

## Before seeking shelter

You should provide the following (if possible):

- Identity Card / passport / residence permit
- Birth and marriage certificate / family register
- Account card / statements of account / notices of benefits
- Health insurance card
- Medical certificates
- Clothing you and your children need, school things, soft toys, etc.

**If you can't bring any things with you:  
Go to the refuge anyway! Most documents needed  
can be provided subsequently.**



## Information & Contact

**Sozialdienst katholischer Frauen e.V. Bergisch Land**

*Frauenhaus Remscheid*

P.O. Box 100855 in 42808 Remscheid

Telephone: 02191 997016

Telefax: 02191 997018

E-Mail: [frauenhaus@skf-bergischland.de](mailto:frauenhaus@skf-bergischland.de)

For help go to:

[www.gewaltlos.de](http://www.gewaltlos.de)

Helpline "Violence against Women"

08000116016 (free and around the clock)

Chat counselling: [www.hilfetelefon.de](http://www.hilfetelefon.de)

Information about free places in women's refuges:

[www.frauen-info-netz.de](http://www.frauen-info-netz.de)

We need donations to provide our services.

If you want to make a donation, please transfer it to the following account:

IBAN DE 13340500000012106357.



Sponsored by :

Ministerium für Heimat, Kommunales,  
Bau und Gleichstellung  
des Landes Nordrhein-Westfalen



Our counseling services and help are provided  
for all women irrespective of origin and denomination  
and they are free of charge.  
We are bound by secrecy.

[www.skf-bergischland.de](http://www.skf-bergischland.de)

## Women's Refuge in Remscheid



ENGLISCH



**02191 997016**

For women facing violent situations

**Gemeinsam Zukunft schaffen!**

**Sozialdienst katholischer Frauen e.V.**  
Bergisch Land



## Domestic violence

Domestic violence is no private matter but a violation of a human being's right of bodily integrity.

Violence is not an isolated case; it occurs in all social classes.

Don't feel ashamed to talk about what happened to you. You don't bear the blame for the violence done to you.

We want to encourage you to talk about your situation.

Therefore, don't hesitate to contact us.  
Just call



**02191 997016**



### Our refuge

Our refuge can accommodate eight women and their children.

There are mainly single rooms. The living room, the kitchen as well as the bathrooms and the toilets are shared facilities.

You are admitted round the clock irrespective of origin and denomination.

The address of the women's refuge is anonymous to make it a really safe place for you.

We side with you and your children all the time. Our staff is bound by secrecy.

### Our team

The following female experts work at our women's refuge:

- Social pedagogues and social workers
- Educators
- Housekeeper

### Our services:

- Support and counseling for you and your children
- Information about your legal and financial situation
- Assistance in enforcing your claims
- Special offers for your children
- Assistance in dealing with the violence experienced
- Transfer to social services, physicians, lawyeresses, etc.