

# MIGES BALÙ

Englisch



Implemented by:



**Perspektive  
Thurgau**

Mütter- und Väterberatung



**conex familia**

# Is your child between 0 and 5 years old?

**Do you have any questions regarding nutrition, breastfeeding, sleeping, crying, weight gain, health questions, playing, the terrible twos, disputes between siblings etc.?**

Do not hesitate to contact the counselling service, called **Mütter- und Väterberatung**. Its counsellors are trained in health and childrearing and are supporting all mothers and fathers according to their needs.

- **Call us and make an appointment.**
- **Ask for an interpreter to support you during the appointment.**
- **Appointments take place in the location of the Mütter- und Väterberatung close to your home or, if you wish, at your home.**
- **Counselling is confidential and appointments are free of charge.**

**Contact us:**  
(best in german)

## **Green region: Perspektive Thurgau**

Phone: 071 626 02 02 (Mon – Fri 8:30 – 12:00, 13:30 – 17:00)  
[www.perspektive-tg.ch](http://www.perspektive-tg.ch) > Mütter- und Väterberatung

## **Blue region Amriswil-Bischofszell: conex familia**

Phone: 071 411 00 01 (Mon, Tue, Thu, Fri 8:00 – 9:00/Wed 17:00 – 18:00)  
[www.conexfamilia.ch](http://www.conexfamilia.ch) > Mütter- und Väterberatung



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**Thurgau**



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