

Close to life and solution-oriented

In our counselling centres, you will receive professional counselling on topics related to your child, being a parent and parenting issues.

Do you have children between the age of 0 and 5? We accompany you individually and address your concerns competently. Take advantage of our free offer in your area. You will also find helpful tips and tricks on our website.

Our goal: Strengthened parents, happy children!

Quickly find your counselling centre:



Also available in 16 other languages



Our topics

Breastfeeding • Nutrition • Sleeping Development • Education • Family support Holidays and leisure • Health • Care

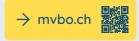
Frequently asked questions



- P How can I provide my child with a healthy and balanced diet?
- ? How do I deal with challenges in raising my child?
- ? How can I deal with stress and excessive demands as a parent?
- **?** How can I breastfeed my baby properly or what alternatives are available to me?

Mothers' and Fathers' Counselling Centre East info@mvbo.ch Supported by:

Kanton St.Gallen Gleichstellungs- und Integrationsförderung



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