

Contact & Visiting

Please speak to us
and the social workers at
your shelter about making
an appointment for a
counseling session,
a **course** and
group session:

Familienplanungszentrum – BALANCE

Project „Gesundheit geflüchteter
Frauen verbessern“

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We **want** to:

- Support and strengthen refugee women by offering health counseling and information about the German health system
- Offer guidance with navigating the German health system
- Improve health care for refugee women
- Counsel in many languages! We provide translation for every language at no cost to you!

Your next appointment:

WHEN?

With WHOM?

WHERE?

gefördert durch: 

Senatsverwaltung für Arbeit, Integration und Frauen

Where can women
get good medical
care in Berlin?

Where can I go,
who can I ask?

Where can
I get
confidential
counseling?

The **Family Planning Centre BALANCE** offers help with questions about:

- Women's health
- Family and romantic partnerships
- Birth control, fulfilling one's desire to have children etc.

We offer the following **programs** and **services**:

- The women's group and group sessions regarding (women's) health
- Information about and access to the German health system, for example finding a doctor
- Medical consultations, as well as individual social, overall health and mental health counseling

About our **approach**:

- Human rights based – Everyone has the same rights when it comes to health care!
- Children are welcome at the Family Planning Centre! During counseling or group sessions children can spend time in the play area of the waiting room and wait for their parents. Be advised that we do not offer childcare.