

WELCOME TO HAMBURG

Offers for families with children

You have just arrived in Hamburg, and your child would like to do handicrafts, play, and get to know other children? Do you have questions about family life, or would you like to exchange ideas with other parents? Here you will find information about services in the city. The offers are voluntary, and most of them are free of charge. All families, children, and young people are welcome!

Offerings for children and young people

A daycare place: Are you looking for daycare for your child from 0 - 6 years? Then find out more information here: [A daycare place for our child \(multilingual\) - hamburg.de](#)

Leisure offers: Are you up to 27 years old and would like to meet your peers and spend your free time together? In Hamburg, there are many places where children and young people can get in touch with others outside of school or daycare. Here you can play with others, do handicrafts, play sports or music, cook, work with wood and metal, plant gardens, and much more. You can meet, pursue your interests together and help shape the activities according to your ideas. The teachers will accompany you and are also available to answer your questions. Just drop by at one of the many addresses! [Meeting places for children and youth in Hamburg - Offers of open child and youth work - hamburg.de](#)

Counseling and support: Do you have challenges in everyday life as a youth or young adult, e.g., difficulties integrating into school, the world of work, or family problems? Then youth social work can support you with confidential counseling and support. [Counseling and help - Children and young people Hamburg - hamburg.de](#)

Trauma consultation: In the refugee outpatient clinic of the University Medical Center Eppendorf (UKE), young people up to the age of 21 and their relatives who have been traumatized by their flight experience receive therapeutic and psychosocial support. There are both individual and group services. More information: [UKE - Outpatient Centre - Refugee Outpatient Clinic](#)

Emergency numbers for children and young people:

You can call the "Nummer gegen Kummer" free of charge and anonymously. Children and young people can get support and advice by phone, for example, if they have problems with their family, school, or friends. Children's and young people's hotline: 116 111, Monday to Saturday from 2 p.m. to 8 p.m.

In acute social crises and emergencies, children and young people can get advice and help around the clock from the children's and young people's emergency service on telephone number: 42815 3200.

WELCOME TO HAMBURG

Offerings for parents

Meeting places for parents: You can meet and exchange with other parents and get information about family life, ask questions or participate in courses and offers. These meeting places are called e.g., parenting schools, family education centers, parent-child centers, and child and family centers.

Advice and support for pregnant women and mothers with babies: Are you pregnant or do you have a baby? Midwives are available as competent specialists for pregnancy, birth, postpartum, and breastfeeding. Search portal: www.ammely.de/
Do you need additional support? The specialists of the family teams will accompany and advise you in difficult situations.

Women in financial need can apply for financial support during pregnancy from the Federal Foundation Mother and Child, e.g., for clothing and equipment. Information in various languages is available at [Federal Foundation Mother and Child: Homepage \(bundesstiftung-mutter-und-kind.de\)](http://bundesstiftung-mutter-und-kind.de)

Counseling on educational issues and problems in the family: Counselling in the educational counseling centers for parents, children, and young people is confidential and free of charge.

- Addresses for those mentioned above and many other services for families can be found under the [Multilingual brochure: Advice and support for families in Hamburg - hamburg.de](http://hamburg.de) and (in German) under [Family Guide Hamburg - hamburg.de](http://hamburg.de).

Parents' hotline of the "Number against grief": Telephone counseling in German for parents and relatives is always Monday to Friday from 9 a.m. to 5 p.m., Tuesdays and Thursdays until 7 p.m. Anonymous and free of charge throughout Germany. Tel. 0800 111 0 550

In acute social crises and emergencies, families can get advice and help around the clock from the Child and Youth Emergency Service at the following telephone number: Tel. 42815 320