



There for you

We accompany families with children up to the age of 5 – especially from crisis areas.

Dear Mothers, Dear Fathers,
Dear specialists and persons accompanying refugee families,

Do you need free support with regard to health, development and education matters, or do you wish to talk to other mothers and fathers? We are also there for families from crisis areas who have taken refuge in Switzerland!

We are flexible when it comes to providing you with advice, either on our premises, in your home, in collective housing centres, online, outside during a walk or at the playground and in our group meetings. You can also make use of our meeting points with play areas, nappy-changing and breastfeeding facilities. At some sites, there are also parent cafés and toddler groups.

Do not hesitate to contact us with your concerns. Do you need a translation and have no one who can translate? Get in contact with us. We will find a way to help you!

Specialists and accompanying persons can also contact us if they have any questions or concerns.

Your mothers and fathers counselling service



You can find different language versions of this flyer here: www.mvb-be.ch/de/shop/angebotsflyer-eltern



Please turn over.

How to reach us.

Counselling in your home or on our premises

Make an appointment online with the counsellor of your choice at the location nearest to your home (www.mvb-be.ch). We can also visit you at home. Registration for a home visit: 031 552 16 16.



Telephone counselling: 031 552 16 16

Specialist advice and helpful tips from a specialist over the phone. Monday to Friday from 8 a.m. to 7 p.m. non-stop.



Counselling for fathers, man to man

You can contact our fathers counsellors via the fathers' phone service on 079 853 15 57. Return call within one working day, appointments by arrangement.



Meeting point

Our 17 meeting points are open venues for sociable parents, curious kids and grandparents or accompanying persons tasked with looking after children. This is a place to chat, play, breastfeed, eat, drink or browse the bookshelves without any obligation to consume.



Parents can find all offers and contact details at

www.mvb-be.ch

Specialists can reach us at

www.mvb-be.ch/fachpersonen



**MÜTTER- UND
VÄTERBERATUNG
KANTON BERN**