

## Midwives participating in the project

Midwives help you to be as well prepared for the birth of your child as possible. If you want they can come to visit you in your home for a time after the birth and help ease you into your new family way of life.

The cost of the assistance provided is generally covered by your health insurance company.

### Midwives you can contact:

- **Families Midwife at the Local Health Department**  
**Sabine Janowski**  
Telephone: (0231) 50-2 76 16
- **freelance midwife**  
**Henrike Middendorf**  
Telephone: 0157 / 74 72 02 20
- **freelance midwife**  
**Agatha Großstück**  
Telephone: 0170 / 4 85 51 40



## Midwife hotline

Telephone: (0231) 50-1 01 88  
Every Tuesday from 3 pm to 5 pm and  
every Friday from 10 am to 12 noon

### The hotline will help you

- to find the right midwife

### The hotline will inform you

- about all the services the midwife can provide

### The hotline will advise you

- and answer your personal questions

Das Projekt wird unterstützt durch:  
Bezirksteam Innenstadt-Nord, Gynäkologen,  
Kinderärzte und Hebammen.



Gefördert vom:



# Midwife Services

in the Nordmarkt  
Community

Werdende Eltern – informiert von Anfang an

Ein Projekt vom Gesundheitsamt, Jugendamt und Familien-Projekt.



## Services provided by the midwives

### Midwife consultations

- initial consultation
- personal counselling
- information about the scope of midwife services

Every first Tuesday of the month  
from 2.30 pm to 4.00 pm in the  
St. Antonius Families Centre  
Missundestraße 78, 44145 Dortmund  
Telephone: (0231) 81 63 35

### Advice regarding nutrition up to the age of nine months for

- concerns with breast-feeding
- questions regarding solid foods
- problems relating to the infant's diet

Every third Wednesday of the month  
from 9.00 am to 11.00 am in the  
FABIDO Stollenstraße Families Centre  
Stollenstraße 40, 44145 Dortmund  
Telephone: (0231) 4 76 45 70

### Postnatal exercise courses

(open offer – join the course at any time)

- strengthening the pelvic floor
- providing an opportunity to share with other young mothers
- helping mother and child stay healthy

Every Wednesday  
from 10.00 am to 11.00 am in the  
FABIDO Stollenstraße Families Centre  
Stollenstraße 40, 44145 Dortmund  
Telephone: (0231) 4 76 45 70 or  
Henrike Middendorf  
Telephone: 0157 / 74 72 02 20

## Gynaecologists participating in the project

### Healthcare Centre **MZV Königshof Dortmund GmbH**

Michaela Adomakoh-Lang  
Münsterstraße 40  
44145 Dortmund  
Telephone: (0231) 81 79 88

### Gynaecology Practice

Samira Kallat-Sabri  
Münsterstraße 119  
44145 Dortmund  
Telephone: (0231) 81 29 81

## Paediatricians participating in the project

### Dr. Med. Klaverkamp and Dr. Med. Mahler

Münsterstraße 45  
44145 Dortmund  
Telephone: (0231) 98 10 51 0

### Dr. Med. Schweizer and Dr. Med. Hoffmann

Krimstraße 2  
44145 Dortmund  
Telephone: (0231) 81 86 86

