

An initiative of the Migration Management and the Equal Opportunities Officer of the district of Ostholstein



KREIS
OSTHOLSTEIN



KREIS
OSTHOLSTEIN



Imprint

Published by:

Kreis Ostholstein
Migrationsmanagement/Gleichstellungsbeauftragte
Lübecker Straße 41
23701 Eutin
www.kreis-oh.de

2nd Edition: 05/2019

Englisch



*Contact points, assistance and
networks*

**Recently immigrated
women in Ostholstein**

Welcome to the district of Ostholstein!

You have newly arrived in Ostholstein. Maybe you're in need of assistance in different areas of life or you're simply looking for like-minded people.

This brochure offers you an overview of the different offers provided in the district of Ostholstein that are open to you. Some of these offers can be of use to you (and sometimes your family) in everyday life, others can provide you with advice and assistance. Usually these offers are for free. The contact persons may not always be able to speak your language but don't feel discouraged because of that, you can still use their services.

We hope the listed addresses will assist you with your new start in Ostholstein and help you finding your way in your new surroundings.

Further information and offers can also be found online at www.kreis-oh.de/migration.

Yours



Katharina Euler
Migration Management



Silke Meints
Equal Opportunities Officer

Bad Schwartau

Tanja Gorodiski
Am Markt 15, 23611 Bad Schwartau
☎ 0451-20002150
tanja.gorodiski@bad-schwartau.de

Eutin

N.N.
Markt 1, 23701 Eutin
☎ 04521-793-0

Neustadt

Natalia von Levetzow
Rosenstr. 7, 23730 Neustadt i.H.
☎ 04561-619303
nlevetzow@neustadt-holstein.de

Stockelsdorf

Gudrun Dietrich
Ahrensböcker Str. 7, 23617 Stockelsdorf
☎ 0451-4901117
g.dietrich@stockelsdorf.de

Helpline „Violence against women“

The helpline can be called at all times and will offer you assistance in emergency situations. Interpreters (female) for many different languages are available.

☎ 0800-116016

*You can also get online counselling at:
www.hilfetelefon.de*

Assistance when a child's welfare is at risk

Youth welfare service

The youth welfare service helps when a child's welfare is at risk.

District of Ostholstein
Lübecker Str. 41, 23701 Eutin
☎ 04521-7880
www.kreis-oh.de

Equal opportunities officers

Ostholstein

Silke Meints
Lübecker Str. 41, 23701 Eutin
☎ 04521-788430
gb@kreis-oh.de

Offers for women

Intercultural breakfast meeting Eutin

Plöner Str. 44, 23701 Eutin
☎ 04521-78108
1. and 3. Wed. of the month 10:00-12:00

Mother & child class Bad Schwartau

Lübecker Str. 29, 23611 Bad Schwartau
☎ 0451-49056636
info@fluechtlingshilfe-bad-schwartau.de
Tues.-Thurs. 09:30-11:00

Mother & child class Stockelsdorf

Grenzweg 4, 23617 Stockelsdorf
☎ 0451-49056636
info@fluechtlingshilfe-bad-schwartau.de
Mon.-Thurs. 09:00-10:30

International women's meeting

Johannisstr. 33, 23758 Oldenburg i.H.
☎ 04361-2975
Mon. 14:30

Sports for women and children

Göhler Str. 56, 23758 Oldenburg i.H.
☎ 04361-2975
Wed. 14:30 (costs: 10.00 €/month)

FuN – Women of different nations

Kleine Schmützstr. 3, 23758 Oldenburg i.H.

01784184436

oetken@lebenshilfe-ostholstein.de

Mon., Thurs. 09:00-14:00

Powerful at work – Migrant mothers get on board

Vor dem Kremper Tor 21, 23730 Neustadt i.H.

☎ 04561-51230 oder 04561-512341

info@kinderschutzbund-oh.de

Mon., Wed., Fri. 08:30-12:00

Individual counselling by appointment

Offers for parents/families

Family centre Ahrensböök

Lindenstr. 9b, 23623 Ahrensböök

☎ 04525-493084

info@jugendpflege-ahrensboek.de

www.jugendpflege-ahrensboek.de

Family centre Bad Schwartau

Eutiner Str. 10, 23611 Bad Schwartau

☎ 0451-2929329

familienzentrum@lebenshilfe-ostholstein.de

www.lebenshilfe-ostholstein.de

Women's counselling and emergency call Ostholstein e.V.

Eutin:

Plöner Str. 39, 23701 Eutin

☎ 04521-73043

frauennotruf-oh@t-online.de

www.frauennotruf-oh.de

Mon. 10:00-12:00, Tues. 17:00-19:00, Wed. 14:00-16:00,

Fri. 10:00-12:00

Counselling in Ratekau by appointment

Neustadt i.H.:

Lienastr. 14, 23730 Neustadt i.H.

☎ 04561-9197

frauenraeume-neustadt@t-online.de

www.frauennotuf-oh.de

Mon.-Wed. 10:00-12:00, Thurs. 16:00-18:00

Counselling in Burg auf Fehmarn, Heiligenhafen and
Oldenburg i.H. by appointment

Women's crisis centre Ostholstein e.V.

In a women's crisis centre you can take shelter in emergency situations. The address is undisclosed. The crisis centre is available at all hours. If the crisis centre is full, you will find assistance to find another place to stay.

☎ 04363-1721 (24 hours)

webmaster@fh-oh.de

www.frauenhaeuser-sh.de

Vor dem Kremper Tor 16, 23730 Neustadt i.H.
☎ 01711420900
j.kocks@kinderschutzbund-oh.de
Thurs. 10:00-12:00

Vor dem Kremper Tor 19, 23730 Neustadt i.H.
☎ 04561-51230
mbe@kinderschutzbund-oh.de or
l.sharapova@kinderschutzbund-oh.de
Counselling by appointment

Assistance in cases of abuse and sexual abuse

Many women experience abuse, either in a relationship or through others. At a counselling centre, you will receive confidential and anonymous support and the counsellors will help you develop a plan on how to cope with this situation and where to find help for you and your children.

Family centre Eutin

Albert-Mahlstedt-Str. 28, 23701 Eutin
☎ 04521-7907379 or ☎ 01711197842
familienzentrum-eutin@kinderschutzbund-eutin.de
www.kinderschutzbund-eutin.de

Family centre Fehmarn

Blieschendorfer Weg 13, 23769 Fehmarn
☎ 04371-8888683 or ☎ 015789550913
b.kaphengst@kinderschutzbund-oh.de
www.dksb-heiligenhafen.de

Family centre Heiligenhafen

Friedrich-Ebert-Str. 31, 23774 Heiligenhafen
☎ 04362-5005709 or ☎ 015750361115
k.bruhn@dksb-heiligenhafen.de
www.dksb-heiligenhafen.de

Family centre Neustadt i.H.

Rosengarten 10, 23730 Neustadt i.H.
☎ 04561-5248183
familienzentrum@kinderschutzbund-oh.de
www.kinderschutzbund-oh.de

Family centre Oldenburg i.H.

Johannisstr 33, 23758 Oldenburg i.H.
☎ 016096736965 or ☎ 015750361115
familienzentrum-oldenburg@dksb-heiligenhafen.de
www.dksb-heiligenhafen.de

Family centre Ratekau

Rosenstraße 3, 23626 Ratekau

☎ 04504-803710

imanthe@ratekau.de

www.ratekau.de

Family education centre Eutin

Dunckernbek 1, 23701 Eutin

☎ 04521-6858

fbs-eutin@gmx.de

www.fbs-eutin.de

Association of single mothers and fathers - Schleswig-Holstein state association e.V.

☎ 0431-5579150

info@vamv-sh.de

www.vamv-sh.de

Association of single parents (VerA) e.V. Bad Schwartau

☎ 0451-23296

renate.herzfeldt@freenet.de

www.verein-alleinerziehender.de

General advisory centres

Jobcenter – Commissioner for equal opportunities on the labour market

Janusstr. 5, 23701 Eutin

☎ 04521-7965661

kathrin.kunkel@jobcenter-ge.de

Oldenburg i.H.:

Schuhstr. 27, 23758 Oldenburg i.H.

☎ 04521-8003790

susanne.voss@drk-oh.de

Tues., Thurs. 09:00-12:00, Tues. also 13:00-16:00

German child protection agency – Migration advice

Grömitz:

Kirchenstr. 11, 23743 Grömitz

☎ 015115617032

mbsh@kinderschutzbund-oh.de

Thurs. 14:00-16:00

Heiligenhafen:

Markt 4-5, 23774 Heiligenhafen

☎ 01711420900

j.kocks@kinderschutzbund-oh.de

Wed. 10:00-12:00

Breslauer Str. 9, 23774 Heiligenhafen

☎ 015157940550

mbe@kinderschutzbund-oh.de

Thurs. 10:00-12:00

Neustadt i.H.:

Rosengarten 10, 23730 Neustadt i.H.

☎ 04561-512343

mbe@kinderschutzbund-oh.de

Mon., Wed. 13:00-15:00

Stockelsdorf:

Ahrensböcker Str. 7, 23617 Stockelsdorf
☎ 04521-788625 or ☎ 0451-4901202
s.bode@kreis-oh.de
Tues., 10:00-12:00

German red cross – Migration advice

Ahrensböck

Poststr. 1, 23623 Ahrensböck
☎ 01736173472
tatjana.budnikova@drk-oh.de
Thurs. 14:00-17:00

Eutin:

Waldstr. 6, 23701 Eutin
☎ 04521-8003320
susanne.voss@drk-oh.de or tatjana.budnikova@drk-oh.de
Tues.-Fri. 09:00-12:00

Fehmarn:

Klaus-Groth-Str. 3, 23769 Fehmarn, OT Burg
☎ 04371-8979201
tatjana.budnikova@drk-oh.de
Mon., Wed., Fri. 09:00-12:00, Wed. also 14:00-16:00

WOMAN & PROFESSION

c/o FAW gGmbH, Sabine Axt
Peterstraße 14, 23701 Eutin
☎ 01758930035
sabine.doretz-axt@faw.de
www.frau-und-beruf-sh.de

AWO pregnancy counselling

AWO Schleswig-Holstein gGmbH
Psychosocial Services
Lübecker Landstr. 3, 23701 Eutin
☎ 04521-702115
schwangerenberatung-eutin@awo-sh.de
www.awo-sh.de
Mon., Fri. 09:00-12:00, Tues. 08:30-15:00, Wed. 08:30-12:00, Thurs. 13:00-16:30

Advisory centre for family planning and pregnancy conflicts

District of Ostholstein
Lübecker Str. 41, 23701 Eutin
☎ 04521-788314
t.meyer@kreis-oh.de
www.kreis-oh.de
Mon. 10:00-14:00, Thurs. 13:00-17:00

Advisory centre for women and families – Pregnancy counselling

Catholic women social service

Plöner Str. 36, 23701 Eutin

info@skf-eutin.de

☎ 04521-78108

www.skf-eutin.de

Mon.-Thurs. 09:00-12:00, Counselling also available in Heiligenhafen, Neustadt i.H. and Oldenburg i.H.

Women's counselling and emergency call OH e.V.

Pregnancy counselling

Lienastr. 14, 23730 Neustadt i.H.

☎ 04561-9197

frauenraeume-neustadt@t-online.de

www.frauennotruf-oh.de

Mon.-Wed. 10:00-12:00, Thurs. 16:00-18:00

CJD north – Youth migration service

Bad Schwartau:

Rantzauallee 24, 23611 Bad Schwartau

☎ 0451-2901306

siegmund.schmidt@cjd.nord.de

Mon. 09:00-15:00, Wed. 09:00-13:00

Eutin:

Weidestr. 8, 23701 Eutin

☎ 04521-7069613

katarina.cernik@cjd-nord.de

Mon. 10:00-13:00, Thurs. 16:00-18:00

Counselling at other times by appointment

District of Ostholstein – Migration advice

Bad Schwartau:

Geibelstr. 1a, 23611 Bad Schwartau

☎ 04521-788625 or ☎ 04521-788503

s.bode@kreis-oh.de

Tues. 13:30-15:30

Eutin:

Lübecker Str. 41, 23701 Eutin

☎ 04521-788625 or ☎ 04521-788413

s.bode@kreis-oh.de or a.wunderlich@kreis-oh.de

Tues. 09:00-12:00; Mon. and Thurs. 09:00-12:00 by appointment

Lensahn

Gemeindehaus, 23738 Lensahn

☎ 04521-788413

a.wunderlich@kreis-oh.de

Oldenburg i.H.:

Markt 1, 23758 Oldenburg i.H.

☎ 04521-788413 or ☎ 03461-498103

a.wunderlich@kreis-oh.de

Mon. 10:00-12:00

Scharbeutz:

Am Bürgerhaus 2, 23683 Scharbeutz

☎ 04521-788625 or ☎ 04503-7709903

s.bode@kreis-oh.de

1. and 3. Thurs. of the month 10:00-12:00