

## **In our counselling centre**

we provide kids, youth and adults, couples and families as well as everyone in immediate contact to children and youth, like teachers, care workers, employees of special education institutions and doctors etc. with help:

concerning questions and problems in e.g.

- upbringing
- kindergarten
- school
- the child's development
- education and employment/job
- parenthood
- partnership
- separation and divorce

in crisis and psychological stress such as

- depression
- psychosomatic conditions
- anxieties
- academic failure/ school phobia
- identity crisis
- crisis in a relationship
- isolation
- trauma
- migration experience

## **How do we provide help?**

You can call us via phone or check in personally.

We will make an appointment, scheduled shortly after, for a first meeting with one of our professionals. There we will discuss your matters and our options to help.

Sometimes one counselling session is already enough. Often though, for a clearing of all questions and problems and for search of a common solution, more time is necessary.

If needed, a counselling can be held in English, Hebrew, Italian, Portuguese, Spanish or in German Sign Language.

What do we offer?

- one on one counselling
- youth counselling
- parent counselling
- family counselling
- parent groups
- children and youth psychotherapy
- psychological diagnostics

- socio-pedagogical children and youth groups
- special educational treatments
- supervision

### **Confidentiality, Voluntariness, Costs**

Our counselling takes place on a *voluntary basis* and is *free of charge* for you.

We are bound to *confidentiality*.

All counselling sessions are confidential. No other people or institutions, such as schools, child protective services, public and administrative authorities, will come to know any of it. In case dialogue with these institutions should make sense, we will engage in it only with your explicit agreement. Also an anonymous counselling is possible.

### **Who is counselling?**

Our team consists of professionals with training as:

- psychological psychotherapists
- child and youth psychotherapists
- family therapists
- sociologists
- psychoanalysts
- social pedagogues/ social education workers
- physicians

Members of our team work in close cooperation with each other to provide you with the best care possible. Concerning scientific questions, a cooperation with the Sigmund-Freud-Institute is at hand.

### **Who can call on our services?**

Our counselling service is catered to Jewish advice seekers from Frankfurt and its environs, as well as all the advice seeking who live in the area of Westend.

The counselling centre is open to all confessions.

### **How to reach us**

By phone:

Monday to Friday

9:00h – 17:00h

Open consultation hours

Tuesday and Thursday

10:00h – 11:00h

Address:

Jüdisches Beratungszentrum

Myliusstr. 20

60323 Frankfurt am Main

Phone: +49 (0)69 71915290

Fax: +49 (0)69 71915299

[www.jbz-frankfurt.de](http://www.jbz-frankfurt.de)

e-mail: [info@jbz-frankfurt.de](mailto:info@jbz-frankfurt.de)

With public transportation

Subway U6 or U7

Westend Station

Exit Freiherr -v.-Stein-Straße

Bus No. 36

Westend Station

By car:

Parking Palmengarten

Siesmayerstraße