



We recommend you to make an appointment before your visit so that we can be sure to have time enough to discuss your problems.

**Social Center North
(Sozialzentrum Nord)**

Mercatorstraße 40
24106 Kiel
Tel.: 0431/901-4691
Fax: 0431/901-63393
sozialzentrum.nord@kiel.de

**Social Center South
(Sozialzentrum Süd)**

Saarbrückenstr. 145
24114 Kiel
Tel.: 0431/901-3697
Fax: 0431/901-63688
sozialzentrum.sued@kiel.de

**Social Center Centre
(Sozialzentrum Mitte)**

Stephan-Heinzel-Straße 2
24116 Kiel
Tel.: 0431/901-3673
Fax: 0431/901-64312
sozialzentrum.mitte@kiel.de

**Social Center Gaarden
(Sozialzentrum Gaarden)**

Bahnhofstraße 38a
24143 Kiel
Tel.: 0431/901-4667
Fax: 0431/901-64696
sozialzentrum.gaarden@kiel.de

**Social Center Mettenhof
(Sozialzentrum Mettenhof)**

Bergengring 36
24109 Kiel
Tel.: 0431/901-4632
Fax: 0431/901-64650
sozialzentrum.mettenhof@kiel.de

**Social Center East
(Sozialzentrum Ost)**

Wischhofstraße 1
24148 Kiel
Tel.: 0431/901-4675
Fax: 0431/901-64685
sozialzentrum.ost@kiel.de

You can reach us:

Monday, Tuesday, Wednesday	08:30 am – 03:30 pm
Thursday	03:00 pm – 05:00 pm
Friday	08:30 am – 12:00 pm

and by appointment

The Social Centers are open

Monday, Tuesday, Thursday	08:30 am – 03:30 pm
Thursday	03:00 pm – 05:00 pm
Friday	08:30 am – 12:00 pm

In case of special family crisis and emergency situations, an evening, nighttime and weekend service is available under the emergency number 110.

General Social Services (Allgemeiner Sozialdienst)

Advice and assistance for Children,
Young Persons and Adults



Herausgeberin

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Please contact us!

You've got questions on ...

- raising your child
- contact and custodial regulations in case of separation or divorce

You're worried about ...

- the behaviour or development of your child
- the protection and care for a child in your surroundings

You feel overwhelmed by ...

- family emergencies
- family conflicts

You need protection and help with ...

- violence in the family
- sexual abuse/assaults

We can offer you:

- We provide information and advice.
- We listen to you, and we help to sort out your problems.
- We assist you in finding and trying out your own solutions.
- We develop comprehensive help options together and accompany you along the way.
- We include other family members in the consultation, if desired.
- We are your competent contact person in any acute crisis situation.
- We provide you with firm contacts to other services, institutions and consulting agencies.

We also advise you on ...

- various social services,
- help and support for persons with disabilities,
- assistance in case of addiction or mental illness,
- support for you and your family members in case residential, at-home support and care are needed.

You might want to know ...

- Our advice is subject to data privacy laws. Therefore all discussions are treated in a sensible and confidential manner.
- We also provide advice and assistance if you are in contact with adults, young persons or children in distress and don't know what to do.
- We ensure the safety of children and young people.

