

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)

Monday	11:30 - 13:00 p.m. 14:30 - 15:00 p.m.
Tuesday	14:00 - 15:00 p.m.
Wednesday	12:30 - 13:30 p.m. 14:30 - 15:00 p.m.
Thursday	13:30 - 14:30 p.m.

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
Intercultural cooking (with sign-up)

every 2. Monday of a month
17:00 - 18:30 Uhr
Relatives' group (Location: Machnow 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
Encounter group / Meet 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

