



Caritasverband
Oberhausen e.V.



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Contact

Pregnant – and now?!

Counselling for pregnant women

Counselling for pregnant women

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Contact persons:

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We offer you the option of counselling with the support of interpreters.

**[www.caritas-oberhausen.de/
schwangerenberatung](http://www.caritas-oberhausen.de/schwangerenberatung)**

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F2311 Rev. 01.02 · Photos: Deutscher Caritasverband / Margit Wild



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Pregnancy changes everything

Pregnancy can produce many feelings and reactions: joy, elation, gratitude, love - but also questions, uncertainties and fears. With its pregnancy counselling service, Caritas Oberhausen helps all women and their partners with these new questions:

- What should I expect?
- How do I tell my family, my partner, my friends?
- Can I manage financially?
- What will happen to my training / my job / my school qualifications?
- Can I manage everyday life with a child?
- Is my child healthy?

Our counselling is free of charge and independent of nationality and religious affiliation. We are at your side with unbureaucratic and, above all, confidential support. The focus is on counselling and practical help during your pregnancy and after the birth.

We help

- during your pregnancy and after the birth of the child with counselling, accompaniment and support
- to find perspectives for pregnant women, couples and their families
- with information on statutory and other benefits
- with the assertion of legal claims
- with the mediation of financial and material assistance
- in resolving conflicts
- through referral to other counselling services and facilities in the Caritas network
- with questions about family planning / fertility
- when a pregnancy does not have a good outcome

Additional offers

- Group offers
- SAFE® course: to promote a secure bond between parents and child
- Crash birth preparation course



Online counselling

In addition to the counselling on site, online counselling is also possible. If you wish, you can remain anonymous. The Caritas experts usually answer your questions within one work day. You do not need an email address for the counselling. To prevent unauthorised persons from reading your question and the counsellors' answer, Caritas has developed a secure counselling area.

**Simply scan the QR code
and start the online pregnancy
counselling:**

