

We offer help

when you need support, information and competent counselling concerning a wide range of questions and aspects relating to pregnancy, partnership, sexuality and family planning.

We are glad to help you. Together, we will work toward finding solutions for your individual situation.

Expertise, recognition, transparency, reliability and humour determine how we work.

We offer counselling regardless of age, nationality and religion.

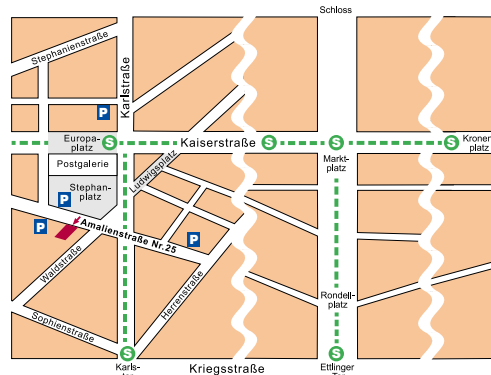
Our consultations are confidential and anonymous if desired. All of our staff members underlie professional secrecy.

Support pro familia

- by becoming a member
- by donating

Our account for donations

Sparkasse Karlsruhe Ettlingen
IBAN: DE16 6605 0101 0010 0415 15
SWIFT-BIC: KARSDE66XXX



pro familia
German Society for Family Planning, Sexuality Education and Sexuality Counselling, Registered Association – Counselling Centre Karlsruhe
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76133 Karlsruhe
Phone 0721 - 92 05 05
Fax 0721 - 92 05 060
E-Mail karlsruhe@profamilia.de
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Our office hours

Monday	9 am - 12 pm / 3 pm - 6 pm
Tuesday	9 am - 12 pm
Wednesday	9 am - 12 pm / 3 pm - 5 pm
Thursday	3 pm - 6 pm
Friday	9 am - 12 pm

Consultations by arrangement

pro familia is a member of the International Planned Parenthood Federation (IPPF).
pro familia receives funds from the City and the District of Karlsruhe and is supported by the Ministry of Work and Social Order, Family, Women and Senior Citizens with funds from the Federal State of Baden-Württemberg.

This flyer was made possible by the International Women's Club Karlsruhe.



pro familia
Karlsruhe

Services we offer



**"EVERY INDIVIDUAL HAS THE RIGHT TO
SEXUAL SELF-DETERMINATION"**

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About us

pro familia, German Society for Family Planning, Sexuality Education and Sexuality Counselling, Registered Association, is a non-profit, religiously and politically independent association. We advocate the right for sexual self-determination and family planning, self-determined sexual orientation and identity as well as sexual and reproductive health.

We are an officially recognised counselling centre for women during pregnancy and pregnancy conflict. Our team combines different professions working together interdisciplinary: social workers, social education workers, physicians, family midwives, lawyers and administrative experts.

All of our counsellors have additional qualifications in therapy and counselling.

Our Counselling Services

Counselling during pregnancy and after childbirth

- Information on all topics concerning pregnancy, birth and the early parenthood phase with your baby
- Counselling on available financial assistance and legal matters
- Application to Federal Foundation "Mother and Child"
- Psychosocial counselling and support during pregnancy and post-partum
- Counselling and support in case of depression pre- and post-partum
- Counselling regarding prenatal examinations
- Birth preparation for adolescent pregnant women
- Developmental-psychological counselling

Pregnancy conflict counselling

- In case you are considering an abortion, we conduct the statutory consultation (consultations have no expected outcome, are confidential and free of charge).
- We offer support in reaching a decision and offer consultation in case of an abortion.

Family planning counselling

- Counselling on contraception
- Counselling and assistance concerning an unfulfilled wish to have a child/reproductive medicine
- Counselling within the context of prenatal examinations/prenatal diagnostics

Counselling on health issues

- Sexual medicine
- Psycho-oncological support in case of breast cancer and gynaecological cancer
- Breast self-examination
- Menopause

Individual and couple counselling, sexuality counselling, mediation

- in case of partnership issues
- when couples become parents
- during personal crises
- during situations of separation
- in case of sexual problems
- in case of transgender issues
- regarding questions of sexual orientation

Sexuality education

- Information and conversations about sexuality, body, love, partnership and contraception for adolescents, school classes and non-school youth groups
- Education and training for educational staff
- Parents' evenings in child and day care centres, schools and non-school institutions

Sexuality and disability

- Individual, couple and family counselling
- Group events for women, men and adolescents with disabilities
- Expert counselling and in-service training for educational staff
- Informational events for parents

Additional services

- **Open consultation hours for adolescents**
- **"Let's talk about ..."** Sexual Education consultation within schools in the Karlsruhe area
- **Der "Runde Donnerstag" (The Round Thursday)** Open consultation for pregnant women and expectant fathers on pregnancy, birth and the time after
- **"Bauch an Bauch" (Belly to belly)** Birth preparation course for pregnant adolescents
- **Family midwife** Information and assistance offered to pregnant women and parents of new-borns through the end of their first year
- **Phone counselling**
 - on social-legal questions concerning pregnancy and birth
 - with our family midwife
 - with our gynaecologist on medical topics and questions regarding prenatal examinations
- **Legal information on issues regarding family law**
- **Legal counselling for single mothers**
- **"Startpunkt-Café" Karlsruhe Mühlburg** Open parent meetings (Monday mornings) for pregnant women/mothers/fathers with babies and toddlers until the age of 3