

Help in situations of violence (phone numbers):

Police: 110

Frauenhaus Kempten: 0831 / 180 18

„Violence against women“

support hotline: 08000 / 116 016

(in various languages, round the clock, female counsellors, anonymously, confidentially)

Frauennotruf (in case of sexual violence):

0831 / 121 00

Emergency rescue service

(in case of medical emergency): phone 112

ALL SERVICES YOU FIND IN THIS LEAFLET ARE
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USEFUL ADDRESSES for women

**Family planning, pregnancy,
living with a baby / infant,
violence against women**

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Family planning, sexuality, rights and laws, pregnancy, ...

Information: www.zanzu.de

Booklet „Contraception“ in several languages:

www.profamilia.de/interaktiv/publikationen/publikationen/in-fremdsprachen.html

Counselling centres (information, counselling, assistance and financial support):

- pro familia Kempten e.V.
Wartenseestraße 5, 87435 Kempten
Tel.: 0831 / 960 774 0
E-Mail: kempten@profamilia.de
- Katholische Beratungsstelle für Schwangerschaftsfragen
Rathausplatz 14, 87435 Kempten
Tel.: 0831 / 260 51
E-Mail: schwangerenberatung.kempten@skf-augsburg.de
- Beratungsstelle für Schwangerschaftsfragen
am Landratsamt Oberallgäu
Oberallgäuer Platz 2, 87527 Sonthofen
Tel.: 08321 / 612-128 / - 129
Counselling centre Kempten: Sandstraße 10, 87439 Kempten
Tel.: 08321 / 612-896 / - 897
E-Mail: schwangerenberatung@lra-oa.bayern.de

Please ask just one of these counselling centres for support

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Before and after a child's birth:

Midwives (birth preparation and assistance around birth, help in case of pregnancy-related complaints, postnatal care and help in case of difficulties with breast-feeding):

- Information on how midwives support pregnant women and women with babies:
www.hebammenverband.de/beruf-hebamme/guter-start-ins-leben (in various languages)
- Addresses of midwives: www.hebammensuche.de or www.allgaeuer-hebammen.de

Information, counselling and assistance:

- „Pregnant women in distress“ support hotline:
Tel.: 0800 / 40 40 020 (in various languages, round the clock, anonymously, reliably and free of charge)
www.schwanger-und-viele-fragen.de/de
- Koki Kempten - Netzwerk frühe Kindheit
Bäckerstraße 9, 87435 Kempten
Tel.: 0831 / 960 60 - 83 / - 84
E-Mail: koki@kempten.de
- Koki Oberallgäu
Schlossstraße 10, 87527 Sonthofen
Tel.: 08321 / 612 - 600 / - 601 / - 603
E-Mail: koki@lra-oa.bayern.de
- Counselling centres (addresses see left page)

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