

# Every person has a right to live a life without violence

## We counsel...

- by phone, in person and online
- in urgent crisis situations
- short or long term (depending on needs)
- impartial to social, cultural or ethnical background

## We support...

- talking about violent incidents
- finding solutions
- self-determined action

## We procure...

- information to further specialised services and organizations (e.g. when forced into marriage, prostitution, genital mutilation,...)

## We accompany...

- you to the police, attorneys, court, doctors, authorities,... if necessary.

## Supporting association

The association "Frauen helfen Frauen e.V." (Women Help Women r.a.) in Mühldorf is sponsoring the advice center. Funding comes partially from the Bavarian government, the administrative district and voluntary donations from communities within the district. Another part of the funds (partial personnel expenses, rent, material costs) the association has to generate through membership fees, sponsorships, charity events and donations.

Please support the work of our association by donating or becoming a member.

**Sparkasse Altötting - Mühldorf**  
IBAN DE29 7115 1020 0000 8627 63

**Volksbank Raiffeisenbank**  
**Rosenheim Chiemsee eG**  
IBAN DE49 7116 0000 0001 3579 48

If you have any questions concerning the association or a membership please contact the board: [vorstand@fhf-lkr-muehldorf.de](mailto:vorstand@fhf-lkr-muehldorf.de).

## Contact

**Fachberatungsstelle für gewaltbetroffene Frauen, Kinder und Jugendliche**

Stadtplatz 5  
84478 Waldkraiburg

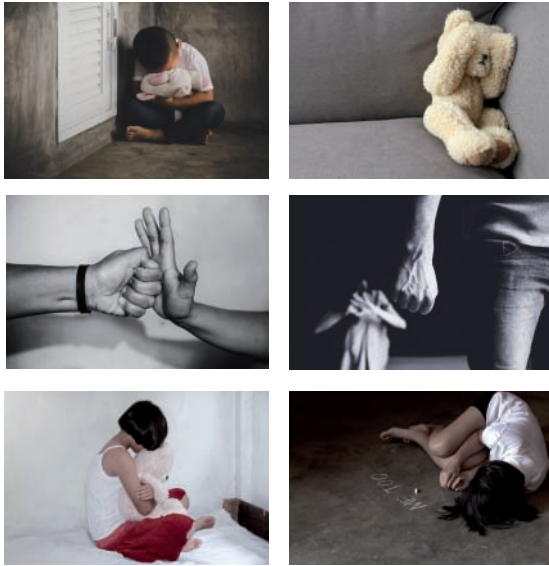
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Visit us online:  
[www.fhf-lkr-muehldorf.de](http://www.fhf-lkr-muehldorf.de)



Specialist advice center  
for women, children and  
young people affected  
by violence





## Violence has many faces

Women, children and juveniles experience violence in different situations and contexts.

- In their family, marriage, relationships
- At school, vocational training or at work
- During free time, in social groups or in public
- On social media (digitalised violence)
- Stalking
- In treatment situations (caregiving, therapy)

## We are a professional advice center

For all women, children and juveniles

- who have experienced physical, emotional and/or sexualised violence
- who find themselves in threatening or violent breakup or divorce situations
- who need to go to a women's crisis centre (Frauenhaus)
- who are scared and do not know how to go on anymore
- who want to change their violent life situation

We also provide counselling for

- all from the situation affected
- relatives
- professionals
- friends, neighbours and colleagues

## Counselling

At our advice center we have experts with additional qualifications in the field of violence against women, children and juveniles.

We provide free counselling that can take place anonymously if you wish. All of our employees are under the duty to remain silent. If needed we will try to bring in a female interpreter.

## Appointments

You can reach us at the advice center personally or by phone:

<b>Mo., Tue., Thurs.</b>	<b>09:00 - 17:30</b>
<b>Mi.</b>	<b>09:00 - 19:00</b>
<b>Fr.</b>	<b>09:00 - 15:00</b>

You can also contact us via email: [info@fhf-lkr-muehldorf.de](mailto:info@fhf-lkr-muehldorf.de). On our website, [www.fhf-lkr-muehldorf.de](http://www.fhf-lkr-muehldorf.de), you can find online counselling options.



## Prevention and public relations

Since we view violence against women, children and juveniles as a problem in society as a whole, we do a lot of prevention work.

We offer information events and expert counselling to interested parties, disseminators, professionals and employees of similar institutions. For schools and kindergartens we have age appropriate materials and cooperate with teachers and educators.

We advise clubs, associations, companies and public institutions in developing and implementing safety plans.