

List of Offers

Offers from volunteers for Ukrainian refugees in Mülheim an der Ruhr

Help With Accomodation		
Provider:	Contact person:	Location:
Caritas-Sozialdienste e. V.	Name: Rüdiger Pilotek Contact: ruediger.pilotek@caritas-muelheim.de	Caritas-Sozialdienste e. V.
What is offered:		
Assistance in finding available housing offered for Ukrainian refugees. Also organizing donations of furniture and household goods.		
Further information:		
<ul style="list-style-type: none"> - The offer is for residents of Mülheim. - No childcare. - The offer is free of charge. 		

Clothing Charity Stores „Jacke wie Hose“ and “Ringelsöckchen“		
Provider:	Contact person:	Location:
Caritas-Sozialdienste e. V.	Name: Rüdiger Pilotek Contact: ruediger.pilotek@caritas-muelheim.de Contact person on site: Jacke wie Hose: Pörtener, Stephan Contact: stephan.poertener@caritas-muelheim.de 0208-30008-30 Ringelsöckchen: Hüttenhoff, Elke Contact: elke.huettenhoff@caritas-muelheim.de 0208-30008-8	Kleiderkammern der Caritas, Hingbergstr. 176, 45470 Mülheim an der Ruhr, (U-Bahn-Haltestelle: U18, Christianstraße)
What is offered:		
Collection and giving out of well-preserved clothing for children and adults		
Further information:		
<ul style="list-style-type: none"> - The offer is for residents of Mülheim. - The offer is for adults and children 		

- Free donations for Ukrainian refugees.
- No childcare.

Refugee and Migration Advisory Service of Caritas Mülheim		
Provider:	Contact person:	Location:
Caritas-Sozialdienste e. V.	Name: Farida Hamza Flüchtlings- und Migrationsberaterin Contact: farida.hamza@caritas-muelheim.de 0208-448348	Caritas-Zentrum Eppinghofen, Vereinsstraße 10-12, 45468 Mülheim an der Ruhr
What is offered:		
Supporting migrants in dealing with everyday problems and tasks and developing their own perspectives		
Further information:		
<ul style="list-style-type: none"> - The offer is for residents of Mülheim. - No childcare. - The offer is free of charge. - An advisory and accompanying offer. 		

International Cooking Group for Women		
Provider:	Contact person:	Location:
Caritaszentrum Eppinghofen	Name: Bilge Akbulut Integrationsagentur Contact: bilge.akbulut@caritas-muelheim.de	Klöttschen 22, 45468 Mülheim an der Ruhr
What is offered:		
Group cooking of different traditional dishes (participants are mainly Syrian women). There are three available places		
Further information:		
<ul style="list-style-type: none"> - The offer is for residents of Eppinghofen district - No childcare. - Participation costs 1-2 euro - The offered activity is supporting the development of language skills 		

An Open Meeting for Ukrainian Refugees		
Provider:	Contact person:	Location:
Caritaszentrum Eppinghofen	Name: Bilge Akbulut Integration agency	Klöttschen 22, 45468 Mülheim an der Ruhr

	Contact: bilge.akbulut@caritas- muelheim.de	
What is offered:		
The offer is for Ukrainian refugees. The meetings will take place on Mondays from 15:00 till 17:00. The meetings with cake and tea provide an atmosphere for an exchange. The help of an interpreter is provided.		
Further information:		
<ul style="list-style-type: none"> - The offer is for residents of Eppinghofen und Stadtmitte. - No childcare. - The offer is for Ukrainian families. - The offer is free of charge. 		

Counselling on Departure and Future Plans		
Provider:	Contact person:	Location:
PLANB Ruhr e.V.	Name: Lisa Smolina Contact: l.smolina@planb-ruhr.de 020884844972	Friedrich-Ebert-Straße 8, 45468 Mülheim an der Ruhr
What is offered:		
Counseling assists with voluntary travel home by: Advising on decision making while considering all the options, Obtaining all necessary documents, Coordination and communication with the authorities, Planning, organization, and realization of the departure.		
Further information:		
<ul style="list-style-type: none"> - The offer is free of charge. - No childcare - The offer is aimed for residents at Stadtmitte district 		

Assistance Network VEK		
Provider:	Contact person:	Location:
Vereinte Evangelische Kirchengemeinde in Mülheim an der Ruhr (VEK)	Name: Iris Schmitt (Deaconess, Dipl. Social Pedagogue), Network-Coordinator Contact: iris.schmitt@kirche- muelheim.de	Netzwerk - Büro, PastorBarnstein-Platz 2, 45468 Mülheim an der Ruhr
What is offered:		
Offers neighborhood assistance in the areas of: Everyday help, visits / conversation contact, technical help, assistance with manual work, official matters, psychosocial first aid, counseling, grief counseling; contact mediation to collaborating providers of the social welfare. "Team Assistance Phone" is available on Tuesday and Thursday from 11:00am to 1:00 pm. Assistance Phone: 01575/23 83 068		
Further information:		

Aimed at all people seeking help. The team on the help hotline accepts requests for help and forwards them to the appropriate volunteers.

Ukrainian Liturgy		
Provider:	Contact person:	Location:
Liturgie in der ukrainischen Sprache	Name: Dr. Oleh Shepetiak Contact: oleh.shepetiak@gmail.com m 017656612252	Christ-König-Kirche Freiherr-vom-Stein-Straße 50. 45473 Mülheim an der Ruhr
What is offered:		
Every Sunday at 1 p.m. a liturgy in the Ukrainian language is held in St. Michael's Church. After the service, the Ukrainian community gathers in the community hall next to the church for coffee and conversations		
Further information:		
The offer is not free of charge. The priest is a priest of the Ukrainian Greek Catholic Church. Liturgies are held in Ukrainian language and in the Byzantine style. All Ukrainian Christians of different confessions are invited to the service.		

Table Tennis Training for Children		
Provider:	Contact person:	Location:
Sportverein Saarn DJK-VFR	Name: Marina Tschirbs Contact: Marina.tschirbs@gmx.de	Halle Klostermarktschule, Klostermarkt 5-9
What is offered:		
Sports club DJK-VFR Saarn offers table tennis training for children from Ukraine aged 6 years and older. The training will take place on Mondays, between 17:30 and 19:00 in the hall Klostermarktschule, Klostermarkt 5-9. We ask all interested to register by phone at the number 0178 - 3172767 (telephone registration in Russian).		
Further information:		
A representative of the club will accompany the children to the first training session to show the route to the sports hall. The venue and the time will be announced after the registration. Sportswear, indoor shoes and a small bottle of water are needed for the training.		

Regional refugee counseling		
Provider:	Contact person:	Location:
PLANB	Name: Marianna Svinos Contact: m.svinos@planb-ruhr.de 0208 84844971	PLANB Ruhr e.V. , Friedrich-Ebert-Straße 8 (2. OG), 45468 Mülheim an der Ruhr
What is offered:		
We provide demand-oriented advice on asylum, residence and social law		

issues, taking into account the current legal situation.

We also offer information and assistance on the following topics:

- Referral to specialist lawyers if required
- Advice on social and personal problems
- consumer questions - accommodation and housing
- Education and professional training
- Development of future plans
- promotion of self-help potential
- general assistance

Further information:

The offer is free of charge

No child care is offered

Integration Courses

Provider:

Integrationsfachschule
des Diakonischen Werks

Contact person:

Head of Department ASD
2 - Integration: Alwina
Fast
Contact:
fast@diakonie-
muelheim.de

Location:

Hagdorn 1a, 45468
Mülheim an der Ruhr

What is offered:

The DW offers a wide variety of courses in women's integration courses, courses for young people, integration courses involving basic literacy, general courses, refresher courses in the levels of literacy A1, A2, B1. Furthermore, within the scope of the German Language Promotion Regulation, professional language courses are offered with the target of B2, C1, B2 courses for trainees, health professions/academic health professions/ recognition of language skills. All language skills, such as pronunciation, vocabulary, text and listening comprehension, as well as grammar are trained and acquired in equal measure.

Further information:

The Integration School of the Diakonisches Werk only offers integration courses that are sponsored by the Federal Office for Migration and Refugees.

An authorization is required to participate in the course.

The staff of the Integration School will be glad to assist you in obtaining this authorization.

- The offer is subject to a fee
- Child care is offered

Nursery

Provider:

Diakonischen Werk
Mülheims

Contact person:

Name:
Frau Gabriele Becker-
Albrecht
Contact:
Becker-

Location:

Klöttschen 22, 45468
Mülheim an der Ruhr /
Oberheidstr. 49, 45475
Mülheim an der Ruhr

	albrecht@diakonie- muelheim.de Tel.: 015772087940	
What is offered:		
The two day care centers set up by the Diakonisches Werk im Evangelischen Kirchenkreis An der Ruhr in cooperation with RuhrFutur gGmbH and the city of Mülheim an der Ruhr are a place for children to settle in, learn through games and experience a sense of community. In each facility, 9 children are cared for by a maximum of 3 day care workers and their families are given support. The aim is to open up educational opportunities for children and to help parents find their way in a new environment.		
Further information:		
The offer is for children from 1 to 3 years old. The offer is subject to a fee.		

The Bridge Project		
Provider:	Contact person:	Location:
Diakonischen Werks Mülheim	Name: Frau Gabriele Becker- Albrecht Contact: Becker- albrecht@diakonie- muelheim.de Tel.: 015772087940	Gemeinschaftsgrundsch ule Styrum, Schlägelstraße 5, 45476 Mülheim an der Ruhr
What is offered:		
In the Bridge Project, three employees of the Diakonisches Werk care for 15 children from the age of 4 until they start school in facilities of the Styrum Community Elementary School. The basic goal is to help children who have fled to Germany or immigrated here to start school and enter an educational system that is foreign to them and their parents. Promoting language proficiency as a key competence for a successful integration is a core part of this project.		
Further information:		
The offer is for children from 4 years old until the school age. The offer is free of charge.		

Youth Migration Service Mülheim an der Ruhr		
Provider:	Contact person:	Location:
Diakonischen Werks Mülheim	Name: Leiterin des Jugendmigrationsdienste s Mülheim an der Ruhr: Maria Brodt Contact: mbrodt@diakonie- muelheim.de Tel.: 0208	Hagdorn 1a, 45468 Mülheim an der Ruhr

	3003 238 Name: JMD Mitarbeiter: Dennis Ginzburg Contact: ginzburg@diakonie- muelheim.de Tel.: 0208 3003 271	
What is offered:		
Youth Migration Services support youth with an immigrant background between the ages of 12 and 27 y.o. by providing advisory, educational, and recreational services. One of the main focuses is the long-term, individual support of young people on their educational and professional path. The aim is to promote the social participation of young people and improve their future opportunities.		
Further information:		
Children, adolescents and young adults with a migration background from the age of 12 to 27 are addressed, irrespective of their residence status, as long as they are in Germany legally or on the basis of a tolerated stay under the immigration law. The offer might be of interest to parents of children and adolescents with a migration background, especially in matters concerning their children's professional training and education. - The offer is free of charge. - No child care is offered		

Ukraine camp at the refugee shelter Mintarder Str., Mülheim-Saarn		
Provider:	Contact person:	Location:
Caritas-Sozialdienste e. V. Mülheim	Name: Frau Laura Braun Contact: laura.braun.@caritasmuelh eim.de Tel.: 0208 - 30008- 83	Flüchtlingsdorf am Kirmesplatz, Mintarder Str. 1, 45481 Mülheim
What is offered:		
We offer various activities for Ukrainian refugee children during the fall break 04.10 - 14.10.2022, e.g. creative activities (e.g. make your own bracelets, modeling, etc.), board games, sports groups (soccer, table tennis, etc.), painting groups, etc.		
Further information:		
- The offer is for children from 6 to 12 years old. - The offer is free of charge.		

Café International		
Provider:	Contact person:	Location:
Ev. Kirchengemeinde Heißen	Name: Pfarrerin Alexandra Cordes	Gemeindezentrum Gnadenkirche, Hingbergstr.370, 45472

	Contact: cordes@kirche-muelheim.de Name: Jugendleiterin: Ina Kriege-Eger Contact: ina.kriege-egert@kirche-muelheim.de Tel.: 01590 1381560	Mülheim an der Ruhr
What is offered:		
Refugees, particularly from Ukraine, are invited to get in touch with members of the church community and citizens from the surrounding area. An informal exchange will take place over coffee and cake. For children there will be games to play.		
Further information:		
<ul style="list-style-type: none"> - The event takes place every 14 days on Fridays. - The event takes place from 16.00 to 18.00 - The offer is free of charge. 		

Singing in the choir, divided into five different groups according to age (3-19 years)		
Provider:	Contact person:	Location:
Vereinte Evangelische Kirchengemeinde Mülheim	Name: Chorleiterin: Sonja Schwechten Chorleiter: Gijs Burger Contact: g.burger@musik-in-petri.de Tel.: 01575 267 4576 Tel.: 0179 5323 414	Probenort: Petrikirche, Pastor-Barnstein-Platz 1, 45468 Mülheim
What is offered:		
The singing school at St. Peter's Church offers children and teenagers a thorough vocal and musical education. Weekly choir rehearsals, regular performances, one children's opera a year, participation in services at St. Peter's Church, an annual weekend trip, trips abroad, and much more.		
Further information:		
We have a fee of 60 € per half year, which covers voice training. Cultural vouchers are welcome to be redeemed with us. No child should not be able to sing with us if he or she cannot afford it. We will find a way to make this work, even free of charge if necessary.		

Schwako		
Provider:	Contact person:	Location:
AWO Kreisverband Mülheim an der Ruhr	Name: Marcus Kuck	Heinrich-Melzer-Straße 17, 45468 Mülheim an

e.V.	Contact: m.kuck@awo-mh.de	der Ruhr
What is offered:		
Individual and group counseling on the topics of pregnancy, sexuality, and partnership conflicts		
Further information:		
<ul style="list-style-type: none"> - Offer for women, parents, couples - City center - No childcare - The offer is free of charge 		

Yoga Time		
Provider:	Contact person:	Location:
Amateur Sport Club e.V.	Name: Axel Wiederhold Contact: a.wiederhold@asc-muelheim.de On site: Name: Vanessa Böhm Contact: inf@asc-muelheim.de	Gymnastikraum unter dem Südbad (An den Sportstätten)
What is offered:		
<p>Our yoga is based on the classical Hatha Yoga and puts the main focus on the asana practice (physical exercises). This practice is partly dynamic, partly static.</p> <p>In addition, the course is accompanied by pranayama (breathing exercises) and usually ends with meditation and final relaxation.</p> <p>The course is for healthy participants aged 17-99.</p> <p>The yoga class is led by a Ukrainian.</p>		
Further information:		
Offer is aimed at the city of Mülheim. <ul style="list-style-type: none"> - No childcare - The offer is free of charge 		

Tiny and its Friends		
Provider:	Contact person:	Location:
Junior-Uni Ruhr	Name: Anke Hötzel Contact: info@junioruni.ruhr On site: Name: Wiemer, Mike, Mitarbeiter in der Verwaltung	Junior-Uni Ruhr, Gewerbeallee 18, 45479 Mülheim an der Ruhr

	Contact: m.wiemer@junioruni.ruh r 0208 44424177	
What is offered: Have you ever heard of Tiny? Tiny is a little robot. And do you know how a robot actually works? Together, we'll look at how to get the little robot to "walk" with the help of coding cards. What command needs to be given first? What is a repeat loop and why is Tiny now running into the wall? With logic and a lot of fun, we will get to the goal together and overcome the obstacles. You will playfully take the first steps towards computer programming. Together we will develop more creative ideas and help Tiny and its friends reach their goals.		
Further information: - The offer is aimed for Ukrainian children at the age of 6 to 10 years. - The offer is free of charge		

Yoga for beginners (adults)		
Provider:	Contact person:	Location:
Mülheimer Turngemeinde 1856 e. V	Name: Heike Baum Contact: info@muelheimer- turngemeinde.de Tel. 0208 390853	Kaiserstr. 72, 45468 Mülheim an der Ruhr
What is offered: Yoga is an important tool for reducing body tension and experiencing relaxation. The exercises are intended to bring balance through activity and also rest and transport a bit of positive perception into everyday life. The focus is on perception, and simpler positions, which do not overwhelm the participants are practiced. Through the physical experience, the community in the yoga group contributes to the integration of the refugees.		
Further information: - Contact person is reachable Mondays and Tuesdays from 8:30 to 13:30. - No childcare. - The offer is free of charge - Mats, yoga pillows and yoga pads are available. - The instructor is a yoga teacher (divali yoga).		

Advice and support for refugees on social and legal issues

Provider: MÜLHEIMERFLÜCHTLINGS RAT e. V.	Contact person: Name: Herr Dieter Schardt Herr Michael Bock Contact: fr-muelheim@web.de +49 (0) 178 865 24 00	Location: Martin Luther Haus, Hagdorn 1, 45468 Mülheim an der Ruhr
What is offered:		
<p>Human rights, peace and international understanding concerns us all! We offer: Advice and support for refugees on social and legal issues, outreach to the public on the situation of refugees, exchange and networking.</p> <p>The voluntary work of the MÜLHEIM FLÜCHTLINGSRAT is realized in particular by:</p> <ul style="list-style-type: none"> - the organization of a consultation and networking evening for refugees - the establishment and expansion of a social network with other counseling centers, social institutions, professional institutions, advisory professional groups and social groups - the establishment of contact channels between locals and refugees - intensive, informative public relations work about the situation of refugees in Mülheim and in Germany in general - Promotion of the spread of information on the motives behind migration - Appointments are on Wednesday evenings from 8 p.m. or by arrangement 		
Further information:		
<p>The offer welcomes:</p> <ul style="list-style-type: none"> - In the context of a counseling and contact evening event, Mülheim refugees with their families: To provide contact opportunities. - Locals and refugees: In the establishment and expansion of a network of contacts. - Other advisory services, social institutions, advisory professional groups and social groups - No childcare - The offer is free of charge 		

German course with target A1, A2, B1, B2		
Provider: CGM Christusgemeinde MH	Contact person: Name: Dr. Helmut Pust Contact: deutschkurs@cgmuelheim.de	Location: verschiedene geeignete Räumlichkeiten
What is offered:		

Courses for beginners and proficient learners.

At the time the courses are full, new admissions are not possible.

Further information:

- The offer was aimed at refugees from the Middle East and Ukraine.
- No child care is offered
- The offer is free of charge

Language course "German for migrants, A1/A2 level

Provider:	Contact person:	Location:
Caritas Mülheim	<p>Name: Monika Schick-Jöres</p> <p>Contact: monika-schick-joeres@caritas-muelheim.de 0208-30008-40/-84</p> <p>Name: Rüdiger Pilotek</p> <p>Contact: ruediger.pilotek@caritas-muelheim.de</p>	Seniorenbegegnungsstätte Aktienstr. 78a, 45473 Mülheim
What is offered:		
German courses led by volunteers for people with a migration background. The offer is aimed at refugees or migrants with a basic knowledge of the German language.		
Further information:		
<ul style="list-style-type: none"> - No child care is offered - The offer is free of charge 		

German course for migrants

Provider:	Contact person:	Location:
Caritas Mülheim	<p>Name: Bilge Akbulut</p> <p>Integrationsagentur</p> <p>Contact: bilge.akbulut@caritas-muelheim.de 01761-2001317</p>	Integrationsagentur im Caritas-Zentrum Eppinghofen, Bruchstr. 64, 45468 Mülheim
What is offered:		
German course led by volunteers for people with a migration background. The offer is aimed at refugees or people with a migration background		
Further information:		

- No child care is offered
- The offer is free of charge

Matchmaking for donations of goods and furniture

Provider:	Contact person:	Location:
Caritas Mülheim	Name: Monika Schick-Jöres Contact: monika-schick-joeres@caritas-muelheim.de Name: Rüdiger Pilotek Contact: ruediger.pilotek@caritas-muelheim.de 0208-30008-40/-84	Hingbergstr. 176, 45470 Mülheim
What is offered:		
With the help of volunteers, we arrange donations of furniture and goods to Ukrainian refugees and organize transport if necessary. The offer is directed to Ukraine refugees and other people in need		
Further information:		
<ul style="list-style-type: none"> - The offer is free of charge - No child care is offered 		

Vacation activities at the Mintarder Straße refugee shelter

Provider:	Contact person:	Location:
Caritas Mülheim	Name: Laura Braun Contact: laura.braun@caritas-muelheim.de 0208-30008-83	Flüchtlingsunterkunft Mintarder Str. 1, Mülheim Saarn
What is offered:		
Various play, sports and creative activities for children between 6 and 14 years during the summer and fall vacations. Supervision by volunteers and paid staff. The offer is aimed at children from the Mintarder Straße refugee shelter between the ages of 6 and 14.		
Further information:		
- The offer is free of charge		

Support for refugee children, adolescents and

their parents from Ukraine in the context of trauma care		
Provider:	Contact person:	Location:
Caritas Mülheim	Name: Nataliia Tyrinova Contact: nataliia.tyrinova@caritas-muelheim.de Name: Natalia Shapoval Contact: natalia.shapoval@caritas-muelheim.de 0177-2001274	Caritas-Zentrum, Hingbergstr. 176, 45470 Mülheim, Flüchtlingsdorf Mintarder Str. 1, 45481 Mülheim
What is offered:		
We offer pedagogical trauma support for children, adolescents and their parents who have fled from Ukraine. The counseling takes place in Russian and Ukrainian.		
Further information:		
- No child care is offered - The offer is free of charge		

German course for beginners		
Provider:	Contact person:	Location:
Caritas Sozialdienste e.V.	Name: Bilge Akbulut Integrationsagentur Contact: bilge.akbulut@caritas-muelheim.de 01761-2001317 On site: Name: Herr Gerd Büttner- Ehrenamtlich tätig Name: Frau Evgenia Waimann - Ehrenamtlich tätig Dolmetscherin	Flüchtlingsunterkunft, Klöttschen 22, 45468 Mülheim
What is offered:		
It is a basic German language course. The course is aimed first of all at the Ukrainian refugees, takes place on Tuesdays from 9 to 11 and Thursdays from 14 to 16. On Thursdays it takes place with a Russian speaking interpreter.		
Further information:		
The offer is aimed at people with a migration background who cannot speak German well. The offer is for the districts Eppinghofen and Stadtmitte.		

No child care is offered
The offer is free of charge

If you are interested, please call 01761 200 13 17 to register!

Soccer for refugee youth

Provider:	Contact person:	Location:
SV Rot Weiß Mülheim	Name: Jugendtrainer Marc Siekmann Contact: Tel. 0171-6538689	MWB Stadion an der Bruchstrasse
What is offered:		
We would like to invite refugee teenagers to a trial training at the Rot Weiß Mülheim soccer club.		
The offer is for people born between 2005 and 2010, whereby in especially the older participants should preferably have some experience in soccer.		
Further information:		
The training takes place depending on the age group daily from Monday to Friday and usually starts at 18:00 o'clock. Please contact us beforehand to make an appointment. contact under Tel. 0171-6538689		

InterVertikal - Integration through Sport

Provider:	Contact person:	Location:
Deutscher Alpenverein (DAV) Kletterzentrum Neoliet Mülheim	Name: Michael Cremer, Erster Vorsitzender Contact: michael.cremer@alpenverein-muelheim.de +49 173 5219061	Kletterzentrum Neoliet Mülheim (Ruhrorter Straße 51, 45478 Mülheim-Speldorf).
What is offered:		
<ul style="list-style-type: none"> - A rock climbing offer aimed at refugees. - The activity takes place every 2nd and 4th Sunday of the month, at 16:30. - If available, you can use your own climbing harness. Otherwise, straps from our InterVertikal will be provided. Please indicate up if you have a climbing harness or need one when you register. - What is generally needed: Light sportswear, sports shoes, drinks, snacks for breaks. - Registration via email: intervertikal@alpenverein-muelheim.de 		
Further information:		
<ul style="list-style-type: none"> - No child care is offered - The offer is free of charge 		

Women's breakfast International		
Provider: Centrum für bürgerschaftliches Engagement (CBE)	Contact person: Name: Anna Maria Allegrezza Contact: Anna.maria.allegrezza@cbe-mh.de 0157 88117290	Location: Refugees shelter Schumannstr. 11 45478 Mülheim, Speldorf
What is offered: Breakfast for exchange and practicing German for women with international background. Women have breakfast together. The offer is accompanied by volunteer women who support the participants in practicing German. Every other week Tuesdays 10:00 - 12:00 h		
Further information: - The offer is free of charge - No child care is offered		

Language Cafe		
Provider: Centrum für bürgerschaftliches Engagement (CBE)	Contact person: Name: Anna Maria Allegrezza Contact: Anna.maria.allegrezza@cbe-mh.de 0157 88117290	Location: Refugees shelter Schumannstr. 11 45478 Mülheim, Speldorf
What is offered: Every Tuesday we speak German together from 16:00 - 17:30 in a cozy atmosphere. It is easier to learn the language and you can also ask questions.		
Further information: - The offer is free of charge		

Play group		
Provider: Centrum für bürgerschaftliches Engagement (CBE)	Contact person: Name: Anna Maria Allegrezza Contact: Anna.maria.allegrezza@cbe-mh.de	Location: Refugees shelter Schumannstr. 11 45478 Mülheim, Speldorf

	be-mh.de 0157 88117290	
What is offered:		
Every Friday, from 16:00 - 17:30 children can play, do handicrafts, paint, and read.		
Further information:		
- The offer is free of charge		

Project "Sports Voucher"		
Provider:	Contact person:	Location:
Mülheimer Sportbund e.V.	Name: Jana Hartwich Contact: jana.hartwich@msb-mh.de 0208/3085044	Mülheimer Sportbund e.V., Haus des Sports, 1. Etage, Büro Nr. 12, Südstraße 25, 45470 Mülheim an der Ruhr
What is offered:		
<p>The sports voucher enables a one-year free membership in one of the Mülheim sports clubs that participate in the project. The participating clubs and their offers are listed in a brochure, which is distributed or sent out with the voucher. The voucher is available to children who fulfill the following conditions:</p> <ul style="list-style-type: none"> - At least 3 years old or still of elementary school age (approximately 3 to 10 years old). For refugees, the voucher is also valid until the age of 18. - No existing membership in a Mülheim sports club. This does not include swimming courses or commercial dance/martial arts schools. Normally this is not a club membership. - The voucher was never redeemed or received before <p>The sports voucher can either be requested online at https://www.muelheimer-sportbund.de/angebote/kinder-und-jugend/sportgutscheine or at the Mülheimer Sportbund e.V. in the Haus des Sports.</p>		
Further information:		
<p>The offer is aimed at children from 3 years to the end of primary school age and refugee youth up to the age of 18.</p> <ul style="list-style-type: none"> - The offer is free of charge - No child care is offered 		

Consulting on sports offers		
Provider:	Contact person:	Location:
Mülheimer Sportbund e.V.	Name: Jana Hartwich Contact: jana.hartwich@msb-mh.de 0208/3085044	Mülheimer Sportbund e.V., Haus des Sports, 1. Etage, Büro Nr. 12, Südstraße 25, 45470 Mülheim an der Ruhr

What is offered:
The Mülheimer Sportbund is happy to provide guidance on sports activities in Mülheim - no matter the age group. From Monday to Thursday from 9 a.m. to 4 p.m. and on Fridays from 9 a.m. to 1 p.m., anyone interested is welcome to drop by or contact us by mail or phone.
Further information:
- The offer is free of charge - No child care is offered

Open and creative offer for children and teenagers		
Provider:	Contact person:	Location:
AWO Kreisverband Mülheim an der Ruhr e.V.	Name: Marcus Kuck Contact: m.kuck@awo-mh.de 01511/18241830	AWO, Hauskampstraße 58, 45476 Mülheim an der Ruhr
What is offered:		
Creative activities and games in connection with the acquisition of German language skills. Parents are also welcome.		
Further information:		
The offer is aimed at children and young people. - The offer is free of charge. - Child care is offered.		

MiA language course for women		
Provider:	Contact person:	Location:
AWO Kreisverband Mülheim an der Ruhr e.V.	Name: Marcus Kuck Contact: m.kuck@awo-mh.de 0151/18241830	AWO, Bahnstraße 18, 45468 Mülheim an der Ruhr
What is offered:		
Mondays to Fridays from 8 to 10 a.m. the German course for women with and without previous experience takes place and aims to teach and improve everyday language skills.		
Further information:		
The offer is intended for women. - No child care is offered. - The offer is free of charge		

AWO Gift Shop		
Provider:	Contact person:	Location:
AWO Kreisverband Mülheim an der Ruhr e.V.	Name: Stephanie Marschall Contact:	Dickswall 98, 45468 Mülheim an der Ruhr

	s.marschall@awo-mh.de Contact on site: schenkladen@awo-mh.de; 0151/18241847	
What is offered:		
We distribute clothing for women, men and children free of charge in the gift store, as well as toys and hygiene items in some cases.		
Further information:		
- The offer is free of charge. - No child care is offered		

Migration advisory service		
Provider:	Contact person:	Location:
AWO Kreisverband Mülheim an der Ruhr e.V.	Name: C. Bohmann, D. Bilici Contact: mbe@awo-mh.de	Bahnstraße 18, 45468 Mülheim an der Ruhr
What is offered:		
Support for immigrants, counseling, processing of forms and development of future plans.		
Further information:		
- The offer is free of charge - No child care is offered		

Prevention and Intervention Center for Sexualized Violence against Children and Adolescents		
Provider:	Contact person:	Location:
AWO Kreisverband Mülheim an der Ruhr e.V.	Name: M. Bockstegers Contact: fbst@awo-mh.de	Hauskampstraße 58, 45476 Mülheim an der Ruhr
What is offered:		
Contact and counseling center for all those affected by sexualized violence, individual counseling and group offers		
Further information:		
- The offer is free of charge. - No child care is offered		

MUT Café in the VHS		
Provider:	Contact person:	Location:
MUT Coordination Office	Name: Giulietta Zeh Contact:	Aktienstraße 45 / Raum 1.14 45468 Mülheim an der

	Giulietta.zeh@muelheim-ruhr.de 0208 455 4775 Contact person on site: Souad Bouayad	Ruhr
What is offered:		
<p>Come to exchange in the familiar environment. There are course instructors who inform the women about educational subjects over coffee and pastries. The women are encouraged and supported in the café to learn the German language.</p> <p>The offer is: Mondays from 09:30 - 11:30 a.m.</p>		
Further information:		
<ul style="list-style-type: none"> - Without pre-registration - The offer is intended for women - No child care is offered - The offer is free of charge 		

MUT Café GGS Brüder Grimm		
Provider:	Contact person:	Location:
MUT Coordination Office	Name: Giulietta Zeh Contact: Giulietta.zeh@muelheim-ruhr.de 0208 455 4775 Contact person on site: Summea Ali	Zastrowstraße 19-21 45476 Mülheim an der Ruhr
What is offered:		
<p>Coming to exchange in a familiar environment. There are course instructors who inform the women about educational topics over coffee and pastries. The women are encouraged and assisted to learn the German language in the café.</p> <p>The offer is: Mondays 09:00 - 11:00 a.m.</p>		
Further information:		
<ul style="list-style-type: none"> - Without pre-registration - The offer is intended for women - No child care is offered - The offer is free of charge 		

MUT Café Gustav-Heinemann-Gesamtschule		
Provider:	Contact person:	Location:
MUT Coordination Office	Name: Giulietta Zeh Contact: Giulietta.zeh@muelheim-ruhr.de 0208 455 4775 Contact person on site: Asiye Akbas-Yazici	Boverstraße 150 45472 Mülheim an der Ruhr
What is offered:		
<p>Coming to exchange in a familiar environment. There are course instructors who inform the women about educational topics over coffee and pastries. The women are encouraged and assisted to learn the German language in the café.</p> <p>The offer is: Mondays 09:00 - 11:00 a.m.</p>		
Further information:		
<ul style="list-style-type: none"> - Without pre-registration - The offer is intended for women - No child care is offered - The offer is free of charge 		

MUT Café Burgmäuse		
Provider:	Contact person:	Location:
MUT Coordination Office	Name: Giulietta Zeh Contact: Giulietta.zeh@muelheim-ruhr.de 0208 455 4775 Contact person on site: Summera Ali	Burgstraße 50 45476 Mülheim an der Ruhr
What is offered:		
<p>Coming to exchange in a familiar environment. There are course instructors who inform the women about educational topics over coffee and pastries. The women are encouraged and assisted to learn the German language in the café.</p> <p>The offer is: Tuesdays 09:00 - 11:00 a.m.</p>		
Further information:		
<ul style="list-style-type: none"> - Without pre-registration 		

- The offer is intended for women
- No child care is offered
- The offer is free of charge

MUT alphabetization VHS

Provider:	Contact person:	Location:
MUT Coordination Office	Name: Giulietta Zeh Contact: Giulietta.zeh@muelheim-ruhr.de 0208 455 4775 Contact person on site: Souad Bouayad	Aktienstraße 45 / Raum 1. 11 45468 Mülheim an der Ruhr
What is offered:		
<p>Coming to exchange in a familiar environment. There are course instructors who inform the women about educational topics over coffee and pastries. The women are encouraged and assisted to learn the German language in the café.</p> <p>The offer is: Tuesdays 09:30 - 12:00 a.m.</p>		
Further information:		
<ul style="list-style-type: none"> - Without pre-registration - The offer is intended for women - No child care is offered - The offer is free of charge 		

MUT Café Fiedelbär Vier.Zentrale

Provider:	Contact person:	Location:
MUT Coordination Office	Name: Giulietta Zeh Contact: Giulietta.zeh@muelheim-ruhr.de 0208 455 4775 Contact person on site: Nuran Brüntgens	Leineweberstraße 15-17 45468 Mülheim an der Ruhr
What is offered:		
<p>Coming to exchange in a familiar environment. There are course instructors who inform the women about educational topics over coffee and pastries. The women are encouraged and assisted to learn the German language in the café.</p>		

The offer is: Tuesdays 09:00 - 11:00 a.m.
Further information:
<ul style="list-style-type: none"> - Without pre-registration - The offer is intended for women - No child care is offered - The offer is free of charge

MUT Café Vier.Zentrale		
Provider:	Contact person:	Location:
MUT Coordination Office	Name: Giulietta Zeh Contact: Giulietta.zeh@muelheim-ruhr.de 0208 455 4775 Contact person on site: Nuran Brüntgens	Leineweberstraße 15-17 45468 Mülheim an der Ruhr
What is offered:		
Coming to exchange in a familiar environment. There are course instructors who inform the women about educational topics over coffee and pastries. The women are encouraged and assisted to learn the German language in the café. The offer is: Tuesdays 09:00 - 11:00 a.m.		
Further information:		
<ul style="list-style-type: none"> - Without pre-registration - The offer is intended for women - No child care is offered - The offer is free of charge 		

MUT Café GGS Liebergschule		
Provider:	Contact person:	Location:
MUT Coordination Office	Name: Giulietta Zeh Contact: Giulietta.zeh@muelheim-ruhr.de 0208 455 4775 Contact person on site: Jacqueline Mühlemeier	Blötter Weg 45-47 45478 Mülheim an der Ruhr
What is offered:		

Coming to exchange in a familiar environment.
There are course instructors who inform the women about educational topics over coffee and pastries.
The women are encouraged and assisted to learn the German language in the café.

The offer is:
Tuesdays 09:00 - 11:00 a.m.

Further information:

- Without pre-registration
- The offer is intended for women
- No child care is offered
- The offer is free of charge

MUT Café Regenbogenland

Provider:	Contact person:	Location:
MUT Coordination Office	Name: Giulietta Zeh Contact: Giulietta.zeh@muelheim-ruhr.de 0208 455 4775 Contact person on site: Summera Ali	Schlägelstr. 5 45476 Mülheim an der Ruhr

What is offered:

Coming to exchange in a familiar environment.
There are course instructors who inform the women about educational topics over coffee and pastries.
The women are encouraged and assisted to learn the German language in the café.

The offer is:
Wednesdays 09:00 - 11:00 a.m.

Further information:

- Without pre-registration
- The offer is intended for women
- No child care is offered
- The offer is free of charge

MUT Café GGS Zunftmeisterstraße

Provider:	Contact person:	Location:
MUT Coordination Office	Name: Giulietta Zeh Contact: Giulietta.zeh@muelheim-ruhr.de	Zunftmeisterstraße 21-23 45468 Mülheim an der Ruhr

	0208 455 4775 Contact person on site: Jacqueline Mühlemeier	
What is offered:		
<p>Coming to exchange in a familiar environment. There are course instructors who inform the women about educational topics over coffee and pastries. The women are encouraged and assisted to learn the German language in the café.</p> <p>The offer is: Wednesdays 09:30 - 11:30 a.m.</p>		
Further information:		
<ul style="list-style-type: none"> - Without pre-registration - The offer is intended for women - No child care is offered - The offer is free of charge 		

MUT Café GGS Steigerweg		
Provider:	Contact person:	Location:
MUT Coordination Office	Name: Giulietta Zeh Contact: Giulietta.zeh@muelheim-ruhr.de 0208 455 4775 Contact person on site: Vicdan Karabulut	Steigerweg 3 45472 Mülheim an der Ruhr
What is offered:		
<p>Coming to exchange in a familiar environment. There are course instructors who inform the women about educational topics over coffee and pastries. The women are encouraged and assisted to learn the German language in the café.</p> <p>The offer is: Wednesdays 08:30 - 10:30 a.m.</p>		
Further information:		
<ul style="list-style-type: none"> - Without pre-registration - The offer is intended for women - No child care is offered - The offer is free of charge 		

MUT Pustebblume		
Provider:	Contact person:	Location:

MUT Coordination Office	Name: Giulietta Zeh Contact: Giulietta.zeh@muelheim-ruhr.de 0208 455 4775 Contact person on site: Summera Ali	Kaiser-Wilhelm-Straße 29 45476 Mülheim an der Ruhr
What is offered:		
<p>Coming to exchange in a familiar environment. There are course instructors who inform the women about educational topics over coffee and pastries. The women are encouraged and assisted to learn the German language in the café.</p> <p>The offer is: Thursdays 09:00 - 11:00 a.m.</p>		
Further information:		
<ul style="list-style-type: none"> - Without pre-registration - The offer is intended for women - No child care is offered - The offer is free of charge 		

MUT Café at Klöttschen		
Provider:	Contact person:	Location:
MUT Coordination Office	Name: Giulietta Zeh Contact: Giulietta.zeh@muelheim-ruhr.de 0208 455 4775 Contact person on site: Emma Rölfke	Klöttschen 22 45468 Mülheim an der Ruhr
What is offered:		
<p>Coming to exchange in a familiar environment. There are course instructors who inform the women about educational topics over coffee and pastries. The women are encouraged and assisted to learn the German language in the café.</p> <p>The offer is: Thursdays 10:30 - 12:30 a.m.</p>		
Further information:		
<ul style="list-style-type: none"> - Without pre-registration - The offer is intended for women - No child care is offered - The offer is free of charge 		

MUT Café Panama/Erich Kästner-Schule		
Provider:	Contact person:	Location:
MUT Coordination Office	Name: Giulietta Zeh Contact: Giulietta.zeh@muelheim-ruhr.de 0208 455 4775 Contact person on site: Asiye Akbas-Yazici	Nordstraße 85 45473 Mülheim an der Ruhr
What is offered:		
<p>Coming to exchange in a familiar environment. There are course instructors who inform the women about educational topics over coffee and pastries. The women are encouraged and assisted to learn the German language in the café.</p> <p>The offer is: Thursdays 09:30 - 11:30 a.m.</p>		
Further information:		
<ul style="list-style-type: none"> - Without pre-registration - The offer is intended for women - No child care is offered - The offer is free of charge 		

MUT Café Kleine Stifte		
Provider:	Contact person:	Location:
MUT Coordination Office	Name: Giulietta Zeh Contact: Giulietta.zeh@muelheim-ruhr.de 0208 455 4775 Contact person on site: Vicdan Karabulut	Bruchstraße 83A 45468 Mülheim an der Ruhr
What is offered:		
<p>Coming to exchange in a familiar environment. There are course instructors who inform the women about educational topics over coffee and pastries. The women are encouraged and assisted to learn the German language in the café.</p> <p>The offer is: Thursdays 09:00 - 11:00 a.m.</p>		

Further information:

- Without pre-registration
- The offer is intended for women
- No child care is offered
- The offer is free of charge

MUT Café Zauberwald

Provider:	Contact person:	Location:
MUT Coordination Office	Name: Giulietta Zeh Contact: Giulietta.zeh@muelheim-ruhr.de 0208 455 4775 Contact person on site: Vicdan Karabulut	Aktienstraße 218 45476 Mülheim an der Ruhr

What is offered:

Coming to exchange in a familiar environment.
 There are course instructors who inform the women about educational topics over coffee and pastries.
 The women are encouraged and assisted to learn the German language in the café.

The offer is:
 Fridays 09:00 - 11:00 a.m.

Further information:

- Without pre-registration
- The offer is intended for women
- No child care is offered
- The offer is free of charge

MUT alphabetization GGS-Zunftmeisterstraße

Provider:	Contact person:	Location:
MUT Coordination Office	Name: Giulietta Zeh Contact: Giulietta.zeh@muelheim-ruhr.de 0208 455 4775 Contact person on site: Asiye Akbas-Yazici	Zunftmeisterstraße 21-23 45468 Mülheim an der Ruhr

What is offered:

Coming to exchange in a familiar environment.
 There are course instructors who inform the women about educational topics over coffee and pastries.

The women are encouraged and assisted to learn the German language in the café.

The offer is:
Fridays 09:00 - 11:30 a.m.

Further information:

- Without pre-registration
- The offer is intended for women
- No child care is offered
- The offer is free of charge

Learning German while having breakfast

Provider:	Contact person:	Location:
Centrum für bürgerschaftliches Engagement (CBE)	Person: Gilberte R. Mandel-driesen Contact: gilberte.driesen@cbe-mh.de 0157 88117291	Refugees shelter Oberheidstr. 49 45476 Mülheim, Dümpten
What is offered:		
Every Wednesday from 9:30 - 11:00 am, women with refugee background have breakfast and learn German together. A transcultural team leads the course. The participants learn the language in a casual way and get orientation for their everyday life.		
Further information:		
- The offer is free of charge - weekly / wednesdays - Women as target group		

Game and handicrafts group

Provider:	Contact person:	Location:
Centrum für bürgerschaftliches Engagement (CBE)	Person: Gilberte R. Mandel-Driesen Contact: Gilberte.driesen@cbe-mh.de 0157 88117291	Refugees shelter Oberheidstr. 49 45476 Mülheim, Dümpten
What is offered:		
Every Friday from 16:00 - 18:00 children can play, do handicrafts, and paint		

Further information:

- The offer is free of charge
- weekly / **Fridays**
- For children and teenagers

Read and borrow children's books

Provider:	Contact person:	Location:
Centrum für bürgerschaftliches Engagement (CBE)	Person: Gilberte R. Mandel-Driesen Contact: Gilberte.driesen@cbe-mh.de 0157 88117291	Refugees shelter Oberheidstr. 49 45476 Mülheim, Dümpten
What is offered:		
Every Tuesday from 5:00 - 6:00 p.m. children can read aloud and then borrow their favorite books		
Further information:		
- The offer is free of charge - weekly / Tuesdays - For children and teenagers		

Sports: soccer and basketball

Provider:	Contact person:	Location:
Centrum für bürgerschaftliches Engagement (CBE)	Person: Gilberte R. Mandel-Driesen Contact: Gilberte.driesen@cbe-mh.de 0157 88117291	Refugees shelter Oberheidstr. 49 45476 Mülheim, Dümpten
What is offered:		
Every Monday, from 17:00-18:30 children can play soccer or basketball upon agreement with the volunteers.		
Further information:		
The offer is aimed at children and young people from 5 years old until the end of primary school age. - The offer is free of charge - weekly / Mondays - For children and teenagers		

Counseling and orientation for refugees		
Provider:	Contact person:	Location:
Centrum für bürgerschaftliches Engagement (CBE)	Gilberte R. Mandel-Driesen Contact: Gilberte.driesen@cbe-mh.de 0157 88117291	Refugees shelter Oberheidstr. 49 45476 Mülheim, Dümpten
What is offered:		
Every Monday from 10:00-12:00 the residents of the shelter can receive advice and immediate assistance		
Further information:		
The offer is aimed at children and young people from 5 years old until the end of primary school age. - The offer is free of charge - weekly / Mondays - for all refugees at the Oberheidstr.		

On-site repairs		
Provider:	Contact person:	Location:
Centrum für bürgerschaftliches Engagement (CBE)	Person: Gilberte R. Mandel-Driesen Contact: Gilberte.driesen@cbe-mh.de 0157 88117291	Refugees shelter Oberheidstr. 49 45476 Mülheim, Dümpten
What is offered:		
Every Friday from 16:00 - 18:00 volunteers from the Talentwerkstatt Styrum can repair bicycles, baby carriages, scooters etc....		
Further information:		
- The offer is free of charge - weekly / Fridays - for all residents		

Language Café at Styrumer Treff		
Provider:	Contact person:	Location:
Styrumer Treff	Person:	Rosenkamp 3

	Frau Jenny Janßen Contact: j.janssen@denkarbeit.ru hr 0159 0178 3993	45476 Mülheim an der Ruhr
What is offered:		
Every Thursday from 17:00 - 20:15 a meet-up is organized for all people who would like to talk, laugh and learn German.		
Further information:		
- The offer is free of charge - Registration is not necessary		