

## Counselling

We offer psychosocial counselling for personal problems, family problems or mental health issues.

During our opening hours, you can take advantage of a short consultation, arrange a one-time counseling appointment or regular counseling appointments with us; either by phone or you come in personally. The counseling is free.

## Our Team

Our team at Treffpunkt Mexikoplatz is multi-professional.

## Account for Donations

Legal agency of the contact and counseling center is the registered society Perspektive Zehlendorf e.V.

We highly appreciate voluntary service as well as and financial support.

Perspektive Zehlendorf e.V.  
Reference: Mexikoplatz  
Volksbank Berlin  
IBAN: DE62100900002246451020

## Contact

**Treffpunkt Mexikoplatz**  
**Mexikoplatz 4**  
**14163 Berlin**

**Phone: 801 70 26**  
**info@treffpunkt-mexikoplatz.de**



**Public transport**  
**S 1 Mexikoplatz**  
**Bus 118 und 622**

## Open Get-Together (Treff)

<b>Monday</b>	11:30 - 13:00 Uhr 14:30 - 15:00 Uhr
<b>Tuesday</b>	14:00 - 15:00 Uhr
<b>Wednesday</b>	12:30 - 13:30 Uhr 14:30 - 15:00 Uhr
<b>Thursday</b>	13:30 - 14:30 Uhr

# Treffpunkt Mexikoplatz

**Psychosocial Contact and  
Counselling Center**

Cost-free and anonymous



Member of:



# Treffpunkt Mexikoplatz

The "Treffpunkt Mexikoplatz" is a psychosocial contact and counselling center. It is open for all people who:

- would like to share their leisure time with other people and who like to make new friends and contacts.
- have sorrows, problems and anxieties for which they search support and assistance.
- like to get clarify their rights and legal obligations with administration and authorities.
- are suffering from emotional stress or mental crises and seek support and advise (e.g. after hospitalization)
- are relatives who seek support and counsel

Over a cup of coffee or tea at the "**open get-together**" you can get to know the place and get into contact with the team and other visitors noncommittal.

**Special events** like tours, "Carnival", and celebrations will be announced in the "Treffpunkt".



# Weekly program

## Monday

**09:00 - 10:30 Uhr**  
Breakfast-preparation group (upon consultation)

**10:30 - 11:30 Uhr**  
International breakfast (with sign-up)

**11:30 - 13:00 Uhr**  
Open get-together

**12:00 - 13:00 Uhr**  
Psychosocial counselling (with sign-up)

**13:00 - 14:30 Uhr**  
New's"- Discussions based on selected Newspaper articles and actual documentaries concerning various topics

**14:30 - 15:00 Uhr**  
Open get-together

**15:00 - 18:00 Uhr**  
Joint cooking with refugees (with sign-up)

**every 2. Monday of a month**  
**17:00 - 18:30 Uhr**  
Relatives' group (Location: Machnower Str. 27a)

## Tuesday



**10:30 - 14:00 Uhr**  
Cooking workshop (cooking, baking and more)

**12:00 - 14:00 Uhr**  
Psychosocial counselling (with sign-up)

**14:00 - 15:00 Uhr**  
Open get-together

**15:00 - 17:00 Uhr**  
Language café "Let's talk German" - Lasst uns Deutsch sprechen (with sign-up)



# Weekly program

## Wednesday

**11:00 - 12:30 Uhr**  
Rhythm and percussion group (guided)

**11:30 - 12:30 Uhr**  
Psychosocial counselling (with sign-up)

**12:30 - 13:30 Uhr**  
Open get-together

**13:30 - 14:30 Uhr**  
Chorus (guided)

**14:30 - 15:00 Uhr**  
Open get-together

**15:00 - 18:00 Uhr**  
Creative photography



## Thursday

**12:00 - 13:30 Uhr**  
Walking-group / Game-group

**13:30 - 14:30 Uhr**  
Open get-together

**13:30 - 14:30 Uhr**  
Psychosocial counselling (with sign-up)

**14:30 - 17:30 Uhr**  
Art-group



## Friday

**every 1. Friday of a month**  
**10:00 - 12:30 Uhr**  
Walking in the neighborhood ("Kiez")

**13:00 - 15:00 Uhr**  
Bowling-group

**every 2., 3., 4., ggf. 5. Friday of a month**  
**10:00 - 15:00 Uhr**  
Culture trips and excursions

