



Psychosoziales  
Zentrum für  
Geflüchtete  
Mönchengladbach



## **Women's\* group – Stay healthy – Together we are stronger!**

Join us, share your ideas and discover your strengths and sources of strength! Women of all ages with a migration background are welcome!

**Topics:** How can I sleep better? How can I calm down?  
What is good for me? How can I better cope with stress?  
What can help me get through difficult times?

The practical part includes information on the causes of stress and stress management, as well as movement, breathing and relaxation exercises that can be done at home.

**Basic knowledge of German and/or English is sufficient.**

**Time:** Tuesdays from 10:00 to 12:00

**Location:** Neuhofstraße 16a (blue door/bell freeflow)

**Directions:** The Neuhofstraße is within walking distance of Mönchengladbach railway station. The following bus lines stop at the Neuhofstraße: 002, 004, 090, 097, SB081 in the direction of Amtsgericht, and 002, 019, 033, 097, SB4, SB81 in the direction of Matthiasstraße.

**Please bring:** comfortable clothing and a towel

**The offer is free of charge, but prior registration is required! 😊**

**Contact:** Marion Herrmann-Gorzolka  
0175/9969121 and 02166/1309766  
m.herrmann-gorzolka@skm-mg.de