburg

Further locations on request

