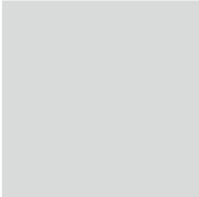


# Guide for one-parent families



Verband alleinerziehender Mütter und Väter  
Landesverband Niedersachsen e.V.

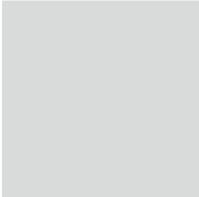




# Guide for one-parent families



1st edition, January 2017



## Content

1. Getting separated
  - 1.1. Living apart together in the marital home
  - 1.2. One partner stays in the marital home
  - 1.3. Moving into a new home
  
2. Support payments during the time of separation
  - 2.1. Child support (*Kindesunterhalt*)
  - 2.2. Spousal support (*Ehegattenunterhalt*)
  - 2.3. Child care subsidy for non-married couples (*Betreuungsunterhalt*)
  - 2.4. Rank order of dependants
  
3. Separation of matrimonial matters
  - 3.1. Household goods
  - 3.2. Bank accounts
  - 3.3. Insurance and tax
  
4. Further means of support
  - 4.1. Basic social care for unemployed persons (*Arbeitslosengeld II*)
  - 4.2. Child support advance (*Unterhaltsvorschuss*)
  - 4.3. Housing benefits (*Wohngeld*)
  - 4.4. Educational and participating benefits (*Bildungs- und Teilhabepaket*)

5. Parental care / custody and visitation arrangements (*Sorgerecht und Umgang*)
  
6. Judicial support
  - 6.1. Counseling and process costs benefits (*Beratungs- und Prozesskostenhilfe*)
  - 6.2. Necessity of judicial settlements
  
7. Separation of non-married couples
  - 7.1. Financial support (*Unterhalt*)
  - 7.2. Parental care / custody (*Sorgerecht*)
  
8. Support during separation
  - 8.1. Official financial support
  - 8.2. Courts / lawyers
  - 8.3. Counseling support
  - 8.4. Support when experiencing domestic violence
  
9. Migration
  
10. About us
  
11. Imprint

## Preface

### Why this guide?

In our field of counseling we have experienced that couples who decide upon a separation have to face a huge number of questions which they need to deal with and agree on. Apart from the mostly difficult phase of dealing with relationship conflicts within the family, there is also a great uncertainty as to the consequences of a separation.

In this guide we deal with the actual phase of separation, not with the divorce act. A divorce petition can be submitted to the competent family court at the end of one year of separation at the earliest. The divorce consequences will be settled for the time after the divorce.

We have tried to describe the necessary judicial and bureaucratic issues which relate to the separation phase as comprehensible as possible. Professional support for legal issues of the German edition was given by lawyer Birgitt Lueße, who is a certified specialist in family law in Kiel.

Especially during the phase of separation a number of varying problems can arise. It is therefore sensible to look for support and advice during such a situation. In Niedersachsen there are counseling and support centers for the various types of support one might look for. Since we cannot list all of them in this guide, we have tried to name the most central and general addresses for each respective area.

Chapter 9, which has been specially added to this revised edition, supplies helpful links and addresses concerning migration.

The German original edition *Trennung – Was nun?* was translated by Dr. Kerstin Stiewe, VAMV Landesverband Schleswig-Holstein eV. In order to make references easier, some German terms have been added in italics and/or put in parentheses.

## 1. Getting separated

Before getting divorced, one has to break up officially. It takes one year of legal separation before one can file for divorce. This can be done either by both spouses or by just one of them, so that the other partner has to agree to it. Since 2009 it is no longer necessary to hand in information regarding the divorce settlements (such as division of the mutual household goods, use of the marital home, alimony payments).

If the spouses live apart for three or more years, the divorce can take place even without a mutual agreement.

In exceptional cases (such as domestic violence) the divorce can take place before the official year of separation is over.

According to § 1567, 1 BGB, living apart includes:

that there is no common household (= objective requirement)

and that at least one of the spouses clearly does not wish to re-establish the common household (= subjective requirement)

The annulment of the mutual household includes:

no mutual budget management

no mutual room / apartment

no mutual housekeeping

The discernible intention for separation includes:

The rejection of the matrimonial life has to be made publically obvious. The date of separation should be send via letter to the other partner, including an acknowledgement of receipt.

### 1.1. Living apart together in the marital home

If you manage to live apart together in your marital home, a legal separation is also possible this way. The only requirement is that the rooms of the apartment (excluding bathroom and kitchen) can be divided.

Taking care of the children can mean that the spouses still have limited mutual housekeeping. This does not impede the acceptance of the separation. Still, according to experience it is more difficult for all people concerned to live apart together in the marital home for a longer period of time.

## 1.2. One partner stays in the marital home

If you agree that only one partner is going to stay in the marital home, your landlord has to accept this, regardless of who signed the rental agreement. The partner who stays in the apartment does not necessarily have to accept a new rental agreement.

If your spouse has moved out and does not announce within six months that s/he wants to return to the marital home, you can claim the sole use of your marital home.

If the partners cannot agree on who is going to stay in the marital home, you can contact the court and make a motion to assign the home to you. In order to do so successfully, you have to name serious reasons, such as endangerment of yourself or of your children.

Before starting to fight about your marital home, make sure whether you are able to pay the rent and any additional costs in the long term. This is even more important if you have to apply for unemployment benefits (*Arbeitslosengeld II / ALG II*, see 4.1.). There is a standard maximum rate regarding acknowledged rents. Contact your local jobcenter for information about ALG II and about the local standards regarding size and costs of accommodations.

### 1.3. Moving into a new home

If you decide to move out, you should try to withdraw from the rental agreement. This can only take place if the landlord and your spouse agree to it and it should be confirmed in written form. If you do not take this step, you are still legally liable for rent, esthetic repairs and so on, until the end of the rental agreement.

If you wish to move into social housing (*Sozialwohnung*), you need an entitlement to accommodation (*Wohnberechtigungsschein*). You can apply for it at your community, county or city administration.

The grant of a *Wohnberechtigungsschein* depends on the income and number of all people of your present household.

If you draw *Arbeitslosengeld II* (see 4.1.) after your separation, we recommend contacting your local administration or jobcenter before renting a place, in order to know about the acknowledged accommodation costs. Additional costs, such as brokerage fee, rent deposit and moving expenses can be paid by the jobcenter if you **apply for it in advance**.

## 2. Support payments during the time of separation

### 2.1. Child support (*Kindesunterhalt*)

Each minor child is generally entitled to receive financial support. Children aged 18 - 21 have the legal status of minor children if they are still in school and living together with one of their parents. The obligation to support a child exists during the child's education (school, apprenticeship, academic studies) until their conclusion.

The demands of the child depend on the income of the parent who has to pay child support, meaning the parent who does not take care of the child for the most part.

**Child support** has to be paid from the time when the person who is required to pay support for the child has been asked to disclose her/his income.

This should be done in written form, ideally via registered mail. Pay statements of the last 12 months, especially the one of December, as well as the last tax assessment notice, should be demanded.

You can either do the calculation of the child support on your own, referring to the *Düsseldorfer Tabelle*, or you can contact the local youth welfare office (*Jugendamt*) and ask them to help you. Half of the child benefit (*Kindergeld*) has to be subtracted from the sum found in the chart, as long as minor children are concerned. For children aged 18 or older, the complete *Kindergeld* has to be subtracted from the respective sum.

Prior condition for this proceeding is that the caretaking parent is receiving *Kindergeld*.

The amount to be paid as child support according to the *Düsseldorfer Tabelle* assumes that the person who is required to pay has to pay support for two dependants. If there are more than two dependants, the supporting person is being downgraded with regard to her/his income group. If there is only one dependant, the next (higher) rank of the income groups will be used as a basis for calculation.

The *Düsseldorfer Tabelle* is usually being upgraded every two years.

Additional demands can be made for kindergarten costs, private lessons etc.

After a separation, the child support payments should be requested at once, in advance and on a regular monthly basis. If the other parent fails to pay, you have to get a judgment for support in order to claim the child support. The *Jugendamt* draws up an enforceable document („*vollstreckbare Urkunde*“) free of charge. Prior condition is that the person who is required to pay makes a respective statement at the *Jugendamt*. If he/she fails to do so, you have to go to court in order to get the judgment for support.

## 2.2. Spousal support (*Ehegattenunterhalt*)

As a basic principle, both spouses are responsible for their own personal maintenance. In order to get alimony, one has to have special claims, such as taking care of a child, unemployment, old age or illness. Parents who live in separation or have gotten a divorce can demand child care subsidy (*Betreuungsunterhalt*) if they take care of a child aged 3 years or younger. After that, there is an enhanced obligation to take up permanent work. However, the needs of the child and the actual possibilities of professional child care are still being considered.

According to current case law,  $\frac{3}{7}$  of the adjusted net income (after subtracting the child support) of the person liable for support is taken into account in order to calculate spousal support. If the spouse who asks for spousal support has an income of her/his own, the claim to support is  $\frac{3}{7}$  of the difference in relation to the adjusted net income of the person liable for support. Parents' benefits (*Elterngeld*) counts as income, if it exceeds the minimum amount of 300 Euro. It is recommended to settle spousal support claims with the help of a lawyer.

Right now the retention of a person who has her/his own income and has to pay child support is at least 1.080 Euro (regarding children up to 21 years of age, who live in the household of one parent and are still receiving formal education). Unemployed people have a retention of at least 880 Euro (regarding children up to 21 years of age, who live in the household of one parent and are still receiving formal education).

Retention with regard to support claims of a spouse and/or mother/father of an illegitimate child is at least 1200 Euro at the moment.

These amounts are being raised regularly.

### 2.3. Child care subsidy for non-married couples (*Betreuungsunterhalt*)

Mothers and fathers who are not married also have a claim to support payments as far as the other parent of the child is concerned. This is valid for three years after the child is born, as long as the caretaking parent cannot be expected to take up regular work because of the care and upbringing of the child (§ 1615 1 BGB). A continuative claim can ensue if there are approved reasons, particularly because of special needs of the child and the existing opportunities of professional child care. The child care subsidy is the preferential demand in comparison to social benefits (ALG II).

## 2.4. Rank order of dependants

If there is not enough income to satisfy the claims of all dependants, there is a so-called deficit case. When a deficit case exists, support demands will be satisfied in accordance with a special ranking.

The ranking is organized as follows:

- Rank 1:** Minor children and children aged 18 to 21, who take part in formal education and live in the household of one or both parents (so-called privileged children of full age)
- Rank 2:** All parents who take care of children and have a consequent claim of support or would be able to claim it in case of a divorce, as well as spouses in long-term marriages
- Rank 3:** All other spouses
- Rank 4:** Children who do not belong to rank 1
- Rank 5:** Grandchildren and further descendants
- Rank 6:** Parents
- Rank 7:** Further relatives in ascending rank

## 3. Separation of matrimonial matters

### 3.1. Household goods

The following rule applies to the distribution of household goods:

Items which have been bought during the marriage for the common household belong to both spouses, regardless as to who paid for them.

The items which one spouse brought into the marriage, either purchased by him/herself, received as a gift or inherited, are her/his personal property.

Generally the distribution takes place with regard to the relevance of the items for each spouse, e.g. because of child care (children's room, household aids etc.) or because of professional activity (such as a PC). The final settlement takes place at the time of divorce. In controversial cases the court may already make arrangements during the time of separation though.

## 3.2. Bank accounts

Joint accounts can only be terminated mutually. In order to avoid overdrafts, the overdraft limit should be reduced to 0 Euro.

If the partners cannot agree on this, you should contact your bank personally at the moment of separation in order to discuss your situation and to document it. It is advisable to obtain the account statement at the time of separation and maybe even hand in one's own debit card in order to prevent possible disputes. Bank mandates for the spouse should be recalled.

### 3.3. Insurance and tax

#### Health insurance

During the time of separation the dependent spouse is co-insured noncontributory as long as the other spouse is insured with the statutory medical insurance company. If there is a private health insurance, the fee can be claimed in addition to the support. This also applies to the statutory medical insurance after the divorce, for which the dependant then has to pay her/his own fee. Therefore it is important to ask for a written confirmation from the health insurance company stating the present and future insurance terms and conditions before getting a divorce.

Children up to 18 years old (in exceptional cases even longer) are insured with the person responsible for support. The *Düsseldorfer Tabelle* does not include the fees of health and long term care insurance, so these must be claimed and paid for separately. If the income of the care-taking parent is higher than that of the parent responsible for support, the children have to be insured with the former one.

## **Householder's insurance policy**

A householder's insurance policy only applies to one household. You have to inform your insurance company immediately about any changes regarding the place or the insurance issues of your insured household due to a separation.

## **Personal liability insurance**

During the time of separation all family members are insured with the family liability insurance. A change with regard to this insurance has to be carried out as soon as the divorce takes place formally.

## **Tax**

When the calendar year in which you officially separated is over, you have to inform your local tax office that you are separated. After the notice of separation the spouse who takes care of the children gets tax class 2, the other one tax class 1. Regardless of the tax class, 1/2 a child is entered into the tax card of each parent. This only applies to the parent responsible for support if s/he pays at least 75% of the required child support. As soon as the tax class changes, a new calculation of the support payments may be necessary, because usually the net income is diminished due to the new tax class.

## 4. Further means of support

### 4.1. Basic social benefits for unemployed persons (*Arbeitslosengeld II/ALG II*)

You can get unemployment benefits (*Arbeitslosengeld II / ALG II*) if you are in need of care and able to work. Every person who can work at least 3 hours daily is regarded as being able to work. This applies to all persons, regardless of time limits due to child care or other reasons. Only if you are unable to work 3 hours daily because of illness or disablement, you receive continued social care (*Sozialhilfe*).

Apart from ALG II, which the needy person who is able to work receives, children and other family members who are not able to work receive social payment (***Sozialgeld***).

After subtracting all means of income (earned income, child benefits, financial support, etc.), the calculation shows the claim with regard to *Arbeitslosengeld II* and *Sozialgeld*.

You can make an application for *Arbeitslosengeld II* at the regional *Jobcenter* of the *ARGE*.

*Arbeitslosengeld II* is made up of:

- Singles and single parents  
100% - 409 €

Two adults in one household  
each 90% - 368 €

Children aged 0-5 years 237 €

Children aged 6-13 years 291 €

Children aged 14-17 years 311 €

Members of one household in need of benefits (Bedarfsgemeinschaft),  
aged 18-24 years 327 €

- Costs of residence (rental fee) and heating (appropriate with regard to living space and rental price)  
The maximum rent amounts differ depending on the specific region.
- Additional demands for expectant mothers and one-parent families

*All ALG-II*-recipients are automatically insured with regard to health and long term care insurance. Payments for retirement pensions will not be made.

These standard benefits include all general benefits. **One-time benefits** can be claimed only for the **initial equipment of housing, consisting of furniture**, the first equipment of clothing, „baby's first equipment“ for pregnant women, school trips lasting several days and one annual school allowance of 100 € for children attending school.

**Further information:**

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

- Bürgerinnen und Bürger
- Finanzielle Hilfen
- Arbeitslosengeld II

## 4.2. Child support advance (*Unterhaltsvorschuss*)

If you do not get child support, you can apply for child support advance at your local youth welfare office (*Jugendamt*).

Children aged 0-5 years receive 150 €, aged 6-11 years receive 201 €.

The amount of child support advance payments equals the amount of the income group 1 of the *Düsseldorfer Tabelle*. However, in case of child support advance payments, the entire child benefits are being subtracted from this sum, therefore the child support advance payment is less than the minimum child support which a parent would have to pay.

Child support advance is being granted regardless of the income of the single care-taking parent. It is being paid even if you live together with a new partner without being married, but not any longer if you re-marry. The payments will be granted for no more than 6 years and only until your child is under 12 years of age. From July 1, 2017, the child support advance will be paid for children until they come of age, without limitation. Children aged 12-17 years will receive 268€. New applications are possible for all children from age 0-17. Single parents who come from third countries need a settlement permit (*Niederlassungserlaubnis*) or residence permit (*Aufenthaltserlaubnis*).

### 4.3. Housing benefits (*Wohngeld*)

*Wohngeld* is being granted either as an extra payment with regard to your rental fee or to your debts (if the apartment or house belongs to you).

If you receive *Arbeitslosengeld II*, you cannot apply for *Wohngeld*, since the accommodation costs are already covered by the former benefits. In that case you do not have to apply for *Wohngeld* too.

The grant and the amount of *Wohngeld* depend on the following aspects:

- number of the members of your household
- amount of the entire income
- amount of the rental fee which can be supported

If you live separated in your marital home, your spouse does no longer count as a member of the household and her/his income can no longer be taken into account with regard to the housing benefit calculation. If a child lives equally in both parents' households after a separation and has got a respective living space at both places, this child is regarded as a member of both households when it comes to housing benefit calculations.

## 4.4 Educational and participating benefits (*Bildungs- und Teilhabepaket*)

### *Bildungs- und Teilhabepaket*

All beneficiaries who partake in basic social care as stated in § 28 SGB II, & 34 SGB XII as well as children and youths who live in families which receive children's allowance (*Kinderzuschlag*) or housing benefit (*Wohngeld*) as stated in § 6b Bundeskindergeldgesetz are entitled to benefits from the educational and participating benefits (*Bildungs- und Teilhabepaket*). These benefits include:

- School excursions and school trips (*Klassenfahrten*)
- Personal school necessities (100€)
- Transport to school (e.g. bus ticket)
- Support in special education (*Lernförderung*)
- Free lunch in kindergarten and school
- (Membership) Fees for clubs, child recreation...

In order to get a refund within the range of these benefits you have to hand in a separate application.

Further information:

[www.bildungspaket.bmas.de](http://www.bildungspaket.bmas.de)  
Community helpline: 030-221911009

## 5. Parental care / custody and visitation arrangements (*Sorgerecht und Umgang*)

According to family law and the rights of children, the joint custody of the parents after separation / divorce is the common proceeding. It is basically possible to apply for sole custody. If none of the partners makes such an application, the joint custody continues.

Joint custody after a separation includes:  
The parent who takes care of the child can decide on everyday life matters on her/his own. The parent who is visited by the child can decide on the arrangements of child care during the stay of the child. The parents decide together when it comes to matters of serious import.

The difference between matters of serious import and everyday life matters is often being interpreted differently by parents. Therefore, there are a number of single-case decisions.

Parents have to agree on questions regarding the following basic matters:

Health, residence, kindergarten, school, education, custody, religion, care of the child's financial property, status and name, legal registration, other basic matters of the actual child care.

Even if you get separated as a couple, you still remain parents of your child and therefore linked to each other. The arrangements of parental care and **visitation** should be made together and defined clearly and comprehensible. The best way to do this is in written form, by drawing up a **custody agreement** (*Sorgevereinbarung*).

Sometimes it is difficult to agree on the custody and visitation arrangements concerning the child. If you cannot agree on these aspects, it is recommended that you look for help, for example by contacting a counseling center. If you still cannot come to a mutual agreement, you can always, regardless of the status of your divorce proceeding, file a claim at your local family court. The family court responsible is the one belonging to the district in which the child mainly lives.

## 6. Judicial Support

### 6.1. Counseling and process costs benefits (*Beratungs- und Prozesskostenbeihilfe*)

Anyone who receives either social benefits (*ALG II / Sozialhilfe*) or has a low income can apply for counseling and/or process costs benefits. Costs can result from judicial out-of-court counseling, correspondence and court costs. You have to apply for the respective benefits at your local county court and they decide upon the grant. You have to present the court document to your lawyer.

In order to apply for counseling and/or process costs benefits, you have to furnish proof regarding your entire income, housing costs, possible child care costs and if applicable your present settlement of debts.

If you are not being informed about the possibility to apply for counseling and process costs benefits, you should ask for this information specifically.

### 6.2. Necessity of judicial settlements

Basically you do not have to enlist a lawyer during your time of separation. However, as soon as you file for a divorce, it is mandatory to contact a lawyer. If you and your spouse agree on the settlement arrangements after the divorce, only the one who files for a divorce needs a legal representative (lawyer). This lawyer pursues the interests of his own client only.

Still, there are sometimes situations even during the time of separation which make it necessary to involve a lawyer before the actual divorce takes place.

**Necessity of settlements often arises with regard to the following aspects:**

Spouses fail to agree on the housing arrangements.

Spousal support can hardly ever be calculated on one's own, due to various factors which have to be taken into account.

The residence and the custody of the children remains a controversial issue, even after applying to the youth welfare office (*Jugendamt*).

From the legal point of view, the division of the joint property starts with the beginning of the divorce proceeding. You have to take several aspects into account when doing so (such as original assets of each partner, inheritance, etc.).

If you own property and want to decide on the further course of action regarding this property during the time of separation, you should also contact a lawyer.

Both spouses should contact a lawyer in order to reassess their pension rights adjustments.

## 7. Separation of non-married couples

### 7.1. Financial support (*Unterhalt*)

The claims for support of children whose parents are not married are the same as those of children whose parents are married. Child care subsidy (*Betreuungsunterhalt*) can be claimed for up to three years after the child is born. This can be extended if it would be an undue hardship because of the needs of the child to deny the claim for support.

*Betreuungsunterhalt* is the prior benefit as compared to ALG II.

A longer claim for palimony can be made due to specific reasons, but it is less common than when spouses/divorcees are concerned. Those are always single-case decisions.



## 7.2. Parental care / custody (*Sorgerecht*)

When parents are not married, the mother automatically has got the sole custody for her child, unless both parents applied for a joint custody certificate at the child welfare office (*Jugendamt*) or an attesting notary. Since May 2013 it is possible for the father to apply for legal assignment of joint custody, if this does not influence the best interest and welfare of the child in a negative way.

If such an application is being made at court, the mother gets the respective information and is asked to supply a written comment. A time limit is being set for handing in this comment, which ends six weeks after the child is born at the earliest.

If the mother does not supply a written comment or if she does not state reasons which oppose the joint custody, the court is advised to grant joint custody. In this case it usually happens without an official hearing of the participants.

If the mother supplies a written comment within the legal period of notice and supplies reasons that oppose the joint custody, a normal, prior-ranking and accelerated procedure takes place, during which both the parents and the *Jugendamt* are invited to official hearings.

## 8. Support during separation

### 8.1. Official financial support

The regional ARGE and Jobcenter are the places to apply for unemployment benefits (*ALG II*) and social payments (*Sozialgeld*). In 17 counties of Niedersachsen, municipal work communes (*Optionskommunen*) manage these tasks on their own responsibility.

You can apply for entitlement to accommodation (*Wohnberechtigungsschein*) and for housing benefit (*Wohngeld*) at your local county or city administration.

If you need to apply for child support advance (*Unterhaltsvorschuss*) or want to have your child's claim for support officially calculated, you can contact the center of your city administration in order to get in touch with the responsible child welfare office (*Jugendamt*) or the respective branch office.

## 8.2. Family courts / Lawyers

In Niedersachsen, the local district courts / family courts belong to one of 11 District Court Areas. A number of local district courts in various cities belong to each of the District Court Areas. The District Court Areas do not necessarily correspond with the municipal districts. We recommend that you contact the federal law association in order to receive information about your responsible local district court.

You can also get information concerning family law lawyers at federal law association in Niedersachsen.

### **Law associations in Niedersachsen**

Rechtsanwaltskammer Celle

Bahnhofstr. 5

29221 Celle

Phone. 05141-92820

E-Mail. [info@rakcelle.de](mailto:info@rakcelle.de)

Rechtsanwaltskammer Braunschweig

Lessingplatz 1

38100 Braunschweig

Phone. 0531-123350

E-Mail. [info@rak-braunschweig.de](mailto:info@rak-braunschweig.de)

Rechtsanwaltskammer Oldenburg

Staugraben 5

26122 Oldenburg

Phone. 0441-925430

E-Mail. [info@rak-oldenburg.de](mailto:info@rak-oldenburg.de)

### 8.3. Counseling support

#### **VAMV - Verband alleinerziehender Mütter und Väter**

Landesverband Niedersachsen e.V.

Arndtstr. 29

49080 Osnabrück

Phone. 0541-25584

E-Mail. [info@vamv-niedersachsen.de](mailto:info@vamv-niedersachsen.de)

Web. [www.vamv-niedersachsen.de](http://www.vamv-niedersachsen.de)

Facebook. [www.facebook.com/vamv-niedersachsen/](http://www.facebook.com/vamv-niedersachsen/)

#### **VAMV Ortsverband Braunschweig**

Kaiserstr. 31

38100 Braunschweig

Phone. 0531-6018400

E-Mail. [info@vamv-bs.de](mailto:info@vamv-bs.de)

Web. [www.vamv-bs.de](http://www.vamv-bs.de)

#### **VAMV Ortsverband Hannover**

Philipsbornstr. 28

30165 Hannover

Phone. 0511-391129

E-Mail. [vamv@vamv-hannover.de](mailto:vamv@vamv-hannover.de)

Web. [www.vamv-hannover.de](http://www.vamv-hannover.de)

## **VAMV Ortsverband Osnabrück**

Arndtstr. 29

49080 Osnabrück

Phone. 0541-24343

E-Mail. [info@vamv-osnabrueck.de](mailto:info@vamv-osnabrueck.de)

Web. [www.vamv-osnabrueck.de](http://www.vamv-osnabrueck.de)

Facebook. [www.facebook.com/vamv.osnabrueck.de/](http://www.facebook.com/vamv.osnabrueck.de/)

## **Community Services (*Jugendamt*)**

The community services and child welfare offices (*Jugendämter*) are generally responsible for counseling support when it comes to a separation / divorce. You can get information regarding your responsible *Jugendamt* or community service by contacting the city or district administration. There are also branch offices in rural areas.

**Overview: [www.agjae.de](http://www.agjae.de)**

## **Equal opportunity commissioners (*Gleichstellungsbeauftragte*)**

In Niedersachsen, there are equal opportunity commissioners (*Gleichstellungsbeauftragte*) in almost all county, district or city administrations, covering a large area. They offer council and support for one-parent families too. Since they know about the various local official and private council centers, they can inform you and point out the best places for you to contact. [www.frauenbuerosinniedersachsen.de](http://www.frauenbuerosinniedersachsen.de)

## **Counseling centers**

Apart from municipal counseling centers for children, youths and parents there are a number of marriage, family and life coaching council centers belonging to private and independent organizations.

Private and independent organizations are: Arbeiterwohlfahrt (AWO), Diakonisches Werk, Caritas, church districts and pro familia.

## **Independent Women's counseling centers**

There are also a number of independent women's counseling centers in Niedersachsen. The respective list is too long in order to publish it here. You can get addresses by contacting your local equal opportunity commissioner (*Gleichstellungsbeauftragte*) or the *Landesverband alleinerziehender Mütter und Väter (VAMV)*.  
[www.frauen-maedchen-beratung.de](http://www.frauen-maedchen-beratung.de)

## 8.4. Support when experiencing domestic violence

In case of an emergency it is the duty of the police to protect you against any kind of violence. If there is danger of further violence, the police can give a specific order that the other person is not allowed to enter your apartment for several days and/or can issue a restraining or stay-away order.

### **Helpline Violence against women (*Hilfetelefon Gewalt gegen Frauen*)**

Phone. 08000116016 (free of charge)

Web. [www.hilfetelefon.de](http://www.hilfetelefon.de) (counseling in 15 languages)

### **Domestic violence shelters and Violence council centers (*Frauenhäuser und Gewaltberatungsstellen*):**

[www.ms.niedersachsen.de/themen/gleichberechtigung-frauen/gewalt-gegen-frauen-14360.html](http://www.ms.niedersachsen.de/themen/gleichberechtigung-frauen/gewalt-gegen-frauen-14360.html)

## 9. Migration

Many of the regulations depend on the right of residence (*Aufenthaltsrecht*) as well as on the nationality of parents and children.

Here you can find further information:

[www.vamv.de/publikation](http://www.vamv.de/publikation) => Alleinerziehend - Tipps und Informationen, pp. 180 - 208.

Special counseling centers for migration matters are listed here:

[www.nds-fluerat.org/adressen-und-anlaufstellen](http://www.nds-fluerat.org/adressen-und-anlaufstellen)

The refugee counsel (*Flüchtlingsrat*) Niedersachsen e.V. also offers basic information in several different languages.

[www.nds-fluerat.org/Leitfaden](http://www.nds-fluerat.org/Leitfaden)

If you need help concerning child support claims from a parent who lives in another country, you can contact the DIJuF: German institute for youth welfare and family law (*Deutsches Institut für Jugendhilfe und Familienrecht*).

[www.dijuf.de/unterhaltsrealisierung-im-ausland](http://www.dijuf.de/unterhaltsrealisierung-im-ausland)

Phone. 06221-98180

E-Mail. [institut@dijuf.de](mailto:institut@dijuf.de)

# 9

## MIGRATION

If there is danger of child kidnapping, contact the  
ISD: international social services (*Internationaler  
Sozialdienst*)

Helpline. 030-62980403

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

Information about living cross-culturally  
Association of binational families and part-  
nerships (*Verband binationaler Familien und  
Partnerschaften*)

Phone. 0511-447623

E-Mail. [hannover@verband-binationaler.de](mailto:hannover@verband-binationaler.de)

Web. [www.hannover.verband-binationaler.de](http://www.hannover.verband-binationaler.de)

## 10. About us

The one-parent family association (**VAMV** *Verband alleinerziehender Mütter und Väter*) was founded in 1967 and represents the interests of more than 2 Million one-parent families nationwide. It also attends to the claims of children living in patchwork families, as long as the children have a claim for support against their father or mother. The national association has got its head office in Berlin. You can get up-to-date information about the association via internet.

### **VAMV-Bundesverband**

Hasenheide 70

10967 Berlin

Phone. 030-6959786

Web. [www.vamv.de](http://www.vamv.de)

E-Mail. [kontakt@vamv.de](mailto:kontakt@vamv.de)

Facebook. [www.facebook.com/vamv.bundesverband/](http://www.facebook.com/vamv.bundesverband/)

Additional one-parent family website:  
[www.die-alleinerziehenden.de](http://www.die-alleinerziehenden.de)

The *Landesverband Niedersachsen* was founded in 1973 and offers and supports independent local associations and groups as well as counseling centers in Braunschweig, Hannover and Osnabrück. The head office of the federal association is being supported by the ministry of social, health and equal opportunity matters (*Ministerium für Soziales, Gesundheit und Gleichstellung*). The VAMV works according to the principle „help people to help themselves“. This means that all members are actively involved within their own means and contribute to the acceptance, appreciation and life improvement of one-parent families.

**VAMV-Verband alleinerziehender  
Mütter und Väter**

Landesverband Niedersachsen

Arndtstr. 29

49080 Osnabrück

Phone. 0541-25584

Fax. 0541-2023885

E-Mail. [info@vamv-niedersachsen.de](mailto:info@vamv-niedersachsen.de)

Web. [www.vamv-niedersachsen.de](http://www.vamv-niedersachsen.de)

Facebook. [www.facebook.com/  
vamv.niedersachsen](http://www.facebook.com/vamv.niedersachsen)

**Editor of the original edition:**

VAMV-Verband alleinerziehender Mütter und Väter  
Landesverband Schleswig-Holstein e.V.

Kiellinie 275

24106 Kiel

Phone. 0431-5579150

E-Mail: [info@vamv-sh.de](mailto:info@vamv-sh.de)

[www.vamv-sh.de](http://www.vamv-sh.de)

**Translation:**

Dr. Kerstin Stiewe, Kiel

**Legal issues (German edition):**

Birgitt Lüneße, certified specialist in family law, Kiel.

**Print:**

**hansadruk | Kiel**