



**Good advice is not
expensive here...**

Parent'sGuide

**Free services for
parents in Ingelheim**

Sucht- und Jugendberatung

Georg-Rückert-Straße 24, 55218 Ingelheim, www.sucht-undjugendberatung.de, Phone 06132/622002-0

Advice for addicts and their families on problems with alcohol, medication, illegal drugs and eating disorders. Advice for young people on difficulties at home, at school and in their professional training.

Diakonisches Werk Mainz-Bingen

Georg-Rückert-Straße 24, 55218 Ingelheim
www.diakonie-mainz-bingen.de, Phone 06132/78940

General social advice, pregnancy and pregnancy conflict advice,
"Café Dia" meeting point for old and young

Registration, gambling addiction advice: 06133/5789913

Evangelische Psychologische Beratungsstelle Mainz

Family, couples' and parenting advice

External offices in Ingelheim

Diakonisches Werk, Georg-Rückert-Straße 24, 55218 Ingelheim
www.diakonie-mainz-bingen.de, Registration: Phone 06131/965540

Mehrgenerationenhaus, Matthias-Grünewald-Straße 15,
55218 Ingelheim, www.erziehungsberatung-mainz.de

Caritas-Beratungszentrum Mainz

Advice on parenting, marriage, family and life issues

External offices in Ingelheim

Mütter- und Familienzentrum, Bahnhofstraße 119, 55218 Ingelheim,
eb@caritas-bingen.de, Anmeldung: Phone 06721/9177-0

Mehrgenerationenhaus, Matthias-Grünewald-Straße 15, 55218
Ingelheim, beratungszentrum@caritas-mz.de,
Registration: Phone 06131/907460

Mehrgenerationenhaus (MGH)

Matthias-Grünewald-Straße 15, 55218 Ingelheim,
mgh@ingelheim.de, Phone 06132/898040, www.mgh-ingelheim.de

Open meeting point with café for old and young, with leisure, learning and social advice services, as well as an integrated childcare facility and open advice for mothers/parents

Mütter-und Familienzentrum Ingelheim

Stadtteilhaus Ober-Ingelheim, Bahnhofstraße 119,
55218 Ingelheim, www.muetze-ingelheim.de

Café Kunterbunt: Phone 06132/432529, Office: 06132/899717

Meeting point for families, homework help and school holiday childcare, teenie club, babysitter training, assertiveness, family law advice, parents' coaching and parenting course on the topic of puberty

Gemeinschaftshaus I-Punkt Spiel- und Lernstube

Hinter der Ohrenbrücke 37, 55218 Ingelheim, i-punkt@diakonie-mainz-bingen.de, Phone 06132/3931

Educational and leisure services for children, young people and adults, advice and support for problems in the family, dealing with authorities, debt, unemployment, illness

Migrations- und Integrationsbüro Ingelheim

Wilhelm-Leuschner-Straße 5, 55218 Ingelheim, www.ingelheim.de, integration@ingelheim.de, Phone 06132/782-321 or -322

Contact and coordination office for diversity, migration and integration, office of the Council for Migration and Integration. Placement of interpreters

Jugend- und Kulturzentrum Yellow

Ludwig-Langstädter-Straße 4, 55218 Ingelheim, www.yellow-ingelheim.de, jugend@ingelheim.de, Phone 06132/782-407

Open work with low-threshold advice services for children and young people, holiday and leisure programmes (some with a fee)

Schulsozialarbeit an Ingelheimer Grundschulen

Brüder-Grimm-Schule, Phone 06132/710894

Theodor-Heuss-Schule, Phone 06132/898953

Pestalozzi-Schule, Phone 0174/1691252

Präsident-Mohr-Schule, Phone 0152/54697778

Advice and help on individual cases

Präventionskoordination

Neuer Markt 1, 55218 Ingelheim, www.ingelheim.de,
Phone 06132/782298

Advice on issues in criminal prevention, brokering and initiation of projects on prevention and strengthening of social skills in childcare facilities, schools, youth work

Kreisjugendamt Mainz-Bingen

Georg-Rückert-Straße 11, 55218 Ingelheim, www.mainz-bingen.de,
Phone 06132/787-0

Information on and support for, amongst other things, separation, divorce, child protection, help with parenting, protection of young people

Jugendsachbearbeiter Polizei

Am Großmarkt 4, 55218 Ingelheim, PIIngelheim.JSB@polizei.rlp.de,
Phone 06132/6551131

Contact for children, young people, adolescents and adults, as well as for all institutions and facilities involved in youth work

Evangelisches Dekanat Ingelheim

Binger Straße 218, 55218 Ingelheim, medien@dekanat-ingelheim.de
www.medien.dekanat-ingelheim.de, Phone 06132/718923

Educational media services for young people, parents and multipliers

Vermittlungsstelle „Frühe Hilfe zur rechten Zeit“

Caritaszentrum St. Elisabeth, Rochusstraße 8, 55411 Bingen,
www.caritas-mainz.de, Phone 06721/917740

For parents of small children (0-3 years) and parents-to-be. To recognise and provide tailored services.

Deutscher Kinderschutzbund Mainz

Ludwigstraße 7, 55116 Mainz, kontakt@kinderschutzbund-mainz.de
Phone 06131/614191; Parents' hotline 0800/1110550 (free)

Parenting, separation and divorce advice. Advice on custody and access rights, advice on violence in the family and acute crisis situations.

Free advice and information services for parents on parenting issues and acute crisis situations

Kinderschutzzentrum Mainz

Lessingstraße 25, 55118 Mainz, www.kinderschutzzentrum-mainz.de,
Phone 06131/613737

Advice and services for families, young people and children, crisis help in the case of violent experiences, advice on disorders in early childhood (0-3 years)

Frauennotruf Mainz- Fachstelle zu sexualisierter Gewalt

Walpodenstraße 10, 55116 Mainz, www.frauennotruf-mainz.de,
Phone 06131/221213

Advice and support for women and girls who have experienced sexual violence and their caregivers

Pro familia Mainz

Quintinstraße 6, 55116 Mainz, www.profamilia-mainz.de,
Phone 06131/2876610

Advice for individuals and couples on sexuality, pregnancy and contraception.
Doctor's surgery, information on family law.

Legal notice:

Town administration Ingelheim, Criminal Prevention and Safety Partnership
Ingelheim, WG Youth, MIB Ingelheim and
Addiction and Youth Advice Ingelheim

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