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.

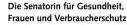
Tuesday	09:00-13:00	Open Health Counseling
	oʻclock	Intesar Bahloul und Christina Kisner/Hanna Taieb (LIGA e. V.)
Wednesday	09:00-17:00	also in Arabic, Russian
	oʻclock	We support you in your search for doctors, therapists, etc., organize
Thursday	09:00-13:00 oʻclock	accompaniment/translation to appointments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

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 oʻclock	Advice on health applications Stephan Smilowski (LIGA e.V.)
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 Only with appointment!	Advice on social law issues LIGA e.V.
		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 Pflegestützpunkte Bremen
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.

















Monday 11:00-13:00 Health care, vaccinations and coronavirus/long-Covid

> o'clock Bülent Aksakal & Kerstin Fischer (LVG AfS Nds HB) - auch in Türkisch

> > 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.

Monday 11:00-13:00 Mental health of children and adolescents

> o'clock Claudia Kopf & Marie-Christin Seelhorst (LVG AfS Nds HB)

> > We provide information about the various offers to support mental health and help

you find a psychotherapy place.

Monday 14:00-17:00 Advice on cancer

> o'clock Bremer Krebsgesellschaft

Only with We support you in coping with the illness, with applications for rehabilitation appointment! 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.

Wednesday 14:00-15:30 Tip Tapp – Advice for young families

> o'clock Gesundheitsamt Bremen

> > 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.

Wednesday 11:15-12:30 Exercise for more health

> o'clock Roya Tasmim, Gerd Schweizer & Monique Bonanni-Zöller (TURA e.V.)

> > also in French, Persian, Dari

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.

Thursday 10:00-11:30 Translation by language and cultural mediators

o'clock

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

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.



Die Senatorin für Gesundheit.

Frauen und Verbraucherschutz







