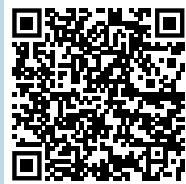


PLEASE FEEL FREE TO CONTACT US AND
WE WILL SET UP A FIRST MEETING!

TRAVEL COSTS WILL BE REIMBURSED.



Stand: August 2022
Druck: cariprint/Caritas Wertarbeit
auf 100% Recyclingpapier

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HAVE YOU FLED UKRAINE BECAUSE OF THE WAR AND ARE SEEKING SHELTER IN GERMANY?

The war, the flight, concern about friends and family and the life situation in Germany can be very emotionally burdening.

You may have noticed some of the
following changes in yourself:

- Are you having trouble sleeping and nightmares?
- Do you feel tense and restless?
- Have you become jumpier or do you worry a lot?
- Perhaps you are also becoming increasingly worried about the behaviour of your child/children or someone else close to you?

Caritas Therapiezentrum
für Menschen
nach Folter und Flucht




für Köln

THAT IS A COMPLETELY NATURAL REACTION TO VERY STRAINING LIFE CIRCUMSTANCES!

In most cases, the stress reactions subside on their own over time. Sometimes, appropriate assistance or support from a third party can be helpful in this process.

Please feel free to contact us:
whether you want to have your reactions evaluated or
you'd like to know how to alleviate your symptoms or
just talk to an unbiased person about your situation.

 **If necessary, we use interpreters so that you can
speak to us in your mother tongue.**

**WE ARE OFFERING
FREE AND CONFIDENTIAL
COUNSELLING!**

WHO WE ARE

Caritas therapy centre for people after torture and flight
Psychosocial counselling for refugees from Ukraine

Spiesergasse 12

50670 Köln

Tel: +49 (0)221 160740

E-Mail: therapiezentrum@caritas-koeln.de

PERSONALLY ON DUTY FOR YOU

Britta Rother

Art education MA,
Psychology BSc.

Inna Klee

Clinical Psychology MSc

Christopher Bertges

Diploma in Social Work,
Expert adviser in
Psychotraumatology

