

For self-determination and equality

Women are subject to unequal treatment in many areas of life. This inequality can lead to combined stress factors and give rise to emotional and physical health problems.

With our **counselling work**, we support women in the Mettmann district in exercising their rights.

Our work to **raise awareness** helps to counteract all forms of injustice and violence.

We offer you personal support! In our counselling, we accompany you, providing advice and professional help in all questions and concerns specific to women.



Contact:

SKFM Mettmann e.V.

Women's general counselling centre for the district of Mettmann

Telephone 02104.1419-232
frauenberatung@skfm-mettmann.de

Angebote des SKFM

Sozialpsychiatrisches Zentrum

Beratung und Hilfe für Betroffene und Angehörige

Kontakt- und Beratungsstelle

Tel. 02104.1419-125 | spz@skfm-mettmann.de

Ambulant Betreutes Wohnen

Tel. 02104.1419-125 | wohnen@skfm-mettmann.de

Tagesstätte / Tagesstruktur

Tel. 02104.1419-130 | tagesstaette@skfm-mettmann.de

Beschäftigungsförderung – Qualifizierung | Zuverdienst
Tel. 02104.1419-160 | beschaeftigung@skfm-mettmann.de

Anerkannter Betreuungsverein Mettmann-Wülfrath

Gesetzliche Betreuungen | Begleitung Ehrenamtlicher | Vormundschaften und Pflegschaften für Minderjährige
Tel. 02104.1419-0 | btg@skfm-mettmann.de

esperanza – Schwangerschaftsberatung | Väterberatung
Tel. 02104.1419-245 | esperanza@skfm-mettmann.de

Frühe Hilfen – Eltern-Café MeKi | Familienhebamme
Tel. 02104.1419-0 | info@skfm-mettmann.de

→ **Frauenberatung** – Allgemeine Frauenberatungsstelle
Telefon 02104.1419-232 | frauenberatung@skfm-mettmann.de

Gewaltschutz

Fachberatungsstelle gegen sexualisierte Gewalt
Tel. 02104.1419-226 | sexualisiertegewalt@skfm-mettmann.de

Interventionsstelle gegen häusliche Gewalt
Tel. 02104.1419-221 | interventionsstelle@skfm-mettmann.de

Frauen- und Kinderschutzhaus
Tel. 02104.922220 (Tag+Nacht) | frauenhaus@skfm-mettmann.de

Wohnprojekt nach häuslicher Gewalt
Tel. 02104.1419-224 | wohnprojekt@skfm-mettmann.de

Hilfen für geflüchtete Frauen
Tel. 02104.1419-0 | info@skfm-mettmann.de

„Der Laden“ – Second Hand für die ganze Familie
Mettmann Tel. 02104.1419-150 | Wülfrath Tel. 02058.8936180

Ihre Spende hilft!

Kreissparkasse Düsseldorf . BIC: WELADED1KSD
IBAN: DE65 3015 0200 0001 7322 47

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www.skfm-mettmann.de

SKFM
Mettmann e.V.



Counselling for women

Women's general counselling centre
for the district of Mettmann



SKFM

Who can turn to us?

We advise, accompany and support women

- in various life situations
- in individual questions
- in all towns in the district

Advising and offerings are available in **Mettmann, Erkrath, Haan, Heiligenhaus, Hilden, Langenfeld, Monheim, Ratingen, Velbert and Wülfrath.**

Appointments can be made centrally at:

Telephone 0 21 04 . 14 19-232 or frauenberatung@skfm-mettmann.de

Our counselling is

partial to the woman's perspective

confidential

if requested, anonymous

independent of nationality or religion

solution- and resource-oriented

free of charge

Our counselling

We advise you in all women-specific matters and concerns.

We support you in situations of turmoil and crisis.

We accompany you if you are threatened with violence.

We support you in the cultivation of self-care and self-esteem.

We support you in your ability to develop social contacts and relationships.

We provide information on legal and financial matters.

We offer counselling both on an individual basis and in open groups.

We assist you in dealing with public authorities and other institutions.

We refer you to other local support services.

Additional offerings

- **Open meeting for women**
- **Groups and special courses**
- **Expert talks**
- **Training and projects**

For detailed information and dates, please see the event calendar at www.skfm-mettmann.de.

Together, for women

We will be happy to work with you in planning local events. Talk to us!

This flyer is available in various languages.

Together, for women!

A cooperation among **all SkF/SKFM associations in the district of Mettmann** and the **equal opportunities officer of the district of Mettmann**, under the sponsorship of **SKFM Mettmann e. V.**

With support from:

Ministerium für Heimat, Kommunales,
Bau und Gleichstellung
des Landes Nordrhein-Westfalen



 **Kreis Mettmann**