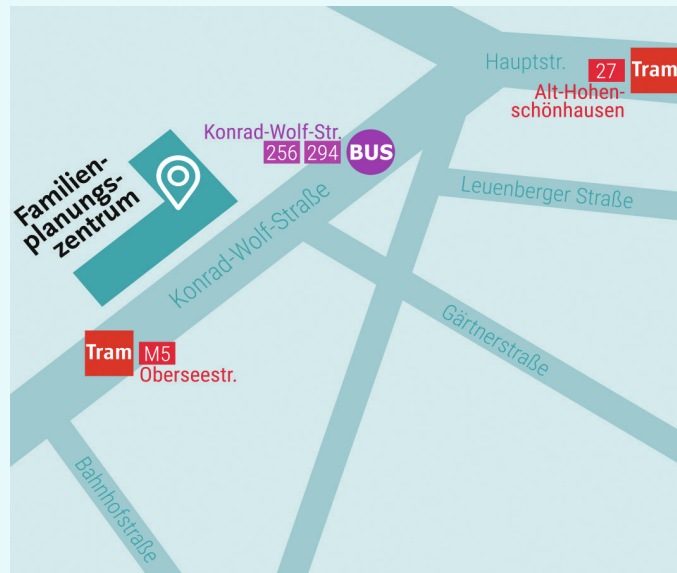


Our services at the family planning centre

- Gynaecological services and counselling
- Gynaecological consultation for people with disabilities
- Medical and surgical abortion
- Midwife counselling and courses regarding childbirth
- Psychological counselling for individuals, couples and families as well as sex counselling
- Sexual education (individually and in group)
- Counselling for people with intellectual and learning disabilities
- Counselling for teenagers
- Counselling for men
- Counselling services for people with a migration and/or refugee background
- Group programmes on various topics regarding sexuality, partnership and family planning
- Specialist counselling and training
- Services relating to female genital mutilation and cutting (FGM_C)



For every person, regardless of age, origin, religion, status, disability, gender identity and sexual orientation. All counsellors are bound to **confidentiality** and take part in regular **supervision**.



Familienplanungs-zentrum

BALANCE

Familienplanungs-zentrum BALANCE
Konrad-Wolf-Str. 12/12A, 1st Floor
13055 Berlin

Phone: 030 / 236 236 80
Fax: 030 / 236 236 880
E-Mail: balance@fpz-berlin.de
Web: www.fpz-berlin.de

Tram M5 Oberseestraße | M27 Alt-Hohenschönhausen
Bus 256 & 294 Konrad-Wolf-Straße

There is barrier-free access with an elevator.

Appointment booking

Monday & friday	09:00 - 14:00 h
Tuesday & thursday	09:00 - 16:00 h
Wednesday	15:00 - 19:00 h

PSYCHOLOGICAL COUNSELLING FOR INDIVIDUALS, COUPLES AND FAMILIES

ABOUT RELATIONSHIPS,
SEXUALITY AND LIFESTYLE



Familienplanungs-zentrum

BALANCE



Psychological counselling

In every person's life there are events that occur and are difficult to cope with alone. One option is to seek counselling from empathetic and professional specialists. Psychological counselling gives you the opportunity to talk about your problems, worries and conflicts in order to find appropriate solutions.

Who we are...

A specialist team of experienced psychologists and therapists is at your disposal for psychological counselling. We work in a culturally sensitive, systemic, solution- and resource-orientated way. On request, we offer couples counselling with two counsellors.

We offer counselling in German, Portuguese and English.

We offer counselling for...

individuals, couples and families, regardless of age, origin, religious orientation, status, gender identity and sexual orientation, with or without disabilities.

Central topics in counselling can be...

Relationships & family life

- Communication between couples and in families
- Cultural differences in relationships
- Different relationship and family constellations: patchwork, rainbow, polyamory, open relationships
- Challenges in the relationship: infidelity, separation and/or divorce, aggression, and violence
- Family planning: (unfulfilled) desire to have children, sterilisation, abortion
- Changes due to pregnancy and childbirth
- Parental role and education

Sexuality

- Sexual satisfaction / dissatisfaction
- Sexual identity/coming out
- Abuse and sexualised violence
- Sexuality at an older age

Lifestyle

- Unwanted singleness, loneliness
- Dealing with growing older
- Living in a different culture
- Crisis and critical life events
- Grief and death
- Dealing with physical and mental illnesses

Procedure

It is possible to have a single session on a specific topic or a series of up to 10 counselling sessions.

A counselling session usually lasts 50 minutes.

We also offer double sessions for couples.

Prices

■ Individuals	30 €
■ Couples	60 €
■ Couple to couple counselling	100 €

We offer a discount for people on low incomes.

You can reach us...

To make an appointment you can call the following number:



030 236 236 80

If you have any questions beyond the appointment, you can reach a counsellor in person on **Tuesdays from 12:00 to 13:00:**



030 236 236 820

Find out more on our website.

You can find detailed information about our counsellors and our services here:

www.fpz-berlin.de