

## Bremer JungenBüro - The most important information at a glance

The Bremer JungenBüro is an information centre for boys, teens and young men who are currently experiencing or have in the past experienced violence. Consultation is offered at no charge!

### Some forms of violence are for example...

- » Bullying, exclusion or extortion (blackmail) by teens
- » Physical or emotional violence in the public sphere, such as on the street
- » Physical or emotional violence in the family
- » Sexual abuse / sexualised violence
- » Burdening through other forms of violence

### What do we offer?

- » You may call us to receive counselling during telephone consultation hours, anonymously if you desire.
- » You may set up an appointment to speak with us in person. Counselling is offered in German.
- » You may also receive counselling online or write to us.
- » You may also wish to take part in classes taught with other boys.

### You decide...

- » how much you want to tell
- » how often you'd like to speak or meet with us
- » what you'd like to do next
- » what you would like to accomplish through our service
- » if you'd like to bring someone with you whom you trust
- » whether or not you'd like to give us your name

### Telephone counselling and telephone counselling hours

Telephone: 0421 59865160

Mon. 10:00 a.m. -12:00 p.m. and Thur. 2:00 p.m. - 4:00 p.m.

You will always be able to reach us during these hours, otherwise you may leave a message and a call-back number on the answering machine and we will return your call.

### Online counselling

You can also visit [www.jungenberatung-bremen.de](http://www.jungenberatung-bremen.de) to obtain more important information. You may also request to receive online counselling. We will reply to your request Mondays - Thursdays within 24 hours.

### Contact

Telephone: 0421. 59 86 51 60

Bremer JungenBüro  
Schüsselkorb 17/18  
28195 Bremen  
[www.jungenberatung-bremen.de](http://www.jungenberatung-bremen.de)  
[www.bremer-jungenbuero.de](http://www.bremer-jungenbuero.de)

