

MAN OH MAN*!

Die Senatorin für Soziales,
Jugend, Integration und Sport

Freie
Hansestadt
Bremen

A Guidebook for Men and Fathers in Bremen

Information
Consultation
Interaction



Dear Readers,

This brochure has been made especially for men and boys of all ages. We've put together a (non-exhaustive) list of meeting places, contact points and centres where boys and men can talk, get counselling and receive support.

The information in this brochure concerns various aspects of our daily lives, such as growing up, paternity and parental leave, family life and leisure, work and health. You're warmly invited to have a browse – you'll surely find a few interesting ideas for yourself or other boys and men around you.

Our society is multi-cultural and diverse. There are many types of relationships and families – with and without children, single parents, separated parents, patch-work families, small families, traditional extended families and "rainbow" families. And there is a similarly diverse range of private and professional demands on men. The modern definition of a man is determined by a variety of factors such as social situation, age, cultural origin, religion and sexual orientation – and there are plenty of contradictions. It's completely natural to ask questions.

The aim of the initiatives described in this brochure is to allow you to deal with challenges and take the opportunities available to you. There is a key focus on education (e.g. children's needs at various stages of their development and non-violent upbringing), information on legal issues (e.g. parental leave and custody) and organisational issues (e.g. the balancing of work and family). The institutions listed here are specialised and will be happy to help you find the right initiatives.



Kind regards,

Anja Stahmann

Anja Stahmann
Senator for Social Affairs, Young People,
Integration and Sport

- 2 Foreword
- 6 The Ultimate Guide for Fathers, Men and Boys – familiennetz bremen
- 7 Online Family Map of Bremen
- 8 Life as a Father – Three Questions for State Councillor Jan Fries
- 10 Part-Time Job, Full-Time Man
- 12 Infant Counselling Centres in Bremen
- 14 Strengthening without Shaking
- 15 Parent Hotline and Online Advice – Anonymous, Free and Confidential
- 16 Daniel Schnakenberg Foundation for Child, Youth and Family Leisure
- 17 Fathers Welcome – Offers for Fathers and Children at the “Haus der Familie”
- 20 “Breaking Away from Old Parenting Methods” – Interview
- 22 Camp for Fathers and Children
- 23 Bremen Holiday Guide – Time for a Break!
- 24 “I can only tell you what I’ve learned myself” – Interview
- 26 The Association of Single Parents in Bremen
- 27 Bi-National? Completely Normal!
- 28 SOS Kinderdorf Centre – A Vibrant Place for the Whole Family
- 30 Fathers’ Meetings – Open Groups

- 32 Shelter for Grieving Children and Teenagers
- 34 Violence Support for Boys and Men (aged 27 and under)
- 35 Confident and Strong At Last! Violence Education for Boys and Young Men
- 36 Youth Career Guidance at the “Jugendberufsagentur”
- 37 Offers for Men and Fathers at pro familia Counselling Centres in Bremen
- 38 Self-Help Groups for Men and Fathers
- 39 The Evangelical Education Centre
- 40 A Day for Men in the Middle of Bremen
- 41 Eradicating Violence and Building Trust
- 42 Men Can Also Be Gay, Bisexual, Trans*, Inter*, Queer
- 43 Meeting Places in Bremen for Locals and Newcomers
- 44 A Refuge for the Soul
- 45 Anti-Discrimination
- 48 Learning German
- 52 Healthy Parents – Info and Facts
- 53 Time for Your Baby – Parental Leave and Financial Support
- 54 The ABC of Pregnancy
- 59 Imprint

The Ultimate Guide for Fathers, Men and Boys

Bremen has a whole range of vibrant events and initiatives aimed specifically at men, fathers and boys.

You can see all these and much more at familiennetz-bremen.de.

Son, Partner, Father:

Family life can be quite eventful.

New fathers aren't the only ones with lots of questions; everyone needs a bit of assistance and useful tips in their everyday lives. We can give you the right advice in a variety of areas and let you know where to get helpful, neutral and independent information.

Colleague, Mate, Neighbour:

We offer counselling, leisure activities and education initiatives for people in various situations.

familiennetz bremen

familiennetz bremen

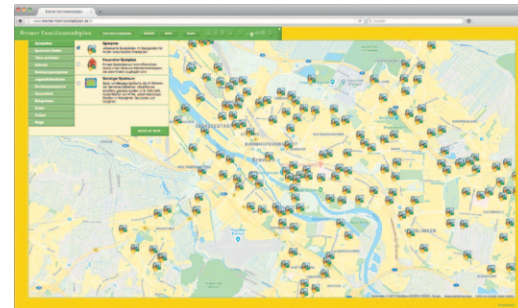
Anja Lohse, Barbara Peper
Tel.: +49 421 7908918 (with voicemail)

info@familiennetz-bremen.de
www.familiennetz-bremen.de

Online Family Map of Bremen

Have you ever visited the playgrounds in your area? Do you know where the nearest football pitches and skate parks are? Would you like to plan the best route to the local bathing lake or get an overview of the latest educational courses and counselling services?

Find all the information you need about regular meeting places and counselling services in your area – take advantage of our various offers and see Bremen from a whole new family-friendly perspective! Welcome to the first ever Online Family Map of Bremen!
www.bremer-familienstadtplan.de



SpielLandschaftStadt e.V.

Heiner Rehling
Haferwende 37, D-28357 Bremen
Tel.: +49 421 24289550

verein@spiellandschaft-bremen.de
www.spielandschaft-bremen.de

Life as a Father – Three Questions for Jan Fries



State Councillor to the Senator for Social Affairs, Young People, Integration and Sport, and the father of an 18-month-old girl.

What aspects of your professional and private life changed when you became a father?

Jan Fries: My daughter and partner are the two most important people in my life. I want to have enough time for both of them – without neglecting my work. My everyday life has changed a lot in this respect, as I now have to reorganise my schedule and decide more carefully how to spend my time. Balancing your family and

career is a real challenge – just ask all those working mothers out there! But my partner and I made it clear from the beginning that neither of us wanted to give up our jobs, and so we obviously had to take parental leave, share as many everyday tasks as possible and quickly find a place at a nursery.

Why did you decide to take parental leave?

Jan Fries: I find it very important that my daughter sees me as one the most essential caregivers in her life – and it would be difficult to achieve that without actually being there for her. Children develop really quickly – especially in the first year of their lives – and getting to witness that is a true blessing. I developed a really close bond

with my daughter during this stage of her development, as I spent a lot of time with her. And this was only possible because I was able to take two months of parental leave. I would strongly recommend this experience to other men.

What can a community do to encourage young fathers to play an active role in the upbringing of their children?

Jan Fries: I appreciate that a father's decision to take parental leave is often determined by his financial situation and occupational requirements. Around one third of fathers now take parental leave. This reflects their growing desire to watch their children grow up. I think it's important to support this: Parental allowance gives people the

opportunity to stop working for a limited period of time while maintaining a certain level of income. There are many different ways to balance work and family life, so that women have the opportunity to work and men have the chance to look after their family. We need family-friendly working hours and flexible childcare schemes, especially early in the morning, in the afternoon and during other off-peak hours. Being there for your children is no longer just a "woman's job". That's why I'm now pleased to see a wide range of family education and counselling services aimed specifically at fathers.

Part-Time Job, Full-Time Man

Part-time employment has always been unpopular amongst men in Germany. Full-time employment continues to be the obvious choice – not only for most men, but also the majority of corporate cultures. However, balancing family life and work is an issue that also concerns men.

The brochure “Teilzeitarbeit – Vollzeitmann”, developed by the Bremen Chamber of Labour in cooperation with Impulsgeber Zukunft e.V., shows how this can be achieved in the form of part-time employment with a similar structure to full-time working models.



The brochure portrays eleven men who work part time. This allows them to fulfil their professional duties and pursue a career while maintaining their role as dedicated fathers.

Their stories reflect their decision to step out of their traditional roles, take on new responsibilities, gain new insights and adopt different mentalities to actively balance their work and family life.

They offer encouragement, food for thought and a range of innovative approaches to motivate others to embrace new ideas.

The brochure can be requested at:
info@impulsgeber-zukunft.de



Contact:
Rena Fehre

Tel.: +49 421 21891753
rena.fehre@impulsgeber-zukunft.de

Postal Address:
Impulsgeber Zukunft e.V.
FVG-West
Wiener Straße 9
D-28359 Bremen

Infant Counselling Centres in Bremen

For Families with Children Aged 0 to 3

Becoming a father is exciting and overwhelming. You might have questions like:

“How can I prepare for fatherhood?”

“What does each member of my family need?”

“We’re separated and have a child together – how will I manage?”

We’ll help you develop the confidence and calmness you need to raise your child.

We’ll guide you through the entire process to ensure a happier life together.

Our counselling is anonymous and free of charge. Make an appointment with us!

You’re warmly invited to take advantage of our flexible meeting places and group activities!

Frühberatungsstelle – North

Lüssumer Heide 6

D–28777 Bremen

Tel.: +49 421 6900946 and +49 421 36179292

fruehberatung.bremen-nord@web.de

Frühberatungsstelle – East

Schwachhauser Heerstraße 293

D–28211 Bremen

Tel.: +49 421 69909905 and +49 421 4279518

fruehberatung.ost@stpetribremen.de

Frühberatungsstelle – South

Quartierszentrum Huckelriede

Niedersachsendamm 20a

D–28201 Bremen

Tel.: +49 421 5971270

fruehberatung.kd-bremen@sos-kinderdorf.de

Frühberatungsstelle – Central

Faulenstraße 20/22

D–28195 Bremen

Tel.: +49 172 1909002

fruehberatung.mitte@drk-bremen.de

Frühberatungsstelle – West

Gröpelinger Heerstraße 289

D–28239 Bremen

Tel.: +49 421 39099246

fruehberatung.groepelingen@caritas-bremen.de

Frühberatungsstelle – Hemelingen

Hinter den Ellern 1a

D–28309 Bremen

Tel.: +49 421 36116603

fruehberatung.hemelingen@afsd.bremen.de

Strengthening without Shaking

NEVER shake your baby!

Are you fed up?
Are you dreading the next bout of crying?
Do you not know what to do?

Use our services!

You can get lots of free information, counselling and support in Bremen. All fathers are welcome.

You can find more information here:
www.staerkenstattschuetteln.de



Sponsored by:



Bundesministerium
für Familie, Senioren, Frauen
und Jugend

Bundesstiftung
Frühe Hilfen



Contact:
kristin.adamaszek@soziales.bremen.de

Parent Hotline and Online Advice

Anonymous, Free and Confidential

If you don't know what to do as a father or just need someone to talk to, you can call the parent hotline ([Nummer gegen Kummer](http://www.NummergegenKummer.de)) or get free and anonymous counselling.

The counsellors will make time for your concerns, listen to you and help you find solutions.

Free local counselling services for parents (to be) with children aged 0 to 3 can be found at:

www.elternsein.info



Parent Hotline – Nummer gegen Kummer

Tel.: +49 800 1110550
Mon - Fri, 09:00 - 11:00
Mon + Thu, 17:00 - 19:00

Online Advice for Parents

Email – Chat – Forum
www.bkeelternberatung.de

Daniel Schnakenberg Foundation

Daniel Schnakenberg Foundation for Child, Youth and Family Leisure Activities

Holidays are the nicest time of the year for many families, but many people can't afford them, as they only have enough money for the bare essentials. The Daniel Schnakenberg Foundation in Bremen aims to help low-income families realise their holiday dreams and promotes leisure activities for children, teenagers and families.



You can find leisure activities for children and teenagers at www.servicebureau.de, <http://jugendinfo.de/jugendreisen.php>

You can find family leisure activities at: <https://www.urlaub-mit-der-familie.de/>.

Daniel Schnakenberg Foundation in Bremen

FAO ServiceBureau Jugendinformation

Gaby Benckert

Tel.: +49 421 330089-11 (morning)

Fax: +49 421 330089-22

gaby.benckert@jugendinfo.de

www.schnakenberg-stiftung.de

Fathers Welcome

Offers for Fathers and Children at the "Haus der Familie"

Eleven districts in Bremen have their own "Haus der Familie", an establishment offering a range of social services for families. The services are aimed at parents, guardians and their children in each district, and they're open to all nationalities and all types of relationships.

If you have any questions about marriage and relationships, family life and parenting, the upbringing and development of children, or everyday life with children, the "Haus der Familie" is a great place to get

counselling and attend discussion groups, parent and child groups, language and integration courses, special groups for fathers, summer camps and play groups.

More information:

www.amtfuersozialedienste.bremen.de



You can find the address of each "Haus der Familie" on the following pages.

1. Haus der Familie – Bockhorn

Pürschweg 9, D–28779 Bremen
Tel.: +49 421 601488
hdf-familienzentrum-bockhorn@afsd.bremen.de

2. Haus der Familie – Vegesack

Aumunder Heerweg 89, D–28757 Bremen
Tel.: +49 421 361-7770
hdf-vegesack@afsd.bremen.de

3. Haus der Familie – Lüssum

Lüssumer Heide 6, D–28777 Bremen
Tel.: +49 421 361-79292
hdf-luessum@afsd.bremen.de

4. Haus der Familie – Walle

Dünenstraße 2-4, D–28219 Bremen
Tel.: +49 421 361-8198 or 361-8284
hdf-walle@afsd.bremen.de

5. Haus der Familie – Horn-Lehe

Am Lehester Deich 17-21, D–28357 Bremen
Tel.: +49 421 2574838
hdf-horn-lehe@afsd.bremen.de

6. Haus der Familie – Vahr

August-Bebel-Allee 284, D–28329 Bremen
Tel.: +49 421 69648700
hdf-familienzentrum-vahr@afsd.bremen.de

7. Haus der Familie – Osterholz-Tenever

Pirmasenser Straße 26, D–28325 Bremen
Tel.: +49 421 421562
hdf-tenever@afsd.bremen.de

8. Haus der Familie – Hemelingen

Hinter den Ellern 1a, D–28309 Bremen
Tel.: +49 421 361-16601
hdf-familienzentrum-mobile@afsd.bremen.de

9. Haus der Familie – Obervieland

Eichelnkämpe 11, D–28277 Bremen
Tel.: +49 421 361-3385
hdf-obervieland@afsd.bremen.de

10. Haus der Familie – Huchting

Robinsbalje 12, D–28259 Bremen
Tel.: +49 421 361-9922
hdf-huchting@afsd.bremen.de

11. Haus der Familie – Mitte

Fehrfeld 7, D–28203 Bremen
Tel.: +49 421 7942801
hdf-mitte@afsd.bremen.de



“Breaking Away from Old Parenting Methods”

Interview with Adi, 46, father of two daughters (13 and 15) and married for 22 years

How do you view yourself as a father?

I always try my best (...) I sometimes notice that I can't manage everything, but I try to improve every day.

What's important when it comes to raising children?

Unfortunately, there's no manual. I was scared of making mistakes at first, but raising children is ultimately about interaction, so it's not really a one-sided affair (...)

Looking back on my own upbringing, I wanted to break away from old parenting methods. These aren't necessarily the best for our children any more. Certain aspects like punishments have become outdated and we now need new methods. We have to look at things critically. Breaking away from old habits requires active involvement. In Turkish families, the mother used to raise the children and the father was there to reward or punish them (...) I'd never dream of doing that! My daughters even used to come to me – partly because I was a bit more relaxed, and also because my wife and I alternated and assumed both roles.

I think it's important for me to create my own image, so that my children see me as a role model.

Do you know any initiatives for fathers?

Not really. The only initiatives I know are from word of mouth. I know you can find a few things on bremen.de. There should be something on offer, such as activities outside your own neighbourhood, and for fathers who only see their children at the weekend. There are quite a few activities aimed at younger children. They continue to grow after nursery and primary school, but the activities don't seem to grow with them. Why aren't there more initiatives for 13-, 14- and 15-year-olds?

What do you find so important about such initiatives?

It's important for fathers to spend quality time with their children. And you can spend a whole weekend with other people and learn something from one another.

The interview was conducted by Karl-Heinz Bosser (Haus der Familie – Vegesack) and Stephan Cohrs (Evangelical Cooperation Communities of Huchting)

You can find the full interview at www.soziales.bremen.de or www.kirche-bremen.de/gemeinden/46_st_lukas/46_st_lukas_aktuelles.php



Camp for Fathers and Children

Over the past 28 years, the "Haus der Familie" in Vegesack has organised a large 4-day camp in Goldenstedt am See for fathers and children aged 3 and over.

The camp gives fathers the time and space to spend lots of quality time with their kids. It's a particularly useful opportunity for working fathers who don't have much time for their little ones. Everyone has the chance to participate in a range of activities, such as playing outdoor games, sitting around the campfire, making music together and interacting with others. This creates a united spirit that makes the camp an unforgettable experience for many participants.



Amt für Soziale Dienste

Haus der Familie – Vegesack

Karl-Heinz Bosser

Aumunder Heerweg 89

D-28757 Bremen

Tel.: +49 421 361-7770

karl-heinz.bosser@afsd.bremen.de

Date: changed every year

Thursday to Sunday in August

Bremen Holiday Guide – Time for a Break!

The school holidays in Bremen are always full of interesting activities for fathers and their children. The "bremer ferienkompass" also provides working parents with an overview of trustworthy holiday childcare services.

www.bremer-ferienkompass.de

familiennetz bremen

Anja Lohse, Barbara Peper

+49 421 7908918 (with voicemail)

info@familiennetz-bremen.de

www.familiennetz-bremen.de



“I can only tell you what I’ve learned myself”

Interview with Halil, 47, father of two daughters and single for 15 years

How do you view yourself as a father?

I’m helpful and confident. I mean a lot to other people and myself. I think you have to help others. Children are innocent.

Children are the future. And we have to treat them right.

Talking about support, where do you get help?

I’ve received a lot of support from nursery workers and teachers, the Youth Welfare Office, and from Johanne and Kalle from the “Haus der Familie”. I’ve always been able to ask questions and get information.

I’ve also been helped by my lawyers and employer.

Do you have sole custody?

Yes.

Did you notice a lack of trust from the court?

The court hearings were quite a fuss. I said, “I’ll give you my house keys. If you think there’s something wrong with me, you can take a look whenever you like”.

They wanted to check, even though there was nothing wrong with me. I’m quite a boring person; I don’t drink or take drugs. Mums have a better standing in relation to their children, because they’re always 100% from the mother.

What initiatives need to be introduced?

... there’s enough there if you’re really interested. We’ve done a lot of things: father and children meet-ups, bike rides, day trips, ropes courses, cinema, theatre, swimming... We’re always the first names on the list, and the supervisors are amazing.

What do you think about integration – as an immigrant or single parent?

I can only tell you what I’ve learned myself. I don’t claim to know it all. Knowledge is like an ocean, and we all just drink one glass of it. You first need to become integrated, so that you can be a role model for your children.

The interview was conducted by Stephan Cohrs (Evangelical Cooperation Communities of Huchting)

You can find the full interview at www.soziales.bremen.de or www.kirche-bremen.de/gemeinden/46_st_lukas/46_st_lukas_aktuelles.php



VAMV Bremen

Regional Association of Single Parents in Bremen

We look after single parents by offering counselling and self-help groups, and we try to push through our demands on a political level.



VAMV Bremen

Bürgermeister-Deichmann-Straße 28
D-28217 Bremen

Tel.: +49 421 383834

Opening Hours:
Monday, Tuesday and Thursday
10:00 - 12:00

Contacts:
Jens E. Schröter, Sascha Heydinger and
Helga Heydinger

vamv-hb@arcor.de
vamv-hb.jimdo.com

Bi-National? Completely Normal!

We're a nationwide organisation for people with intercultural everyday lives. Our family association stands up for the rights and interests of bi-national and migrant families and deals with a wide variety of issues to promote coexistence in our immigration society.

What we offer:

Information and advice on legal issues (e.g. marriage or family reunification) and a diverse programme of events



**verband binationaler
familien und partnerschaften**

Verband binationaler Familien und Partnerschaften, iaf e.V.

Office and Counselling Centre – Bremen
Aßmannshäuser Straße 54
D-28199 Bremen

Tel.: +49 421 554020
bremen@verband-binationaler.de
www.iaf-bremen.de

SOS-Kinderdorf Centre

A Vibrant Place for the Whole Family

There's always something going on at the SOS-Kinderdorf Centre in Bremen's Neustadt. The community centre has a diverse programme of events for the whole family.

The heart of the centre is its open café with a children's play area. This is where you can have breakfast with others, enjoy a social lunch and have a chat over coffee and cake. It's also a venue for numerous events, such as puppet theatre performances, picture book cinema and creative activities for children.



There are parent and child groups, personal counselling services and even language exchange cafés for anyone who wants to improve their German.

The SOS-Kinderdorf Centre also houses "Klamöttchen", a second-hand shop for children's clothing and toys.



**SOS
KINDERDORF**

Bremen

Kinder-, Jugend- und
Familienhilfe

SOS-Kinderdorf Centre

Friedrich-Ebert-Straße 101, D-28199 Bremen

Tel.: +49 421 59712-30

[kinderdorfzentrum.kd-bremen@
sos-kinderdorf.de](mailto:kinderdorfzentrum.kd-bremen@sos-kinderdorf.de)

Opening Hours:

Monday to Friday, 09:00 - 17:00

Special events are held on selected
weekends

www.sos-kinderdorf-bremen.de

www.facebook.com/soskinderdorfzentrum

Fathers' Meetings

Coordinated Open Groups in Several Districts

There are many ways in which fathers can get together and share their experiences in Bremen, and these are usually referred to as a "Vätertreff".

"Vätertreff" (Walle)

"We found a connection really quickly. The special thing about "Vätertreff" is the community spirit – lots of fathers with their children who are all in the same boat. Many fathers and children have become really good friends. Communication is also important – we support one another and point out new ways of seeing things as

fathers. Our origin, language and everything else doesn't matter at all". Stefan (32). Every other Saturday, 10:00 - 14:00, with breakfast.

"Familien in Bewegung" (Vätertreff in Hemelingen)

Spending time together, sharing ideas, talking to one another, getting information, playing, exercising, running wild and free, being creative, and discovering, trying and daring new things – a Sunday for fathers with their children and families. Every other Sunday from 11:00 to 15:00, fathers meet up with their children and families to have fun and chat over breakfast.

"Vätersprechstunde" (Central Bremen) – Open Group for Separated Fathers

Being a father can be tough... Share your experiences, discuss your problems, find support and discover new methods. For fathers who would like to get in touch with their children or establish a better relationship with them.

Tuesdays at 20:00 in the "Haus der Familie – Mitte".

"Besuchscafé" (Walle)

Supervised handing over of children at the weekend.



Va Ki R e.V.

Raum für Vater und Kind

Advice and Guidance for Families

Fredo Behrens

Tel.: +49 178 7566447

info@vakir.de

Shelter for Grieving Children and Teenagers

Since 1999, the charity “Trauerland” has been offering support to children and teenagers who have lost a close relative. When children lose their mother, father or another loved one, their whole world is turned upside down. Nothing is how it used to be. Even adults are struck by an overwhelming sense of sadness and desperation.

The whole family has to find its feet again in a new and painful situation. Many parents and children need support throughout this difficult period – and that’s exactly what “Trauerland” offers.

The charity’s headquarters are in Bremen, and it also has local offices in Oldenburg and Verden. Its extensive range of services includes bereavement support groups for children and teenagers, moderated groups for relatives, a grievance group for young adults, personal advice, telephone counselling and crisis intervention in emergencies.

The fortnightly bereavement groups provide children with a shelter for their grieving. The professional supervisors teach the children how to deal with their grief to prevent the development of psychosomatic disorders.

All services are offered free of charge. 95% of the charity’s funds come from donations.



**Trauerland –
Zentrum für trauernde Kinder und
Jugendliche e.V.**

Office:
Hans-Böckler-Straße 9, D–28217 Bremen
Tel.: +49 421 6966720
Fax: +49 421 69667299

Bereavement support groups take place at
Schwachhauser Heerstraße 63a,
D–28211 Bremen.

info@trauerland.org
www.trauerland.org

Violence Support

for Boys* and Men* (aged 27 and under)

The JungenBüro in Bremen is an information and advice centre for boys*, teenagers and young men* who have experienced violence at any point in their lives.

We offer counselling to boys* aged 7 and older and their supporting relatives, as well as to educational staff who look after boys* from the age of one.

We offer counselling services:

- in person at our centre (by appointment)
- over the phone during our office hours
- via our online platform for boys*

in the following areas:

- sexual abuse / sexual violence
- bullying, exclusion and blackmail
- physical and psychological abuse in the family
- physical and psychological abuse in public
- exposure to other forms of violence

Our counselling is free of charge and can be made anonymous on request.

JungenBüro Bremen

Schüsselkorb 17/18

D-28195 Bremen

Tel.: +49 421 59865160

info@bremer-jungenbuero.de

www.bremer-jungenbuero.de

Confident and Strong At Last!

Violence Education

for Boys and Young Men

Violence can shape the identity of boys and young men. If they feel small and unmanly, they might see violence as a way to shake off their helplessness, restore their honour and earn a reputation with their peers.

We create an environment in which boys and young men can express their everyday feelings, discuss their lives and learn to respect their own personal space and that of others. We show them appreciation and treat them with respect.

MÄNNER GEGEN
MÄNNER-GEWALT®

Männer gegen Männer-Gewalt Bremen e.V.

Tel.: +49 421 3039422

Monday, 17:30 - 19:00 and
Thursday, 10:00 - 12:00

info@mgm-bremen.de

www.mgm-bremen.de

Youth Career Guidance at the “Jugendberufsagentur”

As a youth counselling service, we offer advice to young people in Bremen aged 16 to 25 and help them become independent between their school years and professional life.

We offer support:

- if personal or family issues are getting in the way of school or work;
- if young people would like to develop or discuss their life plans;
- if young adults have questions about their independence (need for a decent income; identification of responsible funding agencies; funding opportunities for professional and social integration; placement and guidance in the appropriate institutions)



Contact:

Andrea Mann (Team Leader)
Tel.: +49 421 36188910
Doventorsteinweg 48-52, 4th Floor
andrea.mann@afsd.bremen.de

or

Entrance area of Jugendberufsagentur
in BIZ
Doventorsteinweg 44
D-28195 Bremen
www.jugendberufsagentur-bremen.de

Offers for Men and Fathers at pro familia Counselling Centres in Bremen



Counselling in the following areas:

- Relationships and sexuality
- Family planning
- Parental leave / financial support
- Becoming a father
- Child sexuality
- Puberty

pro familia Counselling Centre – North Bremen

Weserstraße 35
D-28757 Bremen
Tel.: +49 421 654333
Fax: +49 421 655543
bremen-nord@profamilia.de

pro familia Counselling Centre – Central Bremen

Hollerallee 24
D-28209 Bremen
Tel.: +49 421 3406030
Fax: +49 421 3406035
bremen@profamilia.de

pro familia Counselling Centre – Bremerhaven

Adolf-Butenandt-Straße 2d
D-27580 Bremerhaven
Tel.: +49 471 28722
Fax: +49 471 25633
bremerhaven@profamilia.de

Self-Help Groups for Men and Fathers

Some of the self-help initiatives in Bremen include discussion groups on various topics, where men and fathers can talk about their current circumstances, discuss problems and help one another.

Our self-help office will help you find the right group. You can get in touch over the phone, via email or even in person. We'll also be happy to help you start your own group by identifying your goals, finding a good venue and promoting your initiative. If you like, we can also attend the first meeting and teach you the standard rules of communication.



Faulenstraße 31, D-28195 Bremen
Tel.: +49 421 704581

General Office Hours:

Mon - Fri, 10:00 - 13:00
Mon + Thu, 14:00 - 18:00
Tue + Wed, 14:00 - 16:00

info@netzwerk-selbsthilfe.com
www.netzwerk-selbsthilfe.com
www.selbsthilfe-wegweiser.de

The Evangelical Education Centre

As a state-recognised educational institution in the State of Bremen, we serve the local public and present the concerns and issues of Evangelical adult education in society.

We offer many educational initiatives for men and fathers (partly in cooperation with other organisations), such as raft building, forging, a seminar on biography work and beer brewing, father and child education, and the annual Men's Culture Day in Bremen.

View our programme of events and register online at:
www.bildungswerk.kirche-bremen.de



forum Kirche

Hollerallee 75, D-28209 Bremen
Tel.: +49 421 346-1535 or
bildungswerk@kirche-bremen.de

You can easily reach us by taking Bus 24 or Trams 6 + 8 (Am Stern); car access via Parkstraße 107.

A Day for Men in the Middle of Bremen

Every year, the nice rooms of the Forum Kirche on Hollerallee are used by 60 to 70 men who are interested in meeting up. The men speak about themselves to aid their personal development and find motivation in a sheltered space.

You can choose what suits you best from a list of workshops. The ticket price includes a proper lunch and evening meal, as well as a small programme of cultural events in the evening. It's a day for men on the move to discuss essential issues and develop a deep sense of familiarity and adult masculinity. In cooperation with the Evangelical Education Centre.



Contact: Christoph Laun,
trapp119@googlemail.com
Registration: www.bremermaennertag.de
Next Date: 7 March 2020, 09:30 - 19:30
forum Kirche, Hollerallee 75, D-28209 Bremen
More information:
kontakt@bremermaennertag.de

Eradicating Violence and Building Trust

Violence Counselling for Men

Violence destroys trust and drives you away from your partner and children. Violence creates a sense of desperation and self-doubt. We offer violence counselling to men who no longer want to be violent, so that they can change their behaviour.

We do this by promoting self-awareness, pointing out boundaries and teaching men to take responsibility.

Our services are offered by men, for men. Our counselling is free of charge.



**Männer gegen Männer-Gewalt
Bremen e.V.**

Tel.: +49 421 3039422

Monday, 17:30 - 19:00 and
Thursday, 10:00 - 12:00

info@mgm-bremen.de
www.mgm-bremen.de

Men can also be...

- ... gay!
- ... bisexual!
- ... trans*!
- ... inter*!
- ... queer!

The Rat&Tat Centre offers:

- advice on coming out, rainbow families, dealing with discrimination, crises, sexual health and more
- initiatives for young people
- a point of contact for queer refugees
- advice for couples / relatives / information providers
- self-help groups
- culture, café, bar, Werder Bremen matches and lots more at Kweer



Rat&Tat – Zentrum für queeres Leben e.V.

Theodor-Körner-Straße 1
D-28203 Bremen
Tel.: +49 421 7004170 (Information Centre)

beratung@ratundtat-bremen.de
www.ratundtat-bremen.de

Kweer

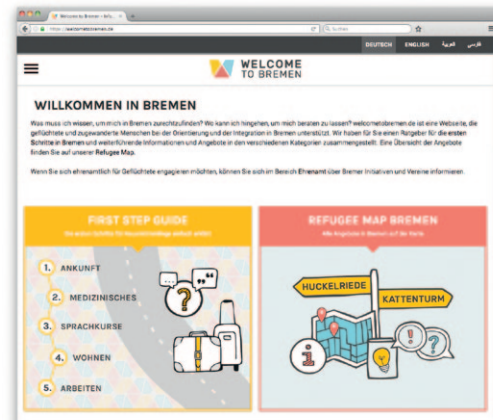
Opening Hours:
Friday, 20:00 - 24:00
Sunday, 15:00 - 18:00
Whenever Werder Bremen is playing

Meeting Places

There are lots of meeting places in Bremen for locals and newcomers to meet one another and chat. This is a great opportunity to learn together, exercise, have fun and get involved in the community. Everyone is welcome. The important thing is spending time together and not where you come from.

There are also special meeting places for certain groups.

You can find more information on the Welcome to Bremen website.



www.welcometobremen.de
[www.welcometobremen.de/angebot/
angebotscat/freizeit-kulturelle-angebote/](http://www.welcometobremen.de/angebot/angebotscat/freizeit-kulturelle-angebote/)

A Refuge for the Soul

REFUGIO Bremen is a psychosocial and therapeutic treatment centre for refugees and other individuals who have fled to Germany to find shelter from violence, persecution, exile or torture.

REFUGIO is a safe place for refugees. We offer psychosocial counselling and psycho-therapeutic treatments. Our services are free of charge, confidential and offered in several languages.



REFUGIO Bremen – Counselling and Treatment Centre for Refugees and Torture Victims

Außer der Schleifmühle 53
D-28203 Bremen
Tel.: +49 421 176677-0
Fax: +49 421 176677-99

info@refugio-bremen.de
www.refugio-bremen.de

Anti-Discrimination

Discrimination can be found in all walks of life: when looking for a place to live, in a nightclub, at work, on the train, at school or even with the public authorities.

Everyone has the right not to be discriminated against due to their ethnicity, gender, religion, ideology, disability, age or sexual identity.

So, if you

- would like to talk about discrimination, degradation, assault and even violence or
 - need advice on your legal and practical options,
- you should get in touch with one of the following counselling centres.

The counselling services are listed in alphabetical order:

ADA – Anti-Discrimination in the World of Work

Bremen, Bahnhofplatz 22-28
Tel.: +49 421 9608914
info@ada-bremen.de
www.ada-bremen.de

ADE – Office Against Discrimination and Violence – Expertise and Conflict Management

Universität Bremen
Tel.: +49 421 218170
ade@uni-bremen.de
www.ade.uni-bremen.de

Anti-Discrimination

Arbeitnehmerkammer Bremen (Chamber of Labour)

Bremen, Bürgerstraße 1

Tel.: +49 421 363010

Bremen-Nord, Lindenstraße 8

Tel.: +49 421 669500

info@arbeitnehmerkammer.de

www.arbeitnehmerkammer.de

Disability Officer for the Free Hanseatic City of Bremen (LBB)

Bremen, Am Markt 20

Tel.: +49 421 361-18181

office@lbb.bremen.de

www.lbb.bremen.de

Migration and Integration Officer for the State of Bremen

Bremen, Bahnhofsplatz 29

Tel.: +49 421 361-4988

intregation@soziales.bremen.de

www.integration.bremen.de

Rat & Tat – Zentrum für queeres Leben e.V.

Bremen, Theodor-Körner-Straße 1

Tel.: +49 421 704170

beratung@ratundtat-bremen.de

www.ratundtat-bremen.de

SelbstBestimmt Leben e.V. Bremen

Counselling Centre for Disabled Persons
and their Relatives

Bremen, Ostertorsteinweg 98

Tel.: +49 421 704409

beratung@slbremen-ev.de

www.slbremen-ev.de

soliport

Advice and Support for Victims of
Right-Wing, Racist or Anti-Semitic Violence

Bremen, Sögestraße 72

Tel.: +49 421 17831212

info@soliport.de

www.soliport.de



Learning German

German skills are essential for your integration in the labour market and education system. Learning the language will also help you become involved in all areas of community life.

There are different German courses. Many people can attend integration courses. The City of Bremen offers local German courses for adult asylum seekers and persons with a provisional residence permit who are not (yet) entitled to attend an integration course held by the Federal Office for Migration and Refugees (BAMF) or state-sponsored vocational language courses (DeuFöV).

There are also courses designed specifically for illiterate persons and slow learners. Bremen has a wide range of language schools.

Where can I find more information?

Integration courses are organised and managed by the Federal Office for Migration and Refugees (BAMF).

Federal Office for the Recognition of Foreign Refugees – Bremen Office

Steinsetzerstraße 14
D–28279 Bremen
Tel.: +49 421 8391-0 or +49 421 8391-199
info@bafl.de
webgis.bamf.de

Local language courses for asylum seekers and persons with a temporary residence permit are arranged by the Senator for Social Affairs, Young People, Integration and Sport (SJIS).

The Senator for Social Affairs, Young People, Integration and Sport

Department of Integration Policy
Bahnhofsplatz 29
D–28195 Bremen
Tel.: +49 421 361-6841
www.soziales.bremen.de

You can get more information and advice from the following institutions:

Volkshochschule Bremen (VHS)

Faulenstraße 69
D–28195 Bremen
Public Transport:
Radio Bremen / Volkshochschule
Tel.: +49 421 361-12345
www.vhs-bremen.de

Paritätisches Bildungswerk Bremen (PBW)

Faulenstraße 31
D–28195 Bremen
Public Transport:
Radio Bremen / Volkshochschule
Tel.: +49 421 174720
www.pbwbremen.de

Learning German

You can also learn German for free online:

Goetheinstitut:
www.goethe.de

Deutsche Welle:
www.dw.com/de/deutsch-lernen/deutsch-interaktiv/s-9571

Volkshochschule:
www.iwdl.de

Deutsche Volkshochschul-Verband:
vhs-lernportal.de/Deutsch;
<http://a1.vhs-lernportal.de>

Where can I find more information?

Language Coordination Office for the State of Bremen

ESF Sprachförderung Integrations- und Berufssprachkurse
Zentrum für Schule und Beruf
Steffensweg 171
D-28217 Bremen
Tel.: +49 421 3804765
Fax: +49 421 383589
patrick.bohne@zsb-bremen.de
www.zsb-bremen.de

Where can I find language exchange cafés?

Language exchange cafés give you the chance to meet people from different countries and improve your German. You can just turn up without registering.

You can find the address and opening times of language exchange cafés at:

Welcome to Bremen
welcometobremen.de/angebot/angebotscaf/freie-sprachkurse-und-sprachcafes/

Gemeinsam in Bremen
<https://www.gemeinsam-in-bremen.de/sprachcafes>



Healthy Parents – Info and Facts

- 2.5 hours of exercise a week can give you a longer life!
- A healthy diet helps to prevent certain illnesses!
- Men can have medical check-ups and screening tests as part of their health insurance coverage!
- An emotionally and physically satisfying relationship will increase your well-being!
- An active father-child relationship improves the health of all family members!
- If you take regular breaks, you'll feel better, healthier and less exhausted!

More information:

www.maennergesundheitsportal.de
www.stiftung-maennergesundheit.de

Overview of counselling services for men, fathers and boys:

www.maennerberatungsnetz.de



Landesvereinigung für Gesundheit Bremen e.V.

Landesvereinigung für Gesundheit und Akademie für Sozialmedizin Niedersachsen e.V.
in cooperation with Landesvereinigung für Gesundheit Bremen e.V.

Project: Coordination Office for Health Equality in Bremen

www.gesundheit-nds.de
www.lvg-gesundheit-bremen.de

Time for Your Baby

Parental Leave and Financial Support

Having a baby and getting to spend time with it is an incredible experience for mothers and fathers. Many fathers aren't aware that they can also take parental leave and apply for financial support. This gives them the chance to spend quality time with their child and fully immerse themselves in family life.

You can find more information about eligibility criteria here:

www.service.bremen.de
www.familien-wegweiser.de
www.elterngeld-plus.de

Applications for "Basiselterngeld" (basic parental allowance) and "Elterngeld Plus" (parental allowance plus) have to be submitted in writing to the "Elterngeldstelle". You can download, print and complete application forms here:

www.service.bremen.de



Amt für Soziale Dienste

Elterngeldstelle – Bremen

Amt für Soziale Dienste
Hans-Böckler-Straße 9, 3rd Floor
D-28217 Bremen

Tel.: +49 421 361-94300

elterngeldstelle.bremen@afsd.bremen.de

Office Hours (in branch): Thu, 08:00 - 12:00

Office Hours (telephone): Tue, 08:00 - 10:00
and Fri, 10:00 - 12:00

The ABC of Pregnancy

Make your way confidently through the pregnancy jungle and make sure you're well prepared for the arrival of your little miracle.

When a baby is born, everyday life can be a little hectic at first. You'll have to make a lot of **arrangements** and reorganise things.

Some mothers experience fluctuating emotions after giving birth. This is known as the **baby blues**. Ask her what you can do to help and have patience with her.

Doctors use a method known as **Cardio-tocography (CTG)** to monitor contractions and record the baby's heartbeat.

Dermatological stretch marks are a form of scarring on the skin. Offer her a massage now and then (e.g. with oils). This can help and is good for the relationship.

Your partner will have to **eat healthy** during pregnancy. You should both have a healthy diet. You can support her by making fresh and healthy meals. She should avoid raw meat and fish, unpasteurised milk and cheese, raw eggs and unwashed fruit and vegetables at first.

The **foetus** floats in amniotic fluid inside the amniotic sac. This protects the baby. The amniotic sac bursts during labour, which is referred to as the "waters breaking".

You can **guide** your sweetheart through childbirth. Ask her beforehand what she would like. Read a book, talk to the midwife or attend a preparatory course.

The midwife is always there to **help** you. She'll give you important information about your baby, and you can ask her everything about pregnancy.

Incontinence will be an unpleasant topic for your partner during pregnancy. The baby will press against her bladder, and she'll often need the toilet.

Iodine helps a baby to grow, form strong bones and **joints**, and develop a healthy brain. Ask your doctor for more information.

The labour ward is the room in a hospital where **kiddies** are born. You should have a look around before the birth and familiarise yourselves with the route and the staff.

A **linea nigra** is a dark vertical line that may appear between the bellybutton and pubis during pregnancy. It usually disappears by itself.

The **maternity record** contains all the important information about your partner and your little bundle of joy. You should keep it with you at all times.

It's perfectly normal to become increasingly **nervous**. Talk to other men about your feelings, such as by attending a preparatory course.

Oxytocin is known as the “love hormone” and is very important during childbirth and bonding. It’s the hormone that causes contractions during labour.

Swaddling is the ancient practice of wrapping babies in blankets. This can have a **Pacifying** effect on your child.

A shoulder presentation (or **Querlage**) is rare. The child is then delivered via C-section.

You should **Refrain** from smoking near pregnant women – not at home and especially not in the car. Help her to stop smoking during pregnancy.

Sex is also possible during pregnancy. The baby is well protected and won’t be harmed. Speak openly about your feelings and make time for each other.

Toxoplasmosis is an infection that can pose a threat to your unborn child. Your pregnant partner can become infected by eating raw or rare meat and through exposure to animal faeces (e.g. from cats). That’s why you should take care of cleaning things like cat litter trays.

Ultrasound technology is used to monitor the development of your baby during pregnancy.

There are 10 prenatal check-ups and **Viewings**. Help your pregnant partner attend every session.

When a woman goes into labour, her **Womb** contracts. Learn breathing techniques together. These can help her to relax.

Girls have two **X chromosomes**.
Boys have one X and one **Y chromosome**.

You’re going to be parents – congratulations! But don’t forget to spend time together as a couple to stop your energy being **Zapped**. That’s why it’s important to involve your parents and close friends from the start.



SOS-Kinderdorf e.V.
SOS-Kinderdorf Worpswede

Grönlandstraße 16
D-28719 Bremen

Tel.: +49 4792 9332-691

Fax: +49 4792 9332-29

stefanie.kehl@sos-kinderdorf.de

www.sos-kinderdorf.de

Imprint

Publisher

The Senator for Social Affairs, Young
People, Integration and Sport (SJIS)
Department: Civic Involvement, Self-Help,
Family Support and Policies & Homosexual
Lifestyles
Bahnhofsplatz 29
D-28195 Bremen
www.soziales.bremen.de

Editor

The texts were written by the employees of
the respective institutions.

Design

machart: Oelgemöller + Heitmann
www.machart-bremen.de

Translation

Kern AG Sprachendienste, Bremen

Photos

provided by the institutions;
Fotolia: Kzenon, Lightfield, Jacob Lund,
Rawpixel; Pixabay: Stocksnap

Bremen, September 2019

MAN OH MAN*!

A Guidebook for Men and Fathers in Bremen

Die Senatorin für Soziales,
Jugend, Integration und Sport



Freie
Hansestadt
Bremen

Bahnhofplatz 29

D-28195 Bremen

www.soziales.bremen.de