

**You can find us in the town library (Stadtbücherei)
in Oer-Erkenschwick**

**Kaufland Centre – Entrance Stadtbücherei
Berliner Platz 14 A**



**International midwifery café
for pregnant women
and mothers
with babies**



**We would be pleased to see you
at our midwifery café.**

We can sit together over a cup of coffee or tea and swap experiences. The organiser is a qualified midwife from donum vitae e.V. and we have an interpreter on hand to help. You can ask questions and get some very useful information!

Possible topics:

Development and care of the baby
Nutrition, breastfeeding, crying, sleeping
Health of mother and child
Information on social services
Support in dealing with authorities
Advice on contraception + sexuality



And we can arrange for you to get financial assistance from the German organization “Mutter und Kind”.

If you have any questions please contact:

donum vitae e.V.
Recklinghausen
Frau Seemann
Tel: 02361 / 939290
Info@donumvitae-re.de

Frühe Hilfen
der Stadt Oer-Erkenschwick
Frau Kastel
Tel.: 02368 / 691 387
fruehe-hilfen@oer-erkenschwick.de

Our international midwifery café for pregnant women and mothers with babies takes place

every 2 weeks on wednesday from 10.00 to 12.00
on the following dates:

09.08.2023 18.10.2023

23.08.2023 01.11.2023

06.09.2023 15.11.2023

20.09.2023 29.11.2023

13.12.2023

