



STÄRKE

The state programme for families

Baden-Württemberg
Ministerium für Soziales,
Arbeit und Gesundheit

Dear Parents,

The family is a child's first place of learning, providing a secure environment and space for growing together. Every day, you support your child with love, patience and care as they make their way in life. Parenting is a source of many joyous moments, but occasionally also doubts, uncertainty and new challenges.

The **STÄRKE** state programme with its diverse family learning activities helps and supports you in your parenting role. Families can exchange ideas, new insights and practical approaches for shaping family life. Share experiences, learn from and with other parents and caregivers, enjoy quality time and gain valuable experience. Every family is unique and this diversity enriches our society.

I warmly invite you to join us and gain inspiration in an open and appreciative atmosphere. Because strong families in all their varied facets produce strong children. And some things are a lot easier tackled together.

O. Hildenbrand

Oliver Hildenbrand MdL

Minister of Social Affairs, Labour and Health



What is STÄRKE and who can participate?

The STÄRKE state programme enables (expectant) families in Baden-Württemberg to take part in local family learning activities for free or at a reduced rate.

The German word STÄRKE means “strength”. The programme aims to strengthen parenting skills and improve children’s development possibilities.



Where can I find information about STÄRKE activities?

Information on the activities is available at the municipality or district office (Landratsamt) department responsible for families, on the homepage of your local public authority, in parent-child centres, mother and family centres and from family education providers.



Details of STÄRKE activities near you can also be found at <https://muetter-vaeter-bw.de/adressen> (category: Familienbildung/STÄRKE vor Ort).

What **STÄRKE** activities are there?



Family hubs

Family hubs are free for all families. The hubs enable families of all ages to get to know each other and share their experiences. They also offer learning activities focusing on issues that concern parents, with discussions and information on additional events and possibilities of financial support.



Family retreats for families in special situations

Families in special situations can also take part in a family retreat that focuses on their needs. Financial support is available for family retreats.

Translations of this brochure are available in various languages as well as in simple and easy language at <https://sozialministerium.baden-wuerttemberg.de/staerke> ➡

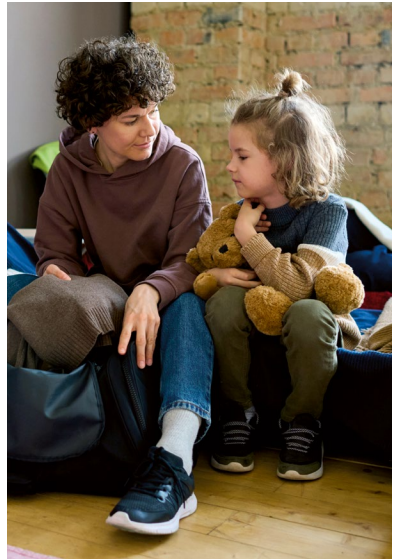


Family learning courses

Family learning courses are available on relevant societal developments and for families in special situations. These courses can be attended for free or at a reduced cost. Participation does not depend on the age of the child.

Families in special situations include

- Single-parent families
- Particularly young parents (at least one parent under 18 years of age)
- Families with children of multiple birth,
- Separated families
- Families with same-gender parents
- Families with refugee experience and immigrant families
- Families with experience of violence
- Families in which a family member is ill (including addiction), in need of care or with a disability



The **parent hotline** is operated by Nummer gegen Kummer e. V. – member of the Child Protection Association, www.nummergegenkummer.de.
Anonymous and free via mobile phone and landline:
Monday to Friday, 9 a.m. to 5 p.m.,
Tuesday and Thursday until 7 p.m.



STÄRKE partners are:



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