

LIGA Counseling Center

Lindenhofstraße 18

We advise
in different
languages!

Open Health Counseling

In our open health consultation, we support you in all aspects of your health and well-being. We help you find the right contact person for your concerns. We will put you in touch and arrange appointments for you.

Tuesday	09:00-13:00 o'clock	Open Health Counseling <i>Intesar Bahloul und Christina Kisner/Hanna Taieb (LIGA e. V.)</i> also in Arabic, Russian
Wednesday	09:00-17:00 o'clock	We support you in your search for doctors, therapists, etc., organize accompaniment/translation to appointments if necessary, help you understand your illness and apply for follow-up treatments.
Thursday	09:00-13:00 o'clock	

Further consultation hours on health topics

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

Monday	09:00-15:00 o'clock	Advice on health applications <i>Stephan Smilowski (LIGA e.V.)</i>
Thursday	13:00-17:00 o'clock	We advise you on applications and benefit entitlements and help you to fill out applications and write objections.
Friday	15:00-17:00 Uhr <i>Only with appointment!</i>	Advice on social law issues <i>LIGA e.V.</i> We advise and support you legally if you have problems with insurance companies, authorities or other institutions because of your illness. We will inform you about possible social benefits if money is tight in the household due to your illness.
Tuesday	09:00-13:00 o'clock	Advice at the care support point <i>Pflegestützpunkte Bremen</i>
Thursday	13:30-16:00 o'clock	We advise and help you on the subject of care and care. We support you with applications, help you find the right form of care/assistance and advise you on the organisation of nursing and social assistance and support services.

0421 24 40 72 66

info@liga-groepelingen.de

www.liga-groepelingen.de

Die Senatorin für Gesundheit,
Frauen und Verbraucherschutz

Freie
Hansestadt
Bremen

AOK 

DIAKO 
Krankenhaus Bremen


caritas Bremen


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Monday	11:00-13:00 o'clock	<p>Health care, vaccinations and coronavirus/long-Covid <i>Bülent Aksakal & Kerstin Fischer (LVG AfS Nds HB) – auch in Türkisch</i></p> <p>Today, many diseases can be detected at an early stage and thus treated better. We will provide you with information on preventive examinations, vaccinations and other protective measures. We also have an open ear for your symptoms after the corona infection and advise you on long Covid.</p>
Monday	11:00-13:00 o'clock	<p>Mental health of children and adolescents <i>Claudia Kopf & Marie-Christin Seelhorst (LVG AfS Nds HB)</i></p> <p>We provide information about the various offers to support mental health and help you find a psychotherapy place.</p>
Monday	14:00-17:00 o'clock <i>Only with appointment!</i>	<p>Advice on cancer <i>Bremer Krebsgesellschaft</i></p> <p>We support you in coping with the illness, with applications for rehabilitation measures, a severely disabled person's ID card and aid fund, in the search for self-help and with professional questions in connection with cancer.</p>
Wednesday	14:00-15:30 o'clock	<p>Tip Tapp – Advice for young families <i>Gesundheitsamt Bremen</i></p> <p>We want to support young mothers and fathers in the first steps with their baby. We answer questions and advise on topics such as breastfeeding, crying, care/baby hygiene, safe baby sleep/accident prevention, parent-child relationship, support and development of the baby, vaccinations and U-examinations, nutrition/complementary food and more. Feel free to come by.</p>
Wednesday	11:15-12:30 o'clock	<p>Exercise for more health <i>Roya Tasmim, Gerd Schweizer & Monique Bonanni-Zöller (TURA e.V.)</i> also in French, Persian, Dari</p> <p>We will give you tips for more exercise in everyday life, information on exercise offers in your area, exercises for at home, support with registrations and much more.</p>
Thursday	10:00-11:30 o'clock	<p>Translation by language and cultural mediators <i>bras e. V.</i></p> <p>On Thursdays, sprinters accompany our counselling services and are happy to translate if necessary. Thursday: - also in Turkish By appointment: - other languages, days and times also possible</p>

More detailed information about the offers can be found at: www.liga-groepelingen.de

All consultations are open, free of charge, in German and English and possible without providing personal data. We offer advice and help in various languages. If you need a translator with other language skills, make an appointment. We will take care of a translation aid.

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