

STRENGTHENING THE FAMILY TOGETHER

FrüheHILFEN



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Family support for expectant parents and families with children up to age 3

Living with a child brings a lot of joy, but can also be confusing or overwhelming at times.

We are here for you when:

- ♥ unexpected changes come up during pregnancy
- ♥ you have little support from a partner or other family members
- ♥ your child needs more attention than you feel able to give
- ♥ you are worried about finances
- ♥ a family member is struggling with their mental health
- ♥ everyday family life feels overwhelming

Finding the right help

Family support is free of charge and helps you and your family find what you need: from personal counselling, to support in dealing with authorities, to guidance on caring for your child, parenting and supporting their development.



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