

SelbstBestimmt Leben Bremen



**An information centre for
disabled persons and
their families**

SelbstBestimmt Leben offers counselling for disabled persons and those in need of care and/ or assistance in their daily lives as well as for their relatives. Our leading principle is peer counselling; our counsellors are persons with disability experience and an extensive knowledge in disability-related issues. Nevertheless, we cannot answer all questions. In cases where we can't, we refer those who seek advice to people or organisations who may be able to help with the concern in question.

Our counselling service also includes assistance with filing applications and entering objections. Above all we aim to support people in finding their own solutions for their questions and problems.

We offer counselling in German and English.
Our information centre is wheelchair accessible.

Counselling hours (telephone or face-to-face):

Monday and Tuesday 11 a.m to 1 p.m,
Wednesday and Thursday 3 to 5 p.m
or on appointment. Please use our answering machine; if you leave your number we will call you back as soon as possible.

Our address:

SelbstBestimmt Leben Bremen
Ostertorsteinweg 98
28203 Bremen
Tel. 0421/704409, Fax 704401
Email: beratung@slbremen-ev.de
www.slbremen-ev.de