

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.
- 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 to obtain more important information. You may also request to receive online counselling. We will reply to your request Mondays - Thursdays within 24 hours.

