

IMMA e.V. – The initiative for “Münchner Mädchen” supports girls and young women with all issues and problems. IMMA consists of nine institutions. We advise free of charge, anonymously if you wish, and with translators if necessary. This brochure will give you the most important information about our services:

## Counseling center for girls and young women

The counseling center helps you with all of your questions and all kinds of problems. If it is all getting too much and you need to talk to somebody, we are here for you. We help you to find a way, free of charge and anonymously if you want. Professionals and family members can also get advice. There are different ways to reach us:

### Phone counseling and appointments:

Monday: 14:00 to 16:00

Wednesday: 14:00 to 18:00

Thursday: 10:00 to 12:00

or by return call

### Open counseling for girls and young women:

Tuesday: 14:00 to 16:00 without appointment

### Online counseling at [www.onlineberatung.imma.de](http://www.onlineberatung.imma.de)

Here you can register anonymously and ask us for advice.

### How to find us:

IMMA e. V. – Beratungsstelle für Mädchen und junge Frauen

Phone: 089/260 75 31

Jahnstraße 38 / 2nd floor

80469 München

E-mail: [beratungsstelle@imma.de](mailto:beratungsstelle@imma.de)



## “Flexible Hilfen stationär” for girls and young women

- “Flexible Hilfen stationär” (Flexible Helpers in permanent locations) care for girls and young women in single apartments and small shared apartments. This assistance is arranged by the Jugendamt/Sozialbürgerhaus.
- We also offer counseling for young women from the age of 21 who have a psychological illness. This assistance is granted by the Bezirk Oberbayern.

Flexible Hilfen stationär für Mädchen und junge Frauen

IMMA e.V.

Phone: 089/5146975-10

Geyerstraße 32, 3rd floor

80469 München

E-mail: [flexible-hilfen-stationaer@imma.de](mailto:flexible-hilfen-stationaer@imma.de) or [flexible-hilfen-eingliederungshilfe@imma.de](mailto:flexible-hilfen-eingliederungshilfe@imma.de)

## “Flexible Hilfen ambulant” for girls and young women

Our mobile family assistance is intended for girls and young women who need help at home, because they have to cope with an especially difficult situation in their daily lives. This assistance is arranged by the Stadtjugendamt/Sozialbürgerhaus – you or your parents can apply for it.

Flexible Hilfen ambulant für Mädchen und junge Frauen

IMMA e.V.

Phone: 089/85 63 527-10

Geyerstraße 32, 3rd floor

80469 München

E-mail: [flexible-hilfen-ambulant@imma.de](mailto:flexible-hilfen-ambulant@imma.de)

You can reach us by phone at these times:

Tuesday: 9:00 to 10:00

Wednesday: 10:00 to 12:00 (Professional counseling 11:00 to 12:00)

Thursday: 10:00 to 12:00

Friday: 10:00 to 12:00

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## Contact and information center for work with girls

The contact and information centers offers qualification in the fields of partisan, feminism-oriented work with girls and young women and gender-specific reflected work with girls and boys to child and youth care professionals and educators. You can access the seminars and events here: [www.imma.de](http://www.imma.de).

Kontakt- und Informationsstelle für Mädchenarbeit

IMMA e.V.

Phone: 089 / 30 90 415 - 20

Humboldtstr. 18

81543 München

E-mail: [kontakt.informationsstelle@imma.de](mailto:kontakt.informationsstelle@imma.de)

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## Imara – Group residence for girls and young women

The partially supervised group residence Imara shelters 7 girls and young women aged 16 or over. This assistance is arranged by the Kreisjugendamt/Stadtjugendamt.

Imara – Wohngruppe für Mädchen und junge Frauen

IMMA e. V.

Phone: 089/18 94 87 30

Mailing address:

Jahnstr. 38

80469 München

E-Mail: [imara@imma.de](mailto:imara@imma.de)

## Mirembe – Housing project for especially vulnerable female refugees

Mirembe offers shelter to up to 45 especially vulnerable female refugees and their children, who are severely traumatized or suffer from a physical illness. Spaces are assigned by the Asylsozialdienst in the shelters and the government of Oberbayern.

Mirembe – Wohnprojekt für besonders schutzbedürftige Flüchtlingsfrauen

IMMA e. V.

Phone: 089/18 93 27 84

Mailing address:

Jahnstr. 38

80469 München

E-Mail: [mirembe@imma.de](mailto:mirembe@imma.de)

## Wüstenrose – Special center for forced marriage / FGM

You have to **get married** soon but don't want to? Your family is pressuring you? You are being threatened with violence "in the name of honor"? You have already been forced into marriage? Call us – you can talk to us about it without anyone finding out. Together we will think about what can be done. We also help you with applications, legal questions, etc. This assistance is available to (young) women and (young) men.

You are affected or threatened by FGM (female genital mutilation)? You want to protect your daughter? You know somebody who needs help with this? We advise you anonymously and free of charge, if necessary with a translator and a cultural mediator.

### How to find us:

Wüstenrose – Fachstelle Zwangsheirat / FGM

IMMA e.V.

Phone: 089/4521635-0

Goethestr. 47

80336 München

E-Mail: [wuestenrose@imma.de](mailto:wuestenrose@imma.de)

### Our phone hours are:

Monday: 14:00 to 16:00

Tuesday: 10:00 to 12:00

Thursday: 13:00 to 15:00



## Zora Groups and school projects

Zora offers a range of group services for girls and young women aged between 8 and 27. The most important services are projects in schools on violence prevention, training for girls with violent tendencies, and services for young lesbian women.

Zora Gruppen und Schulprojekte

IMMA e. V.

Jahnstraße 38

80469 München

Phone: 089/23 88 91 – 40, 43 or – 44

E-mail: [zora-gruppen@imma.de](mailto:zora-gruppen@imma.de)

## JuleZ – Young lesbians at Zora

We offer services for lesbian, bisexual, trans\* girls and young women up to 27 years of age. These services are open to anyone who is interested. You'll find current events at

[www.julez-muenchen.de](http://www.julez-muenchen.de)

[www.facebook.com/julez.muenchen](https://www.facebook.com/julez.muenchen)

[www.instagram.com/julez.muenchen](https://www.instagram.com/julez.muenchen)

You can also contact us at

[julez@imma.de](mailto:julez@imma.de)

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## Safe haven for girls and young women

You are between **13 and 20 years** old and are afraid, are being beaten, abused? You are being belittled, locked up, were kicked out? You need a place where you can calmly think about how to go on? Then take heart and call us. We can temporarily give you **a place to stay, protection, support**, and someone you can talk to. You can reach us day and night in an emergency. Our address is kept secret for your protection.

**You can reach us here:**

IMMA Zufluchtstelle für Mädchen und junge Frauen

Phone: 089/18 36 09 (If the machine answers, please leave a message and we will call back)

Mailing address:

Jahnstr. 38

80469 München

E-mail: [zufluchtstelle@imma.de](mailto:zufluchtstelle@imma.de)