

# Pregnant. Where do I go from here?

Are you expecting a child? Depending on your life situation, a pregnancy can arouse a wide range of reactions and feelings: anticipation and joy, but also uncertainty and worry.

'esperanza' stands for 'hope'. We want to offer reassuring perspectives, even in difficult situations. We provide individual counselling and help in questions concerning sexuality, relationships, pregnancy and birth.

## Contact:

**SKFM Mettmann e.V.**

**esperanza  
Pregnancy counselling  
Counselling for fathers**

Neanderstraße 68-72  
40822 Mettmann  
Telephone 021 04. 14 19 - 245

## Angebote des SKFM

### Sozialpsychiatrisches Zentrum

Beratung und Hilfe für Betroffene und Angehörige

#### Kontakt- und Beratungsstelle

Tel. 0 21 04. 14 19-125 | spz@skfm-mettmann.de

#### Ambulant Betreutes Wohnen

Tel. 0 21 04. 14 19-125 | wohnen@skfm-mettmann.de

#### Tagesstätte / Tagesstruktur

Tel. 0 21 04. 14 19-130 | tagesstaette@skfm-mettmann.de

### Beschäftigungsförderung

Qualifizierung | Zuverdienst

Tel. 0 21 04. 14 19-160 | beschaeftigung@skfm-mettmann.de

### Anerkannter Betreuungsverein Mettmann-Wülfrath

Gesetzliche Betreuungen | Begleitung Ehrenamtlicher |

Vormundschaften und Pflegschaften für Minderjährige

Tel. 0 21 04. 14 19-0 | btg@skfm-mettmann.de

### → esperanza

Schwangerschaftsberatung | Väterberatung

Tel. 0 21 04. 14 19-245 | esperanza@skfm-mettmann.de

#### Frühe Hilfen

Eltern-Café MeKi | Familienhebamme

Tel. 0 21 04. 14 19-0 | info@skfm-mettmann.de

### Gewaltschutz

#### Fachberatungsstelle gegen sexualisierte Gewalt

Tel. 0 21 04. 14 19-226 | sexualisiertegewalt@skfm-mettmann.de

#### Interventionsstelle gegen häusliche Gewalt

Tel. 0 21 04. 14 19-221 | interventionsstelle@skfm-mettmann.de

#### Frauen- und Kinderschutzhaus

Tel. 0 21 04. 92 22 20 (Tag+ Nacht) | frauenhaus@skfm-mettmann.de

#### Wohnprojekt nach häuslicher Gewalt

Tel. 0 21 04. 14 19-224 | wohnprojekt@skfm-mettmann.de

#### Hilfen für geflüchtete Frauen

Tel. 0 21 04. 14 19-0 | info@skfm-mettmann.de

#### „Der Laden“ – Second Hand für die ganze Familie

Mettmann Tel. 0 21 04. 14 19-150 | Wülfrath Tel. 0 20 58. 8 93 61 80

### Ihre Spende hilft!

Kreissparkasse Düsseldorf . BIC: WELADED1KSD

IBAN: DE65 3015 0200 0001 7322 47

### SKFM Mettmann e.V.

Neanderstraße 68-72 . 40822 Mettmann

Tel. 0 21 04. 14 19-0 | info@skfm-mettmann.de

[www.skfm-mettmann.de](http://www.skfm-mettmann.de)

SKFM  
Mettmann e.V.



## esperanza

Pregnancy counselling

Counselling for fathers



SKFM

## Who can turn to us?

### We advise women, men and families:

- before, during and after pregnancy, up to age 3 of the child
- in conflicts around pregnancy
- in confidential birth
- in the context of counselling for fathers

Counselling appointments are available in **Mettmann, Hilden, Langenfeld, Monheim, Ratingen and Velbert.**

Appointments can be made centrally at:

**Telephone 0 21 04 . 14 19-245**  
**[esperanza@skfm-mettmann.de](mailto:esperanza@skfm-mettmann.de)**

We also offer online consultation:

**[www.esperanza-online.de](http://www.esperanza-online.de)**

### Our counselling is

- confidential
- independent of nationality or religion
- free of charge
- if requested, anonymous

**Pregnancy  
means change.**

## Our counselling

### We offer assistance in the following areas:

- We advise, accompany and support you in personal questions regarding your life and relationships.
- We support you in questions around financial topics such as state benefits for parents ("Elterngeld") and children ("Kindergeld") and child maintenance.
- We provide information on legal matters such as the Maternal Protection Act and parental leave.
- We procure financial assistance from funds and foundations.



A cooperation among all SkF/SKFM associations in the district of Mettmann under the sponsorship of SKFM Mettmann e. V.

## Additional offerings

### Midwife consultation / family midwife

By appointment

### esperanza - Der Laden

#### Mettmann and Wülfrath

Second-hand shop for the whole family

### Eltern-Café MeKi

#### Mettmann

Open meeting place for expecting parents and young parents with children up to 3 years old

### Sex education

Sex education in schools and youth groups

### Accompanying 'angel babies'

Support in cases of miscarriage or stillbirth, and following abortion

This flyer is available in various languages.

With support from:

Ministerium für Kinder, Familie,  
Flüchtlinge und Integration  
des Landes Nordrhein-Westfalen



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

