

# PUBLIC HEALTH DEPARTMENT (GESUNDHEITSAMT) FREISING

## We provide ...

a confidential obligatory  
counselling

pregnancy-related  
information and support

anonymously if requested

free of charge

no religious affiliation

Feel free to bring  
a person you trust.



Johannisstraße 8  
85354 Freising



08161 600 -84324 -84338 -84340



schwangerenberatung  
@kreis-fs.de



[www.schwanger-fs.de](http://www.schwanger-fs.de)

## Office hours:

Monday, Tuesday and Wednesday

8.00 a.m. - 4.00 p.m.

Thursday

8.00 a.m. - 5.30 p.m.

Friday

8.00 a.m. - 12.00 p.m.

It is possible to schedule appointments  
outside regular office hours.

Counselling takes time and a quiet safe  
place. Please schedule an appointment to  
avoid long waiting periods.



State certified  
pregnancy counselling

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## Pregnant ... and a lot of questions?

Expecting a child can have a big impact on your life. It is common to experience mixed emotions such as happiness or insecurity. It is a new chapter in your life and finances, career and relationships are some of the aspects that are going to change. Parenthood comes with long term responsibilities and a commitment to financial security.

The state certified pregnancy-counselling department will take care of all your questions, always considering your individual situation.

We offer counselling regarding pregnancy, birth and family issues until the child reaches the age of three.

- Information regarding legal matters and issues
- Financial benefits during pregnancy and after your child is born
- For example: Maternity/Paternity leave and benefits, parental allowance, child and family benefits
- Welfare and financial help for families in need
- Psychosocial counselling: What is the public and financial support-system for single parents like? What changes to expect in your relationship?
- As well, we will connect you with other departments: debt counselling, child development and education counselling



- Birth-control and family-planning counselling
- Psychosocial counselling for prenatal diagnostics
- Counselling and support in case of a confidential birth
- Counselling in case of unfulfilled desire to have children
- Counselling in case of miscarriage, stillbirth, star children
- Counselling after a negative or traumatic birth experience
- Counselling after mental crises around birth, postpartum depression, ...

## Pregnancy counselling in case of emergency or conflict Section 219 / § 219 StGB

We offer counselling, weighing the pros and cons of a pregnancy or abortion. We provide you with the required information and help you to evaluate your options and come to a decision that is suitable for your individual situation.

- Unbiased counselling
- Information about legal requirements and counselling certificate
- Counselling after pregnancy termination

## Sex-Education

- Counselling for teenagers and young adults about love, relationships, sexuality and contraception
- Sex-education workshops
- Training for educators, teachers and other social or health professionals