

## KinderschutzZentrum München

We are a cross-regional specialist counseling center that supports families in stressful life situations. We provide counseling, particularly in cases of neglect or abuse – physical, sexual, or emotional – within the family or a child’s immediate social environment.

## Donation Account

Kinderschutzbund OV München  
Bank für Sozialwirtschaft  
IBAN DE61 3702 0500 0007 8117 05  
BIC BFSWDE33XXX

The KinderschutzZentrum (Child Protection Center) is supported by the City of Munich, the Government of Upper Bavaria, and the Munich District Office, and is financed by donations and the Kinderschutzbund München’s own funds.

## Contact

Kapuzinerstraße 9 D (Courtyard)  
80337 München  
(U3 and U6 Goetheplatz)

089.55 53 56  
kischuz@dksb-muc.de  
kinderschutzbund-muenchen.de

## Opening Hours

Mon–Fri 9:00 a.m. to 12:30 p.m.  
Mon–Thu 1:30 p.m. to 5:00 p.m.  
Fri 1:30 p.m. to 4:00 p.m.

Outside of our opening hours, you are welcome to leave us a message on our answering machine or send us an email.

I CAN DO  
THINGS  
DIFFERENTLY

Nonviolent Parenting  
in the Family

## Training for parents and children

Your children don’t listen. They whine and there are constant arguments. You are stressed or simply fed up. Sometimes, as a mom or dad, you might raise your voice or even slap them.

"A SLAP  
NEVER HURT  
ANYONE!"

"WHY WON'T  
YOU LISTEN?  
I DON'T  
KNOW WHAT  
ELSE TO DO!"

### For parents

In the parent training course "I can do things differently...", you can explore your own experiences, the issue of violence in the family, and its consequences. Building on this, you will learn alternative ways of dealing with difficult situations and non-violent parenting strategies.

### When violence occurs in parenting ...

... the whole family is affected. Everyone involved feels uncomfortable in this atmosphere.

"I DON'T  
WANT TO  
BE HIT!"

"I'M SCARED  
WHEN MOM  
OR DAD  
ARE ANGRY!"

### For children

Part of the training involves a session where children and young people can exchange ideas, receive answers to their questions, and learn how to deal with stressful and crisis situations as effectively as possible.

**Do you want to improve your family relationships? We can support you.**

### Our services include

- A personal introductory meeting
- Eight 2.5-hour sessions in the parents' group
- One session for children and young people without their parents
- A final family meeting

### Contribution towards costs

€ 90 per parent

Der Kinderschutzbund OV München  
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