

# WORKSHOPS

## AROUND PREGANCY & CHILDBIRTH



### FOR REFUGEES & MIGRANT PERSONS | PARTICIPATE ALONE OR TOGETHER

Our services are aimed to every parent (to be) before or after childbirth and offers you the opportunity to prepare comprehensively and confidently for the upcoming time. Together we create a trustfull and relaxed learning atmosphere in which everyone can feel safe and welcome.

### WE CURRENTLY OFFER

#### Birth preparation

~3-4x/year  
2 compact days from 10am to 5pm  
alone or with partner (120 €\*)  
dates and more information  
on our website

#### Breastfeeding preparation

3-4x/year | 3h  
30 €\* for pregnant person,  
40 €\* couple  
dates and more information  
on our website

#### Complementary foods

3-4x/year | 2h | 20 €\* single  
parent, 30 €\* couple  
dates and more information  
on our website

#### Pelvic floor exercises during pregnancy and after childbirth

2x/month | 1h | 10 €\*  
dates and more information  
on our website

#### Contraception after childbirth

on demand | 2h | 20 €\*  
single parent, 30 €\* couple  
dates and more information  
on our website

#### Safe child rearing -

from accident prevention to first aid

2x/year | 3h  
30 €\* single parent, 40 €\* couple  
dates and more information  
on our website



**Familienplanungszentrum**



seminar rooms  
Konrad-Wolf-Str. 12A  
13055 Berlin



REGISTRATION OVER  
AMMELY.DE OR OUR  
WEBSITE/EEVENO



\*If you or your partner have a refugee or migrant background and do not have health insurance (yet) or low income conditions, we can also find free options.

## CONTACT

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Senatsverwaltung  
für Wissenschaft, Gesundheit,  
Pflege und Gleichstellung

**BERLIN**



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BALANCE