



## Olive up

Senatsverwaltung  
für Bildung, Jugend  
und Familie

**BERLIN**



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Are you worried about your child's age-appropriate development, do you sometimes feel overwhelmed with parenting or do you have frequent arguments with your child?

Raising children can sometimes be difficult and demand a lot from you. For example, separating from parents during puberty can be a source of much controversy. Would you like someone to talk to, perhaps even in their native language, to help you get rid of your own fears and worries? Or are you looking for specific advice because you are going through a crisis in your family?

We are a multi-professional team of social workers and therapists. We speak German, Arabic, English and Spanish. We have our own migration history and have experience of what it is like to be new in Germany. Our help is anonymous. Counseling appointments can take place either at your home, in a family center near you or in our counseling rooms in Pankow.

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