

LIGA advisory center Lindenhofstraße 18

We provide
advice in
different
languages!

Open health consultation

In our open health consultation, we provide support for your health and well-being. We assist you in finding the right contacts for your concerns, establish connections for you, and arrange appointments on your behalf.

Tuesday 09:00-13:00

Wednesday 09:00-17:00

Thursday 09:00-13:00

Open health consultation

*Intesar Bahloul und Christina Kisner/Hanna Taieb
(LIGA e. V.) – also in Arabic, Russian*

We assist you in finding doctors, therapists, and other healthcare professionals, and can arrange for accompaniment or translation services for appointments as needed. We also help you understand your illness and apply for follow-up treatments.

Additional health-related consultation hours

Do you have a specific concern and need further information and assistance? Then please feel free to come to our office during our consultation hours at LIGA.

Monday 11:00-13:00

Prevention, Coronavirus and Long Covid

*Bülent Aksakal & Kerstin Fischer
(Community Health Professionals - LVG) – also in Turkish*

We have an open ear for your symptoms after a COVID infection and can provide guidance on Long and Post-COVID. Feel free to come by.

Wednesday 11:15-12:30

Exercise for Better Health

*Roya Tasmim, Gerd Schweizer & Monique Bonanni-Zöller
(TURA e.V.) – also in French, Persian, Dari*

At our location, you can receive tips for incorporating more physical activity into your daily routine, information about exercise opportunities in your vicinity, home workout routines, assistance with registrations, and much more.

0421 24 40 72 66

info@liga-groepelingen.de

www.liga-groepelingen.de

Die Senatorin für Gesundheit,
Frauen und Verbraucherschutz



Freie
Hansestadt
Bremen



Monday 09:00-15:00
Thursday 13:00-17:00

Consultation on Health Applications

Stephan Smilowski (LIGA e.V.)

We provide consultation on applications and entitlements and assist you in filling out applications, such as long-term medication, travel cost reimbursement, co-payment exemption, sick pay, maternity benefits, household assistance, dental prostheses, and more.

Tuesday 09:00-13:00

Consultation at the Care Support Center

Pflegestützpunkte Bremen

Thursday 13:30-16:00

We provide guidance and assistance on the topic of care and support. We assist you with applications, for example, with health and long-term care insurance providers, the Department of Social Services, and the Department of Care and Integration. We help you find the right form of care/support and provide advice on organizing nursing and social assistance and support services.

Thursday 10:00-13:00

Translation by Language and Cultural Interpreters

bras e. V.

On Thursday, language interpreters accompany our advisory services and are available for translation if needed.

Thursday : - **also in Turkish**

Only with appointment: - **also in Romani, Macedonian, Serbian, Bosnian, Croatian**

Monday 14:00-17:00
10 o'clock
Only possible with appointment!

Counseling for Cancer Diagnosis

Bremer Krebsgesellschaft

We provide support for coping with the illness, assistance with applications for rehabilitation measures, disability ID cards, and support funds, help in finding self-help resources, and address any occupational questions related to the cancer diagnosis.

For more detailed information about our services, please visit: www.liga-groepelingen.de

All consultations are open, free of charge, available in both German and English, and can be conducted without the need to provide personal information. We offer counseling and assistance in various languages. If you require a translator with different language skills, please schedule an appointment, and we will arrange for translation support.

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