



# SELF-HELP AND MIGRATION

Information on Self-Help Support Groups and Berlin's Self-Help Centers



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# INTRODUCTION

Dear reader and  
dear those curious about self-help,

You are holding in your hands the new multilingual self-help guide-book for people with a migrant background.

More than 70 different groups of migrants living in Berlin with distinct objectives, working methods and various forms of self-support came together to put self-help into practice.

Self-support means supporting and listening to one another as well as offering or receiving good advice.

Working together in self-help support groups involves self-responsibility and self-determination, mutual assistance and community. Various people participating actively in self-help support groups are quoted in this brochure reporting their

individual experiences within the groups.

In addition, you will find portraits of the different self-help support groups giving you a general idea about the multiple possibilities provided and indicating the groups which you can contact in case you would like to become a member.

The issues addressed by self-help support groups are diverse but they have one thing in common: people with similar problems or who are in similar life situations come together to talk to one another. The members of the group support each other and exchange ideas. They have the opportunity to attract public attention on their life-situation in Germany as well as contributing to shaping the integration process.

The motto is:

**“I am not alone, because there are others who think and feel like I do.”**

In our brochure, you will find information on where to find support and encourages you to take the necessary steps needed for change in joining a self-help support group and / or to form a new group suitable for your specific needs.

“Migration” of the Berlin self-help support centers and the project “Self-help and Migration”, Yours sincerely

*Azra Tatarevic*

**Support and financial assistance  
given from the AOK Nord-Ost  
– Die Gesundheitskasse**

## FOREWORD

The immigration society itself is changing. It is by no means homogeneous or concentrates on just one specific issue. It is developing in many different ways especially concerning family structure of migrant families. Here a structural change is taking place.

Consequently tasks traditionally undertaken by an intact extended family can no longer be fulfilled by the latter.

One way to address this structural change is to offer qualified counseling and support facilities regarding the social problems of different migrant groups. On the other hand counseling institutions gradually have to adjust conventional basic social services towards the needs of their clients, as this group is becoming more heterogeneous. In doing so they can provide specific counseling and targeted assistance programs in the future. This applies in particular to the work involving

the elderly, as the percentage of migrants among this age group is rising rapidly. Young migrants growing up adapt naturally to the intercultural normality. However the German society remains unfamiliar to the older migrants.

The following brochure offers significant assistance.

I would be pleased knowing that it provides the necessary support to those seeking advice. This is part of the intercultural approach towards promoting links across all cultural, linguistic, religious and ethnic boundaries.

I would like to thank all those involved in compiling this overview on the different contact services and assistance services.

*Dr. Monika Lüke*

*Representative of the Senate for  
Integration and Migration*



## QUESTIONS AND MORE QUESTIONS

Many questions usually arise before the first meeting takes place. Here are some of the most commonly asked.



### WHAT IS A MEETING OF A SELF-HELP SUPPORT GROUP LIKE?

A self-help support group offers a place for exchange about a certain issue by which all of the participating members are personally concerned.

The meetings take place regularly (every week / every second week / every month). The size of the group can vary significantly. Most groups have about 6 to 8 participants. Two main issues are usually at the center of the conversation: General information (background, therapies, personal experience with doctors) and personal support (questions related to and experiences concerning everyday life with the illness / the problem).

### WHAT DO I HAVE TO TAKE WITH ME TO A MEETING?

Most important of all is the courage to open up to people who, until now, were complete strangers, and the willingness to take responsibility for what is supposed to happen. Last but not least some small cash is necessary for the utilization of the room. You don't need to bring documents or doctor's reports.

### DOES MY PARTICIPATION IN A SELF-HELP GROUP COST ANYTHING?

As the self-help support groups organize the work all by themselves, no costs are going to arise. The exception to the rule is often a small donation to the institution providing the room where a self-help support group meets.

## DO I HAVE TO TELL MY NAME / MY ADDRESS?

No. If you are interested in building friendships or in meeting other participants not only during the group meetings it will be inevitable to share some personal data. But there is no obligation whatsoever of doing so. Every participant decides how much he or she wants to tell about him- or herself.



## IS THIS GOING TO BE OF ANY USE FOR MYSELF?

Who can tell? Without trying there probably won't be an answer to this question. For decades it became clear that self-help itself is a very informative and supportive invention which helps to gain self-confidence by dealing with one's own illness or problem. At least it should be worth a try!

## CAN I TAKE SOMEBODY WITH ME TO THE MEETING?

This might be difficult. The best thing is to ask the group beforehand. Most groups appreciate holding the meeting exclusively with other persons who are affected by the same problem. Sometimes there are days on which everybody agreed in advance on letting friends or family members join the meeting to get to know the other participants. But it will probably not be possible to do this on a regular basis.



## DO I HAVE TO ATTEND EVERY MEETING?

Trust can only grow if the participants can rely on one another. This is why it is important for self-help support groups to know who is going to be at the meeting on a specific day. Nobody can or wants to attend every meeting. But the others should be able to rely on me not simply staying away without letting them know in advance.



## SOME MORE QUESTIONS

### DO I HAVE TO TAKE THE WORD DURING THE MEETING?

Probably not in the very beginning. All the others know how it feels to be new and insecure within the group. But those who will be trusted with a lot of personal information and personal experiences during several meetings without ever participating actively will surely be approached about this. Self-help means giving and receiving. However, as a general principle: everybody only tells as much as he or she wants to tell. There is no "obligation of talking".

### DO MEN AND WOMEN PARTICIPATE IN THE GROUP?

In case it is not explicitly indicated, self-help support groups are open to men and women.

### IS THERE REALLY NO INSTRUCTOR PRESENT AT THE MEETINGS?

#### DOES THIS WORK?

Professionalism within the self-help support groups can be found in the experiences and the back ground knowledge of the participants; and after some practice as well in the social ability of pursuing a common interest jointly with very diverse persons.

With the help of some rules this really does work without instruction.

Thus, responsibility is not shrugged off but is assumed by every participant.





## ACTIVE PARTICIPANTS TELL THEIR STORY – PERSONAL EXPERIENCES



Self-Help means: assuming responsibility for my own life.

*"It is good to realize: I can do this!"*



Chareethip

## THOSE WHO UNDERSTAND EACH OTHER CAN HELP EACH OTHER

My name is Chareethip and I am 51 years old.

I was born in Bangkok, Thailand. I came to Germany in 1993. It was a difficult time for me coping with the cultural differences and adopting to the German mentality. There was also a language barrier, as I didn't speak German.

In the "Group for Thai housewives", we can talk to each other about everything in Thai. Our husbands often don't understand our problems; but we understand one another - therefore we can help each other. Our meetings are always very harmonious. In addition we advise the women on social and general concerns.

It is wonderful to cook and eat together and listen to Thai music. We usually talk about the politics in Thailand.



## WE'VE FOUND EACH OTHER

At Mina e.V., the group supporting parents with disabled children, I've found a place, where I can exchange experiences and people with whom I have a lot in common. Here I'm at ease, I can relax and I get support.

We meet on the first and third Friday of the month. We either have breakfast together or do activities. Everyone helps to get things organized. We promote new ideas and accept new members.



I've looked for help from specialists however I've only gained real support from the women in our group. Thus we support each other - and I phrase it, "we've found each other."

Fawzia



Ayten

## AT THE BAKERY NEXT-DOOR

A friend told me about the group, where women meet for breakfast in a bakery shop in Neukölln, a district in Berlin. I am a group member for three years now. Every Wednesday morning I meet the other women.

Having the opportunity to talk about the joys and sufferings of life in Turkish helps me. Within the group we exchange our experiences and I get the chance to meet women with whom I have a lot in common. When a conflict arises among the women we can discuss it and solve it within the group. Thus, no one needs to leave feeling disappointed or remain resentful. I feel good in the group - here I can relax and any issue can be addressed. We don't only discuss problems; sometimes we sing or dance spontaneously. I really like that.

## IT'S LIKE HOME

My name is Vehdina Mujcin. In 1993, during the War in Bosnia-Herzegovina, my family and I came to Berlin.

I heard about the support group for Bosnian women from one of its group members. Until 2011 the group had few members - presently more than 20 women participate regularly. The group meets twice a month; problems are discussed; now and again we go on outings increasing our knowledge on Germany and its people. We would like to be integrated into the society and contribute our part. We have visited many beautiful sights in and around Berlin, however our trip to Dresden in 2013 impressed me most.

The group meetings are important for us and allow us to get together so that we can converse. While conversing we develop a mutual understanding, where everyday problems are suppressed - even in due time we overcome our war trauma. We sing and cook together and meet with women from our home place in Bosnia. I feel at home in our group for Bosnian women and I am happy to be a member.



Vehdina



Ljudmila



## HELPING OTHERS IS A NATURAL THING TO DO

In 2002, I initiated a project offering support to Russian-speaking immigrants and I've been its head for three years. It was financed by the Federal Office of Administration and the project promoter was the MUT gGmbH, the health association of Berlin's Medical Chamber (Berliner Ärztekammer).

When this project ended, we moved to the self-help center in the district of Friedrichshain-Kreuzberg in Berlin. Since most of us suffer from rheumatism or are pain patients - we set up a self-help support group. Relatives can participate too.

The group has ten members - all of them women. Russian-speaking men prefer to attend individual counseling. The group meets twice a month. Usually we have a meal and talk. Members have the opportunity to talk about their problems. Talking and exchanging our point of views - thus we can help each other. We also attend events or go on excursions together. Anyone can join the group - there are no restrictions.

## DIFFERENT TYPES OF SELF-HELP



Self-Help means: meeting people who have similar problems.

*"I don't have to explain how I feel - the others understand immediately."*





## GETTING ACTIVE THROUGH INTERAKTIV

Miss Bozdag does not have a disabled child and she did not intend to set up a self-help support group. In the following interview she explains her reasons for establishing the registered association Interaktiv e.V., which is an important self-help support group for parents with handicapped children.

Self-help occurs when people who have experienced similar difficulties or are suffering from similar illnesses come together and help each other. That wasn't your case. *I accompanied my husband once to an Open Day at a workshop for handicapped people. I had never experienced anything before like what I saw there that day. I always assumed that these people were neglected, but they were really enjoying themselves and seemed to be having a good time. It was there and then that I decided to commit myself more strongly to supporting the needs of these people.*

*Under the umbrella of the women's association BETAK I created a group for mothers with disabled children, which soon transformed into an association itself.*

Your self-help support groups offer people with the same cultural background and language the opportunity to share experiences and exchange point of views. *Some of our parents tried to participate in German self-help groups. Due to the language barrier and the cultural differences they failed to continue taking part. Punctuality and continuity and the way in which topics were discussed in the German Help-groups presented difficulties for the parents.*

*German families tend to accept their child's disability quicker and they are eager to consider the next steps, which should be taken. Turkish mothers on the other hand ponder much longer upon questions like, "why is my child disabled? And how the child's impairment affects my*

*own worthiness?" Some of the mothers say, "My mother-in-law says it's my fault."*

What does the self-help support group offer, that other support or assistance programs cannot provide?

*The mothers motivate each other a lot by exchanging their experiences. Here they are able to ask questions, they normally wouldn't ask in formal situations. By listening to the other women they develop new methods to deal with the difficult situations, without feeling under pressure. Thus they strengthen their self-esteem and therefore they can perform more independently.*



The group members at Interaktiv are women only, what about the men, the fathers?

*Well, as a matter of fact, the fathers of disabled children are lonelier than the mothers, because they don't like to talk about their situation. Normally the women take care of the disabled children and the men are not involved at all.*

*This often leads to marriage problems. Men don't discuss their private life outside the home. At Interaktiv we are planning to form a men's cooking group. Some of the men like to cook. And while cooking a conversation develops naturally, which offers the men the opportunity to talk about their problems.*

How do people find out about Interaction?

*Mainly members pass on the information to others. When I see women with their disabled children in public I inform them about the group. The first time they attend the group they are warmly welcomed. They are allowed the time and space required to adapt to the group, without feeling under pressure to communicate. They simply observe: mothers with disabled children gather here and their issues of concern are of the same nature. The new member decides when she will engage actively for the first time. Normally they have gained a lot of confidence after attending the first two or three meetings.*

And do most of them stay in contact with the group?

*It is not easy to motivate Turkish women to continue on a regular basis. This is why we had the idea to work with whatsapp. Most of the women have a cell phone. Shortly before the next meeting, we send a text-message so that everybody is informed. We distribute the work among as many women as possible therefore everybody is involved in the group's shaping process. The individual tasks are easily accomplished and they strengthen the women's self-esteem. Self-help means being active through Interaction.*



## BOSNIAN WOMEN IN NEUKÖLLN

It is 4 pm and ten women aged between 36 and 70 are sitting around the table of the self-help center Neukölln-Nord, talking, laughing merrily and looking at me, full of expectation, as I am officially opening our meeting. What is today's topic going to be?



The self-help support group for Bosnian women was initiated in August 2013. The idea of a second self-help support group for Bosnian women in Berlin arose due to the fact that many women from Bosnia and Herzegovina live in Neukölln. We meet every second Saturday of the month at the self-help center in Neukölln-Nord to talk.

At the second meeting our group usually goes along with other women from other self-help groups for Bosnian women on trips in and around Berlin.

It was me who set up both groups. Like most women sitting at the table in front of me, I came to Germany because of the

war in my country; a war that shocked us profoundly and exposed us to images that still haunt us. Most of these women are struggling with depression, others with anxiety disorders or physical discomfort. After hearing about the opportunities of self-help in Germany, I wanted to create a space for women like me; a space where we could come together to communicate and reflect.

But also to share our thoughts and learn to come to terms with our disturbing experiences, and to encounter our new life; also a place, where we are understood without conditions.



Self-Help means: learning from each other, because there are many ways to achieve a goal.

"Since I am part of the group, I became much more courageous."

Our group meetings have a set schedule. Firstly the women talk about their own emotional state, their feelings and recent problems. Afterward we discuss certain topics of interest, which the women have chosen. We also talk about new therapies, medicine or everyday problems. Quite often it happens spontaneously that we start to talk about Bosnia; about positive and negative happenings, which we experienced there.

Today Amira talks about depression late in life; some women are nodding. The self-help group is also a place to be understood unconditionally. Sometimes a Bosnian psychologist visits our group and offers advice.

But talking and connecting on an equal basis and receiving support as well as being capable to help others – this is what makes the self-help group so special. It stands out among the professional assistance programs.

At the end of the meetings we discuss things, which could have been done differently; things which help shape our lives at work, in the family and in Germany in a better way. Although the women in the group usually organize everything independently, they like to receive my advice. And I am proud to see us develop step by step into more self-confident and independent women.





## SELF-HELP THAT GETS THINGS GOING

In this city a lot of people are brought together through the associations for cultural identity – people, who share the same story of that what took place in their country. A self-help support groups is often a place, where self-help evolves. The Ghanaian association “Brongkyempem Koroye Kue” for example.

Brongkyempem Koroye Kuo is a self-help support group, which not only aims at strengthening the solidarity among Ghanaian people living in Berlin but also among the Ghanaian’s all over Germany. The main purpose of this self-help support group is to offer mutual help and advice and to create a social network. Anyone, who has left Ghana and arrives in Berlin can join us and thus find friends and gets support.

Furthermore Brongkyempem supports the interaction within the neighborhood between the Ghanaian’s and the German’s.

The self-help support group was set up in

2005. The members meet once a month in the “Neighbourhood House” in Friedenau. The meeting commences at 5:30 pm; first a prayer is said by a member of the group. The end of the meeting is marked



by a prayer too. The first prayer asks for a successful and productive meeting and subsequently we thank God that we have the opportunity of getting together. There are no restrictions – all religions and beliefs are accepted.

During the meetings, where we usually share home-made foods and drinks – we make a list of the topics, which we would like to talk about. Current problems, births and deaths within the community are also communicated. The group members are always eager to find solutions for the current problems that a member has. Also parties are organized when a baby is born, or a visiting service for hospitalized persons

Self-Help means: to be understood. Not because somebody knows ME but because someone knows what I am going through.

"We talk at eye-level. I am looking for help, but I can also offer help."

is set up and we schedule support for those, who need help in their households.

Over the years Brongkyempem had expanded and has presently around 40 members, who meet in Friedenau. Without a schedule it would be impossible to organize the meetings.

We also keep a register recording those, who participate in the group and we put a strong emphasis on punctuality.

We have a set of rules, which must be kept. Members, who cannot attend a meeting have to inform us in advance. Every member has to attend our monthly meeting at least three times a year.

*Jana Leheis interviewed the association's Vice-Chairman Prince Yaw Agyemang-Owusu, on which this article is based.*







## EMPOWERED FATHERS – EMPOWERED FAMILIES

Men have difficulty in attending self-help groups. It doesn't matter what nationality; German, Turkish, Arab or Russian. They leave the talking to the women. Men prefer to tackle the problem and get things done. Ugur Dertli thinks differently. He organizes a group for fathers of disabled children. He reckons that men, who have the same problem – if given the opportunity to talk to each other – are empowered to cope with mundane situations in everyday life.

The self-help support group for fathers of disabled children was initiated in February of 2014.

The group was set up by fathers, who wished to play an active role in rearing their children. Fathers, who did not want to leave the responsibility of handling the disabled child up to their wives.

The group meets at MINA e.V. in Friedrichstraße 1, every first Sunday of the month at 2 pm. Eleven men, aged between 35 and 60, participate in the group: men, who wish to take on responsibility. Men, who are capable of doing things differently in comparison to how things were done by

their fathers. These fathers are motivated by the desire to learn to cope better with their disabled child and learn how to share the work involved in the family; what demands must a father of a disabled child meet compared to the needs of its siblings, as well as learning to cope and accept their child's disability. Coming to terms with the fact that their child may have to spend long periods in hospital. And last but not least learn to cope with the stigmatism attached to having a disabled child.

Fathers shape and organize the meetings independently. The following topics are discussed: father and child activities, education, prejudices within the community,

negative experiences and coping with feelings such as shame.

Other groups are following our example too – An Arab group led by Taha Eltauki is currently being set up. Five men aged between 35 and 60 are interested in how our self-help support group works. They already have met once in the Alnur Mosque inviting Arab father to join.

Self-help groups empower us. They give us strength to tackle our problems and talk about our concerns, which most men in similar situations avoid. For example the difficulties we have coping with a disabled child in the family.





Self-Help mean: to take action, because there is no professional organizing the meetings.

"The others showed me what I am capable of doing."



## PROBLEM-TALKS WHILE ENJOYING BREAD-ROLLS AND CHAI-TEA

A time for talking, learning and getting to know each other better. Time to talk and exchange experiences while eating bread-rolls and drinking tea. Over the last years the women's breakfast has found many imitators in other areas in Berlin. Every week a group of Turkish women meets at a bakery to enjoy breakfast together.

Every Wednesday at 10 am a bakery in Neukölln, a district of Berlin, starts to fill with people. More and more women flock into its premises and walk right past the counter with no intention of buying bread. In the room behind the counter people are already talking and laughing. The table is abundantly set with everything you need for a nice breakfast: Bread-rolls, eggs, sweets, cucumber, tomatoes and Beyazpenir, the good Turkish white cheese.

For three years now the self-help support group for Turkish women meets in the premises of a Neukölln bakery. Every Wednesday between 10 am and 1 pm, 12 to 15 women come together to talk. These meetings are very important for them, as

they have the opportunity to communicate in Turkish and they can put about everyday problems aside for the time being.

During every meeting the group members discuss a topic, which concerns many of them. The women decide which themes are on the agenda for the present week. These are often religion, health, menopause and pain. Exchanging ideas with the other women is often helpful and the women develop new ideas as to how to deal with certain difficult life-situations. Sometimes they also invite professional guests to talk at the group meetings, who give advice and information on certain issues.

Through group membership the women learn to talk about their problems and



they also realize that they are not the only one with such problems. They are glad to get to know each other and with time they begin to feel at home in the group. Then they dance. The chairs and desks are moved aside and everybody starts to move to the music. Suddenly life is easy. The women laugh and move to the rhythm of the music. During some meetings they sing. Music is also the language of the soul.

Having breakfast together in the bakery creates a pleasant atmosphere. Eating, drinking, dancing and singing are important for these women. It makes them feel comfortable and helps them to connect. Spending time together helps them to gain energy to cope with their daily routine.

## OVERVIEW OF ALL SELF-HELP GROUPS IN EACH CORRESPONDING LANGUAGE



Self-Help doesn't cost anything – as it is us doing the work by ourselves.

*"We support each other - in a very efficient and practical way"*

## ARABIC

### **Self-Help Support Group Diabetes**

Glasower Str. 67, 12051 Berlin

#### ***Kontakt***

Al – Dar e.V.

Telefon (030) 78 70 95 21

E-Mail: [info@al-dar.de](mailto:info@al-dar.de)

Please contact for more information!

### **Self-Help Support Group Backache**

Glasower Str. 67, 12051 Berlin

#### ***Kontakt***

Al – Dar e.V.

Telefon (030) 78 70 95 21

E-Mail: [info@al-dar.de](mailto:info@al-dar.de)

Please contact for more information!

### **Self-Help Support Group for Arab Fathers**

Uthmannstr. 23, 12043 Berlin

#### ***Kontakt***

Deutsch-Arabisches Zentrum

Telefon 56 82 66 48

E-Mail: [daz@ejf.de](mailto:daz@ejf.de)

[www.daz-berlin.info](http://www.daz-berlin.info)

Wednesday & Friday,

3 pm to 6 pm

### **Turkish- and Arabic-speaking Self-Help Support Group for Mothers of disabled children**

Friedrichstr. 1, 10969 Berlin

Im Intihaus

#### ***Kontakt***

MINA-Leben in Vielfalt e.V.

Telefon (030) 25 79 69 59

E-Mail: [info@mina-berlin.de](mailto:info@mina-berlin.de)

[www.mina-berlin.de](http://www.mina-berlin.de)

Every 1st and 3rd Friday of the

month at 10 am,

Information Event on every 3rd Friday

### **Turkish- and Arabic-speaking Self-Help Support Group for Fathers of disabled children**

Friedrichstr. 1, 10969 Berlin

Im Intihaus

#### ***Kontakt***

MINA-Leben in Vielfalt e.V.

Telefon (030) 25 79 69 59

E-Mail: [info@mina-berlin.de](mailto:info@mina-berlin.de)

[www.mina-berlin.de](http://www.mina-berlin.de)

Every 1st Sunday of the  
month at 2 pm

## BOSNIAN

### Self-Help Support Group on Anxiety and Depression for Bosnian Women

Boxhagener Str. 89, 10245 Berlin

#### *Kontakt*

Selbsthilfe-Treffpunkt

Friedrichshain-Kreuzberg

Telefon (030) 603 20 22

(Freitag 12.00 – 17.00 Uhr)

E-Mail: azra59@gmx.de

bosnischefrauen-berlin.blogspot.de

Every 4th Saturday

of the month at 5 pm

### Anxiety and Depression – Conversation Group for Bosnian Women

Hertzbergstr. 22, 12055 Berlin

#### *Kontakt*

Selbsthilfezentrum Neukölln-Nord

Telefon (030) 603 20 22

(Freitag 12.00 – 17.00 Uhr)

E-Mail: azra59@gmx.de

bosnischefrauen-berlin.blogspot.de

Every 2nd Saturday

of the month at 4 pm

### Self-Help Support Group for Bosnian Women

Müllerstr. 56 - 58, 13349 Berlin

#### *Kontakt*

Selbsthilfezentrum Neukölln-Süd

Telefon (030) 603 20 22

(Freitag 13.00 – 17.00 Uhr)

E-Mail: azra59@gmx.de

bosnischefrauen-berlin.blogspot.de

Every 1st and 3rd Wednesday

of the month, 3 pm to 5 pm

### Intercultural Self-Help Support Group – Health

Löwensteinring 13 A, 12353 Berlin

#### *Kontakt*

Selbsthilfezentrum Neukölln-Süd

Telefon (030) 603 20 22

(Freitag 13.00 – 17.00 Uhr)

E-Mail: azra59@gmx.de

bosnischefrauen-berlin.blogspot.de

Every 2nd and 4th Friday

of the month at 5 pm

### Intercultural Self-Help Support Group – Depression

Löwensteinring 13 A, 12353 Berlin

#### *Kontakt*

Selbsthilfezentrum Neukölln-Süd

Telefon (030) 603 20 22

(Freitag 13.00 – 17.00 Uhr)

E-Mail: azra59@gmx.de

bosnischefrauen-berlin.blogspot.de

Every 2nd and 4th Friday of the month,

3 pm to 4.30 pm, Language: German

## CHINESE

### Chinese Brush Painting

Königstr. 42 - 43, 14163 Berlin

#### *Kontakt*

Selbsthilfekontaktstelle

Steglitz - Zehlendorf

Telefon (030) 80 19 75 -14

E-Mail: selbsthilfe@mittelhof.org

Every 3rd Saturday of the month,

11 am to 2 pm

## ENGLISH

### **Emotions without borders – women and men in intercultural relationships**

Hertzbergstr. 22, 12055 Berlin

#### ***Kontakt***

Selbsthilfezentrum Neukölln-Nord

Telefon (030) 681 60 64

E-Mail: [info@selbsthilfe-neukoelln.de](mailto:info@selbsthilfe-neukoelln.de)

Please contact for more information  
Group for young people (18 to 35 years)

### **OA – Overeaters Anonymous**

Fehrbelliner Str. 92, 10119 Berlin

#### ***Kontakt***

KIS Kontakt- und Informationsstelle  
für Selbsthilfe Pankow

Telefon (030) 499 87 09 10

E-Mail: [kis@hvd-bb.de](mailto:kis@hvd-bb.de)

[www.overeatersanonymous.de](http://www.overeatersanonymous.de)

Monday, 7.15 pm to 8.15 pm

### **Narcotics Anonymous – Alcohol • Drugs • Medical Drugs**

Fehrbelliner Str. 92, 10119 Berlin

#### ***Kontakt***

KIS Kontakt- und Informationsstelle  
für Selbsthilfe Pankow

Telefon (030) 499 87 09 10

E-Mail: [kis@hvd-bb.de](mailto:kis@hvd-bb.de)

Tuesday, 7.30 pm to 9 pm

### **Narcotics Anonymous – Alcohol • Drugs • Medical Drugs**

Crellestr. 38, 10827 Berlin

#### ***Kontakt***

Landesstelle Berlin für Suchtfragen e.V.

Telefon (030) 34 38 91 60

E-Mail: [info@na-berlin.de](mailto:info@na-berlin.de)

[www.na-berlin.de](http://www.na-berlin.de)

Saturday, 12.30 pm to 2 pm

### **AA – Alcoholics Anonymous**

Daily encounters (language English)  
in different locations.

#### ***Kontakt***

[www.alcoholics-anonymous-berlin.de](http://www.alcoholics-anonymous-berlin.de)

Telefon (030) 787 51 88 (AA Hotline)

E-Mail: [berlin@aa-europe.net](mailto:berlin@aa-europe.net) oder

[buero@landesstelle-berlin.de](mailto:buero@landesstelle-berlin.de)

Please contact for more information:

[www.aa-europe.net](http://www.aa-europe.net) or

[www.landesstelle-berlin.de](http://www.landesstelle-berlin.de)

### **AA – Meditation**

Fehrbelliner Str. 92, 10119 Berlin

#### ***Kontakt***

KIS Kontakt- und Informationsstelle

für Selbsthilfe Pankow

Telefon (030) 499 87 09 10

E-Mail: [kis@hvd-bb.de](mailto:kis@hvd-bb.de)

Sunday 12.30 pm to 1.30 pm

**Al-Anon – Relatives and Friends of Alcoholics**

Fehrbelliner Str. 92, 10119 Berlin

**Kontakt**

KIS Kontakt- und Informationsstelle für Selbsthilfe Pankow

Telefon (030) 499 87 09 10

E-Mail: [kis@hvd-bb.de](mailto:kis@hvd-bb.de)

Saturday, 11.30 am to 1.10 pm

**Al-Anon – Relatives and Friends of Alcoholics**

Barbarossastr. 64, 10781 Berlin

**Kontakt**

[www.al-anon.de](http://www.al-anon.de)

Telefon 0201-77 30 07

E-Mail: [zdb@al-anon.de](mailto:zdb@al-anon.de)

Monday, 12.00 am to 1 pm

Wednesday, 7 pm to 8.30 pm

**CoDA – Co-Dependents Anonymous**

Barbarossastr. 64, 10781 Berlin

**Kontakt**

Familien- und Nachbarschaftszentrum Kiezoase

Telefon (030) 21 73 02 02

E-Mail: [info@coda-deutschland.de](mailto:info@coda-deutschland.de)

[www.coda-deutschland.de](http://www.coda-deutschland.de)

Tuesday, 6 pm to 7.30 pm

**CoDA – Co-Dependents Anonymous**

Kiezladen Zusammenhalt

Dunckerstr. 14, 10437 Berlin

**Kontakt**

KIS Kontakt- und Informationsstelle für Selbsthilfe

Telefon (030) 499 87 09 10

E-Mail: [kis@hvd-bb.de](mailto:kis@hvd-bb.de)

[www.kisberlin.de](http://www.kisberlin.de)

Friday, 6 pm to 7 pm

**S.L.A.A. – Sex and Love Addicts Anonymous**

Fehrbelliner Str. 92, 10119 Berlin

**Kontakt**

KIS Kontakt- und Informationsstelle für Selbsthilfe Pankow

Telefon (030) 499 87 09 10

E-Mail: [kis@hvd-bb.de](mailto:kis@hvd-bb.de)

Thursday, 8.15 pm to 9.45 pm

**Empowerment & Sharing / Self-Help Support Group and Counseling for Foreign Students and Friends**

Evangelische Studierenden-gemeinde

Borsigstr. 5, 10115 Berlin

**Kontakt**

Johannes Holz

Telefon (030) 27 59 31 66

(14.00 – 18.00 Uhr)

E-Mail: [jhberlin@aol.com](mailto:jhberlin@aol.com)

Every two weeks on Saturday, 10.30 am to 1 pm

Please contact for more information!



## GREEK

### **Greek Round Table for Newly Arrived Immigrants**

Villa Mittelhof  
Königstr. 42 – 43, 14163 Berlin

#### **Kontakt**

Selbsthilfekontaktstelle  
Steglitz - Zehlendorf  
Telefon (030) 80 19 75 - 14  
E-Mail: [selbsthilfe@mittelhof.org](mailto:selbsthilfe@mittelhof.org)  
Wednesday, 6 pm to 8 pm

## JAPANESE

### **Japanese Women's Initiative**

Herbartstr. 25, 14057 Berlin

#### **Kontakt**

Nachbarschaftshaus  
am Lietzensee e.V.  
Telefon (030) 892 66 02 (Sekis)  
E-Mail: [info@nbh-lietzensee.de](mailto:info@nbh-lietzensee.de)  
[www.nbh-lietzensee.de](http://www.nbh-lietzensee.de)  
Every 2nd Sunday of the month,  
2.30 pm to 6 pm

## PERSIAN

### **Narcotics Anonymous – Alcohol • Drugs • Medical Drugs**

Tempelhofer Damm 133-137  
12099 Berlin

#### **Kontakt**

Christliches Selbsthilfezentrum Lichtblicke  
Telefon (030) 752 12 29  
E-Mail: [cslichtblicke@t-online.de](mailto:cslichtblicke@t-online.de)  
[www.cslichtblicke.de](http://www.cslichtblicke.de)  
Wednesday and Saturday,  
5 pm to 7 pm

## POLISH

### **Polish Parent-Child Group**

Königstr. 42 - 43, 14163 Berlin

#### **Kontakt**

Selbsthilfekontaktstelle  
Steglitz - Zehlendorf  
Telefon (030) 80 19 75 -14  
E-Mail: [selbsthilfe@mittelhof.org](mailto:selbsthilfe@mittelhof.org)  
Please contact for more information!

### **Ways leading out of Exhaustion**

Villa Mittelhof (Kate)  
Königstr. 42 – 43, 14163 Berlin

#### **Kontakt**

Selbsthilfekontaktstelle  
Steglitz - Zehlendorf  
Telefon (030) 80 19 75 -14  
E-Mail: [selbsthilfe@mittelhof.org](mailto:selbsthilfe@mittelhof.org)  
Thursday, 10 am to 12 am, every month  
Please contact for more information!

### Conversation Group for Women from Poland

Wattstr. 13, 13629 Berlin

#### *Kontakt*

Selbsthilfetreffpunkt Siemensstadt  
Telefon (030) 382 40 30 oder 381 70 57  
E-Mail: shtsiemensstadt@casa-ev.de  
Tuesday, 2.30 pm to 4 pm

### AI-Anon – Relatives and Friends of Alcoholics

Gierkezeile 39, 10585 Berlin

#### *Kontakt*

Landesstelle Berlin für Suchtfragen e.V.  
Telefon (030) 34 38 91 60  
E-Mail: buero@landesstelle-berlin.de  
Saturday, 5 pm to 7 pm

### AA – Alcoholics Anonymous

Gierkezeile 39, 10585 Berlin

#### *Kontakt*

Landesstelle Berlin für Suchtfragen e.V.  
Telefon (030) 34 38 91 60  
E-Mail: buero@landesstelle-berlin.de  
Monday, 6 pm to 8 pm  
Wednesday, 7 pm to 9 pm  
Saturday, 5 pm to 7 pm

### AA – Alcoholics Anonymous

Beim Pfarrhof 42, 13591 Berlin

#### *Kontakt*

Landesstelle Berlin für Suchtfragen e.V.  
Telefon (030) 34 38 91 60  
E-Mail: buero@landesstelle-berlin.de  
Sunday, 5 pm to 7 pm

### AA – Alcoholics Anonymous

Kirchengemeinde St. Dominicus  
Lipschitzallee 74, 12353 Berlin

#### *Kontakt*

Landesstelle Berlin für Suchtfragen e.V.  
Telefon (030) 34 38 91 60  
E-Mail: buero@landesstelle-berlin.de  
Sunday, 5 pm to 7 pm

### Big Mamas – Conversation Group for overweight Women

Villa Mittelhof (Kate)  
Königstr. 42 – 43, 14163 Berlin

#### *Kontakt*

Selbsthilfekontaktstelle  
Steglitz - Zehlendorf  
Telefon (030) 80 19 75 -14  
E-Mail: selbsthilfe@mittelhof.org  
Every month, Please contact for more information!

## RUSSIAN

### **Russian-speaking Rheumatism and Pain Self-Help Support Group**

Boxhagener Str. 89, 10245 Berlin

#### ***Kontakt***

Selbsthilfe-Treffpunkt

Friedrichshain-Kreuzberg

Telefon (030) 291 83 48

E-Mail: [info@selbsthilfe-treffpunkt.de](mailto:info@selbsthilfe-treffpunkt.de)

Every 1st Thursday of the month at 2 pm

### **Self-Help Support Group “Why not?” – General Counseling and mutual support**

Boxhagener Str. 89, 10245 Berlin

#### ***Kontakt***

Selbsthilfe-Treffpunkt

Friedrichshain-Kreuzberg

Telefon (030) 291 83 48

E-Mail: [info@selbsthilfe-treffpunkt.de](mailto:info@selbsthilfe-treffpunkt.de)

Friday at 5 pm

### **Emigrant – Group**

Eichhorster Weg 32, 13435 Berlin

#### ***Kontakt***

Selbsthilfe- und Stadtteilzentrum

Reinickendorf, Günter-Zemla-Haus

Telefon (030) 416 48 42

[selbsthilfezentrum@unionhilfswerk.de](mailto:selbsthilfezentrum@unionhilfswerk.de)

Every 1st Saturday of the month,  
4 pm to 9 pm

### **Selmas Recipe – Exchange Group**

Eichhorster Weg 32, 13435 Berlin

#### ***Kontakt***

Selbsthilfe- und Stadtteilzentrum

Reinickendorf, Günter-Zemla-Haus

Telefon (030) 416 48 42

[selbsthilfezentrum@unionhilfswerk.de](mailto:selbsthilfezentrum@unionhilfswerk.de)

Every 2nd and 4th Monday  
of the month, 5.30 pm to 8.30 pm

### **Self-Help Support Group – Health**

Health-related Information in  
German and Russian

Schulze-Boysen-Str. 38, 10365 Berlin

#### ***Kontakt***

FAS Kiezspinne

Telefon (030) 55 49 18 92

E-Mail: [selbsthilfe.synapse@kiezspinne.de](mailto:selbsthilfe.synapse@kiezspinne.de)

Every 2nd and 4th Wednesday  
of the month at 3 pm

### **Senior Women’s Emigrant Group**

Bernauer Str. 130 A, 13607 Berlin

#### ***Kontakt***

Stadtteilladen Tegel Süd Albatros e.V.

Telefon (030) 93 95 24 44

Thursday, 2 pm to 4 pm

**Leisure and Conversation Group  
for Women**

Bernauer Str. 130 A, 13607 Berlin

**Kontakt**

Stadtteilladen Tegel Süd Albatros e.V.

Telefon (030) 93 95 24 44

Wednesday at 3 pm

**Alcohol ABC – Motivational Group**

Alkoholfreien-Begegnungs-Centrum ABC

Alt Marzahn 54, 12685 Berlin

**Kontakt**

Selbsthilfekontaktstelle

Marzahn-Hellersdorf

Telefon (030) 542 51 03

E-Mail: selbsthilfe@wuhletal.de

Wednesday, 3.30 pm to 5.30 pm

Wednesday, 5.30 pm to 7 pm

**Parents help Parents – Group  
for Relatives of Drug Addicts**

Allee der Kosmonauten 47, 12681 Berlin

**Kontakt**

Arbeitsgemeinschaft Drogenprobleme

AGD e.V.

Michail Dubrowskij

Telefon 0176-61 14 38 89

oder 0152-03 36 12 75

www.agd-berlin.de

Every 3rd Tuesday of the month,  
6 pm to 8 pm

**Parents help Parents – Group for  
Relatives of Drug Addicted Children**

Perleberger Str. 44, 10559 Berlin

**Kontakt**

Selbsthilfe- Kontakt- und

Beratungsstelle Mitte

Telefon (030) 394 63 64

E-Mail: kontakt@stadtrand-berlin.de

Every 2nd Thursday of the month,  
6 pm to 8 pm

**Narcotics Anonymous –  
Alcohol • Drugs • Medical Drugs**

Tempelhofer Damm 133-137

12099 Berlin

**Kontakt**

Christliches Selbsthilfezentrum

Lichtblicke

Telefon (030) 752 12 29

E-Mail: cslichtblicke@t-online.de

www.cslichtblicke.de

Friday, 6 pm to 8 pm

**Nu pogodi! (Addiction)**

vista Misfit

Cuvrystraße 1, 10997 Berlin

**Kontakt**

Dr. Edgar Wiehler

Telefon (030) 69 81 40 -0

E-Mail: cslichtblicke@t-online.de

Thursday at 6.30 pm

The participants have to be clean, please  
contact for more information!

## SPANISH

### AA – Alcoholics Anonymous

Fehrbelliner Str. 92, 10437 Berlin

#### *Kontakt*

KIS Kontakt- und Informationsstelle  
für Selbsthilfe Pankow

Telefon (030) 499 87 09 10

E-Mail: [kis@hvd-bb.de](mailto:kis@hvd-bb.de)

Monday, 8.30 pm to 10 pm

## THAI + LAOTIAN

### Southeast Asian Dance Group

Wattstr. 13, 13629 Berlin

#### *Kontakt*

Selbsthilfetreffpunkt Siemensstadt

Telefon (030) 382 40 30 oder 381 70 57

E-Mail: [shtsiemensstadt@casa-ev.de](mailto:shtsiemensstadt@casa-ev.de)

Saturday, 4 pm to 6.30 pm

Exception: 2nd Saturday of the month,  
6.30 pm to 9 pm

### Group for Thai Housewives

Wattstr. 13, 13629 Berlin

#### *Kontakt*

Selbsthilfetreffpunkt Siemensstadt

Telefon (030) 382 40 30 oder 381 70 57

E-Mail: [shtsiemensstadt@casa-ev.de](mailto:shtsiemensstadt@casa-ev.de)

Sunday at 12.00 am to 8 pm

The meetings do not take place regularly,  
please contact for more information!

## TURKISH

### InterAktiv e.V. – Self-Help Support Group for Turkish-Born Relatives of Children Suffering From Diabetes

Wilhelmshavener Str. 32, 10551 Berlin

#### *Kontakt*

Nurten Ataman

Telefon (030) 58 85 82 71

E-Mail: [info@interaktiv-berlin.de](mailto:info@interaktiv-berlin.de)

[www.interaktiv-berlin.de](http://www.interaktiv-berlin.de)

Please contact for more information!

### InterAktiv e.V. – Self-Help Support Group for Relatives of Children Suffering from different Forms of Epilepsy

Wilhelmshavener Str. 32, 10551 Berlin

#### *Kontakt*

Nurten Ataman

Telefon (030) 58 85 82 71

E-Mail: [info@interaktiv-berlin.de](mailto:info@interaktiv-berlin.de)

[www.interaktiv-berlin.de](http://www.interaktiv-berlin.de)

Please contact for more information!

**InterAktiv e.V. – Self-Help Support Group for Turkish Mothers of Children in Need of Care**

Wilhelmshavener Str. 32, 10551 Berlin

**Kontakt**

Nurten Ataman

Telefon (030) 58 85 82 71

E-Mail: [info@interaktiv-berlin.de](mailto:info@interaktiv-berlin.de)

[www.interaktiv-berlin.de](http://www.interaktiv-berlin.de)

Please contact for more information!

**InterAktiv e.V. – Self-Help Support Group for Turkish Fathers of Children in Need of Care**

Wilhelmshavener Str. 32, 10551 Berlin

**Kontakt**

Nurten Ataman

Telefon (030) 58 85 82 71

E-Mail: [info@interaktiv-berlin.de](mailto:info@interaktiv-berlin.de)

[www.interaktiv-berlin.de](http://www.interaktiv-berlin.de)

Please contact for more information!

**InterAktiv e.V. – (to be started in March 2015): Self-Help Support Group for Turkish-speaking Relatives of Persons Suffering from different Types of Autism**

**Self-Help Support Group for Turkish-speaking Relatives of Persons with Down-Syndrom**

Please contact for more detailed information (030) 58 85 82 71.

**Self-Help Support Group for Turkish Diabetics „Spandau“**

Haselhorster Damm 39  
13599 Berlin

**Kontakt**

Gemeinwesenverein Haselhorst

Telefon 681 60 64

E-Mail: [info@diabetesberlin.com](mailto:info@diabetesberlin.com)

[www.diabetesberlin.com](http://www.diabetesberlin.com)

Monday, 2 pm to 4 pm (training and consultation) Please contact for more detailed information! Instructor present during group work.

**Self-Help Support Group for Turkish Women Suffering from Arthritis**

Zillestraße 10, Untergeschoss AOK  
10585 Berlin

**Kontakt**

Rheuma-Liga-Treffpunkt Charlottenburg  
Telefon (030) 322 90 29 50 (Deutsche Rheuma-Liga Berlin, Rabia Karaarsian)

Every 1st and 3rd Wednesday of the month, 11 am to 1 pm

**Self-Help Support Group for Turkish-speaking Relatives of mentally impaired Persons**

Angehörige Psychisch Kranker e.V.  
Mannheimer Str. 32, 10713 Berlin

**Kontakt**

Serpil Maglicoglu

Telefon 0172 31 666 33

E-Mail: [info@apk-berlin.de](mailto:info@apk-berlin.de)

[www.apk-berlin.de](http://www.apk-berlin.de)

Every 2nd Wednesday of the month at 6 pm to 7.30 pm

**Türk Kadınlar Grubu – Turkish Women Suffering from Depression**

Perleberger Str. 44, 10559 Berlin

**Kontakt**

Selbsthilfe- Kontakt- und  
Beratungsstelle Mitte  
Telefon (030) 394 63 64  
E-Mail: kontakt@stadtrand-berlin.de  
Wednesday, if required

**Veli Hareketi Projesi / Parents on the Move – Exchange of experiences concerning difficulties at school, help and support**

Perleberger Str. 44, 10559 Berlin

**Kontakt**

Selbsthilfe- Kontakt- und  
Beratungsstelle Mitte  
Telefon (030) 394 63 64  
E-Mail: kontakt@stadtrand-berlin.de  
Thursday at 9.30 am to 12.30 pm

**Turkish-speaking Self-Help Support Group (Addiction)**

vista Misfit, Cuvryst. 1, 10997 Berlin

**Kontakt**

Gökalp Özalp  
Telefon (030) 89 81 40 -0  
Wednesday at 6 pm  
The participants have to be clean,  
please contact for more information!

**Depression – Conversation Group for Turkish Women**

Ergotherapie Praxis „Praxis Gönül“  
Berthelsdorfer Str. 2a, 12043 Berlin

**Kontakt**

Über die Praxis  
Telefon (030) 55 95 39 96  
Every two weeks on Wednesday,  
11.30 am to 1 pm, please contact  
for more information!

**„Sichtbar“ – Conversation Group for Turkish Women**

Hertzbergstr. 22, 12055 Berlin

**Kontakt**

Selbsthilfezentrum Neukölln-Nord  
Telefon (030) 681 60 64  
E-Mail: info@selbsthilfe-neukoelln.de  
Wednesday 10 am to 2 pm,  
occasionally Friday 10 am to 1 pm  
The meetings don't take place in the  
self-help center; please contact for more  
information: telephone 681 60 64

**Turkish Women's Group for Relatives of Addicts**

Hertzbergstr. 22, 12055 Berlin

**Kontakt**

Selbsthilfezentrum Neukölln-Nord  
Telefon (030) 681 60 64  
E-Mail: info@selbsthilfe-neukoelln.de  
Meetings take place every three weeks –  
changing locations.



### Turkish Women

Hertzbergstr. 22, 12055 Berlin

#### *Kontakt*

Selbsthilfezentrum Neukölln-Nord

Telefon (030) 681 60 64

E-Mail: [info@selbsthilfe-neukoelln.de](mailto:info@selbsthilfe-neukoelln.de)

Every 1st Sunday of the month at 12 am  
time might change; please contact for  
more information.

### Turkish Women's Group – Depression

Hertzbergstr. 22, 12055 Berlin

#### *Kontakt*

Selbsthilfezentrum Neukölln-Nord

Telefon (030) 681 60 64

E-Mail: [info@selbsthilfe-neukoelln.de](mailto:info@selbsthilfe-neukoelln.de)

[www.selbsthilfe-neukoelln.de](http://www.selbsthilfe-neukoelln.de)

Wednesday, 10 am to 1 pm / Meetings  
take place in a café in Benderstraße.

### Café Komşu – To Come as a Stranger and Leave as a Komşu (Neighbour)

Löwensteinring 13 A, 12055 Berlin

#### *Kontakt*

Kontaktstelle PflegeEngagement

Pervin Tosun

Telefon (030) 603 20 22

(Freitag 13.00 – 15.00 Uhr)

For more information, please contact  
Miss Tosun. Meetings for persons in  
need of permanent care, relatives and  
volunteers.

### Conversation Group for Turkish Women suffering from Depression

Rudower Str. 176, 12351 Berlin

#### *Kontakt*

Psychosoziale Kontakt- und  
Beratungsstelle Gropiusstadt

Telefon (030) 609 72 14-0

E-Mail: [pksb@diakoniewerk-simeon.de](mailto:pksb@diakoniewerk-simeon.de)

Group I: Wednesday at 12.30 pm

Group II: Thursday at 12.00 am

### Turkish Women's Group – Yildizlar

Eichhorster Weg 32, 13435 Berlin

#### *Kontakt*

Selbsthilfe- und Stadtteilzentrum

Reinickendorf, Günter-Zemla-Haus

Telefon (030) 416 48 42

[selbsthilfezentrum@unionhilfswerk.de](mailto:selbsthilfezentrum@unionhilfswerk.de)

Thursday at 10 am to 12.30 pm

### Turkish- and Arabic-speaking Self-Help Support Group for Mothers of Disabled

Friedrichstr. 1, 10969 Berlin

Im Intihaus

#### *Kontakt*

MINA-Leben in Vielfalt e.V.

Telefon (030) 25 79 69 59

E-Mail: [info@mina-berlin.de](mailto:info@mina-berlin.de)

[www.mina-berlin.de](http://www.mina-berlin.de)

Every 1st and 3rd Friday of the  
month at 10 am.

Information event on every 3rd Friday.

**Turkish- and Arabic-speaking  
Self-Help Support Group for  
Fathers of Disabled**

Friedrichstr. 1, 10969 Berlin  
Im Intihaus

***Kontakt***

MINA-Leben in Vielfalt e.V.  
Telefon (030) 25 79 69 59  
E-Mail: info@mina-berlin.de  
www.mina-berlin.de

Every 1st Sunday of the  
month at 2 pm

**Self-Help Support Group for  
Turkish Women suffering  
from mastocarcinoma**

Perleberger Str. 44, 10559 Berlin

***Kontakt***

Selbsthilfe- Kontakt- und  
Beratungsstelle Mitte  
Telefon (030) 394 63 64  
E-Mail: kontakt@stadtrand-berlin.de

Wednesday, 2 pm to 3.30 pm

**S.t.D. - T.S.D – Self-Help Support Group  
for Turkish-speaking Diabetics e.V. –  
Türk Şeker Hastaları Öz Yardım Derneği**

***Kontakt***

Ismail Yaşar

E-Mail: i.yasar@diabetesberlin.com  
diabetesberlin.com

Please contact for more information!

## SELF-HELP SUPPORT CENTERS IN BERLIN



Self-Help means: turning into an independent and self-confident person.  
*"Here, I simply don't have to be afraid of anybody - of nobody at all."*

In Berlin, 12 regional self-help support centers, one for each district of the town, and SEKIS, Berlin's supra-regional contact point, cooperate closely in the area of health-related self-help. The self-help support centers offer counseling in various foreign languages. **Please find the contact data for all self-help support centers and the information on the foreign languages spoken in the following list.**

### **Charlottenburg - Wilmersdorf**

**Selbsthilfe-Kontaktstelle  
Charlottenburg-Wilmersdorf  
c/o SEKIS**

Bismarckstraße 101, 5. Etage  
10625 Berlin  
Tel. (030) 89 02 85 38  
Fax (030) 89 02 85 40  
raabe@sekis-berlin.de  
www.sekis.de  
Fremdsprachkompetenz: Englisch  
Träger: selko e.V.

### **Friedrichshain - Kreuzberg**

**Selbsthilfekontaktstelle Berlin  
Friedrichshain-Kreuzberg**

Boxhagener Str. 89  
10245 Berlin  
Tel. (030) 291 83 48  
Fax (030) 29 04 96 62  
info@selbsthilfe-treffpunkt.de  
www.selbsthilfe-treffpunkt.de  
Fremdsprachkompetenz: Russisch,  
Englisch  
Träger: Volkssolidarität LV Berlin e.V.

### **Hohenschönhausen**

**Selbsthilfe- Kontakt- und  
Beratungsstelle - Horizont**

Ahrenshooper Str. 5  
13051 Berlin  
Tel. (030) 962 10 33  
Fax (030) 36 46 27 36  
info@selbsthilfe-lichtenberg.de  
www.selbsthilfe-lichtenberg.de  
Fremdsprachenkompetenz: Englisch  
Träger: Kiezspinne FAS e.V.

## Lichtenberg

### Selbsthilfetreff Synapse Lichtenberg

Schulze-Boysen-Str. 38

10365 Berlin

Tel. (030) 55 49 18 92

Fax (030) 55 48 96 34

[selbsthilfe.synapse@kiezspinne.de](mailto:selbsthilfe.synapse@kiezspinne.de)

[www.kiezspinne.de](http://www.kiezspinne.de)

Fremdsprachkompetenz: Russisch

Träger: Kiezspinne FAS e.V.

## Marzahn - Hellersdorf

### Selbsthilfe- Kontakt- und Beratungsstelle Marzahn - Hellersdorf

Alt-Marzahn 59 A

12685 Berlin

Tel. (030) 542 51 03

Fax (030) 540 68 85

[selbsthilfe@wuhletal.de](mailto:selbsthilfe@wuhletal.de)

[www.wuhletal.de](http://www.wuhletal.de)

Fremdsprachenkompetenz: Russisch

Träger: Wuhletal-Psychosoziales

Zentrum gGmbH

## Mitte

### Selbsthilfe- Kontakt- und Beratungsstelle Mitte

Perleberger Str. 44

10559 Berlin

Tel. (030) 394 63 64

Fax (030) 394 64 85

[kontakt@stadtrand-berlin.de](mailto:kontakt@stadtrand-berlin.de)

[www.stadtrand-berlin.de](http://www.stadtrand-berlin.de)

Fremdsprachkompetenz: Englisch,  
Türkisch

Träger: StandRand gGmbH

## Neukölln

### Selbsthilfezentrum Neukölln-Süd

Lipschitzallee 80  
12353 Berlin

Tel. (030) 605 66 00

Fax (030) 605 68 99

SHKGropiusstadt@t-online.de

www.selbsthilfe-neukoelln.de

Fremdsprachkompetenz: Bosnisch,  
Serbisch, Kroatisch, Türkisch

Träger: Gesundheitszentrum  
Gropiusstadt e.V.

## Neukölln

### Selbsthilfezentrum Neukölln-Nord

Hertzbergstr. 22  
12055 Berlin

Tel. (030) 681 60 64

Fax (030) 681 60 68

info@selbsthilfe-neukoelln.de

www.selbsthilfe-neukoelln.de

Fremdsprachkompetenz: Englisch,  
Bosnisch, Serbisch, Kroatisch, Türkisch

Träger: Gesundheitszentrum  
Gropiusstadt e.V.

## Pankow

### KIS Kontakt- und Informationsstelle für Selbsthilfe in Pankow im Stadtteilzentrum Pankow

Schönholzer Str. 10  
13187 Berlin

Tel. (030) 499 87 09 10

kis@hvd-bb.de

www.kisberlin.de

Fremdsprachkompetenz: Kroatisch,  
Englisch

Träger: Humanistischer Verband  
Deutschlands, LV Berlin und SEIN e.V.

## **Pankow**

### **Selbsthilfe- und Kommunikationszentrum - Im Beratungshaus Buch -**

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Träger: Mittelhof e.V.

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[https://www.nbhs.de/stadtteilarbeit/  
selbsthilfetreffpunkt/](https://www.nbhs.de/stadtteilarbeit/selbsthilfetreffpunkt/)

Fremdsprachkompetenz: Englisch,  
Polnisch

Träger: Nachbarschaftsheim  
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“I HAVE A STRONG FAMILY THAT OFFERS ME SUPPORT. THIS IS WHY I DON'T NEED TO JOIN A SELF-HELP SUPPORT GROUP .”



"The most valuable support is that of the people who are close to us. Nevertheless, there are some experiences that we can share more easily with people who are going through the same things as we do. Some specialized knowledge simply cannot be transmitted by friends and family members. When my family supports me, my commitment in the self-help group helps me to care for myself and for the others in the group."

**The Berlin Senate Representative for Integration and Migration**

<http://www.berlin.de/lb/intmig/>

**Berlin State Office for Equal Treatment and Against  
Discrimination – Anti-Discrimination Agency**

<http://www.berlin.de/lb/intmig/leitstelle/index.html>

**Self-help and Migration**

<http://www.sekis-berlin.de/Selbsthilfe-und-Migration.275.0.html>

**File on Migration | Federal Agency for Civic Education**

<http://www.bpb.de/gesellschaft/migration/dossier-migration/>

**Network Migration in Europe**

<http://www.network-migration.org/>

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# EDITION NOTICE

## **Publisher**

Arbeitskreis Selbsthilfe und Migration  
der Berliner Selbsthilfekontaktstellen  
c/o selko e.V. Dachverband der Berliner  
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of this brochure only with prior  
express authorization.**

Berlin, December 2014

## **Realization**

Layout: Lorenzo Design  
(lorenzo.now@gmx.de)  
Printing: Meta Druck Berlin  
Photography: fotolia.com, istockphoto.com,  
bigstockphoto.com, privat  
Number of copies: 2.500

Additional copies in German,  
Bosnian and Turkish.  
Planned Edition in Russian  
and Arabic (2015).

**We wish to thank the AOK Nord-Ost for its financial  
assistance to the publishing of this brochure.**





