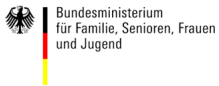


This Group is sponsored by:  
**Johannes Stiftung des Bistums Mainz**

Weitere Förderer des PSZ Mainz:  
Bundesfamilienministerium, Landeshauptstadt Mainz,  
Kreis Mainz-Bingen, Integrationsministerium Land RLP



Landeshauptstadt  
Mainz

# Psychosoziales Zentrum für Flucht und Trauma



Psychosoziales Zentrum für

Flucht und Trauma



Rheinallee 3a, 55116 Mainz  
Telefon: 06131 90746-0  
Telefax: 06131 90746-60  
Mail: [psz@caritas-mz.de](mailto:psz@caritas-mz.de)  
Web: [www.caritas-mainz.de](http://www.caritas-mainz.de)

**Zertifiziert nach DIN EN ISO 9001**

Bankverbindung und Spendenkonto:

Pax Bank: BIC: GENODED1PAX

IBAN: DE71 3706 0193 4000 2120 11

**Psychosocial support group for re-  
fugees and their children.**

Caritasverband  
Mainz e.V.



# Psychosoziales Zentrum für Flucht und Trauma - Gruppe 2023

## Adressees:



Parents and elementary school-aged children who have experienced asylum seeking.

## What does the support group offer?

There will be a group for parents and a group for children, which will take place at the same time. The parents' group aims to strengthen them in their stress management as well as in their parenting skills. The consequences of psychological stress experienced during the flight can be discussed in the group and solutions worked out. In the children's group, strategies for dealing with stressful experiences will be developed in a playful way. Parents or children who require further psychological support may receive individual therapy sessions.

## Appointments

Group appointments (à 90 minutes):

**Monday 16.10. 10:30 a.m,**

**Tuesday 17.10. 10:30 a.m,**

**Monday 23.10. 10:30 a.m,**

**Thursday 26.10. 10:30 a.m,**

**Monday 30.10. 16:30 p.m,**

**Monday 06.11. 16:30 p.m**

## Ort:

Beratungs- und Jugendhilfezentrum St. Nikolaus

**Lotharstraße 11-13, 3<sup>rd</sup> Floor**

55116 Mainz

## Contact:

Laura Dietl, M. Sc. Psychologist

E-Mail: [l.dietl@caritas-mz.de](mailto:l.dietl@caritas-mz.de)

Tel: 0170-1176512

Annjoy Mwendwa, B.Sc. Psychologist

E-Mail: [a.mwendwa@caritas-mz.de](mailto:a.mwendwa@caritas-mz.de)

## Registration:

To sign up for the group, please send an email to [psz@caritas-mz.de](mailto:psz@caritas-mz.de) before 8<sup>th</sup> of September 2023, stating your name, your mother tongue and whether you need an interpreter.

The requirement for taking part in the group is the participation in a first meeting before the group sessions begin.