



# CHILDREN'S GUIDE

2025/  
2026



# EXPECTING A BABY...

...and your first one? Are you unsure which hospital is right for you? Which official procedures will you need to handle after the birth? How to apply for financial support? Or are you looking for childcare and/or a playground?

In such cases, as well as regarding financial, partnership, and health matters, this brochure is intended to be a practical guide.

Here you will find not only a compilation of all addresses and phone numbers of services 'around the child,' but also numerous tips and advice on where to turn if you have any uncertainties. Regional offerings for Linz can be found in the middle section of the brochure.

If we want to create a place where our children and young people feel comfortable, then we are working for the future. It is absolutely necessary to build barrier-free, have good quality and sufficiently available childcare facilities as the standard, establish enough well-equipped playgrounds and sports facilities, and ensure that where psychological and social advice and help are needed, there are accessible points of contact.

The Children's Guide aims to collect as many of these services as possible. However, many things change or are updated during the year. Therefore, it is very helpful to visit the websites of the respective providers. There are also many specialists, private individuals, or institutions offering services related to this topic.

The contents of this brochure have been carefully reviewed and prepared to the best of our knowledge. However, no guarantee is made regarding the completeness, timeliness, quality, or accuracy of the information provided here. We strive to continuously update changes to services or content on our homepage [www.kinderratgeber.at](http://www.kinderratgeber.at). Additionally, we are constantly working to expand and publish local offerings online. In this spirit, we wish all parents and their children a bright future.

All information is current as of July 2025.

With the support of Child and Youth Services of the State of Upper Austria

**Kinderschutz** 

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## PARENT-CHILD PASS

The Parent-Child Pass supports health care for pregnant women and children up to five years old. You usually receive the Parent-Child Pass from your specialist doctor in gynecology (women's health). Your gynecology, paediatrics, and general medicine doctors record each examination in the Parent-Child Pass. In total, 18 examinations are scheduled for mother and child. Part of this is a requirement for receiving the full childcare allowance. A confirmation of the Parent-Child Pass examinations is also necessary for the Parent-Child allowance from the state of Upper Austria. Between the 18th and 22nd week of pregnancy, there is the opportunity to receive a free one-hour consultation with a midwife as part of the Parent-Child Pass. The consultation includes information on the course of pregnancy, childbirth, the postnatal period, breastfeeding, health-promoting behaviour during this time, and further support options.

Sign language video about the Parent-Child Pass at:

<https://www.oegsbarrierefrei.at/bmg/mutter-kind-pass>

## PREGNANCY NOTIFICATION

As soon as the pregnancy is known, the employer must be informed and the expected date of birth communicated. A medical certificate must be provided upon request. When a woman receives the Parent-Child Pass from her doctor, the pregnancy is officially confirmed. This is the appropriate time to inform the workplace. However, if the pregnancy is not reported immediately, there are no penalties. Expectant mothers are also required to notify their employer of the start of the protection period no later than four weeks before it begins.

The employer is obligated to report the employee's pregnancy to the responsible labor inspectorate. In larger companies, the company doctor must also be informed.

## MATERNITY PROTECTION

From the moment pregnancy is reported to the employer, the provisions of the Maternity Protection Act take effect. The Maternity Protection Act (MSchG) regulates all protective measures for expectant mothers and applies to all female employees (including those in minor employment), regardless of whether they are in a public-law or private employment relationship, as well as to apprentices and homeworkers. Some special provisions

apply differently to employees working in the public sector or in private households. Once the pregnancy is disclosed, your employer is obliged to ensure that you do not physically overexert yourself. Because this can potentially be dangerous for the unborn child.

## EMPLOYMENT BAN

There are special protective regulations to safeguard pregnant women and their unborn children. Generally, heavy physical work is prohibited. In case of doubt, the labor inspectorate determines which tasks are hazardous to health and therefore forbidden. An absolute employment ban applies from eight weeks before until eight weeks after the expected childbirth (protection period or maternity protection). In cases of multiple births, premature births, and cesarean sections, the protection period after birth is at least 12 weeks. If the eight-week period before childbirth is shortened, the protection period after birth is extended by the same amount, but not exceeding 16 weeks. During the employment ban, female employees and self-employed service providers are generally entitled to maternity allowance.

## PROTECTION AGAINST TERMINATION

Expectant mothers and parents on parental leave or parental part-time work are protected against termination and dismissal. This protection begins with the notification of pregnancy or the reporting of parental leave/parental part-time work, at the earliest four months before the start of parental leave/parental part-time work, and lasts until four months after childbirth or up to four weeks after the end of parental leave. In the case of parental leave, the protection against termination and dismissal ends at the latest four weeks after.

the child's second birthday, and in the case of parental part-time work, at the latest four weeks after the child's fourth birthday. Terminations or dismissals issued during the protected period without judicial consent are legally invalid, are considered not to have been issued, and do not terminate the employment relationship.

ATTENTION: If a termination is issued by the employer before the pregnancy is disclosed, the pregnancy must be reported within five days after the termination by providing a medical certificate. In the event of a miscarriage, protection against termination and dismissal applies for up to four weeks following the event.



**Arbeiterkammer Upper Austria Legal Advice,**  
 4020, Volksgartenstraße 40, Tel. 050/6906-1  
<https://ooe.arbeiterkammer.at>

#### **Additional district offices**

- Braunau
- Eferding
- Freistadt
- Gmunden
- Grieskirchen
- Kirchdorf
- Linz-Land
- Perg
- Ried
- Rohrbach
- Schärding
- Steyr
- Vöcklabruck
- Wels

#### **AK Parent Calendar**

<https://elternkalender.arbeiterkammer.at/>

A baby is on the way, and you have a thousand things to think about! The interactive parent calendar is your companion through pregnancy, parental leave, and parental part-time work – for moms and dads – providing a quick overview of the key labor law regulations, deadlines, and important dates concerning the balance of work and family, maternity protection, parental leave, childcare allowance, and parental part-time work.

## **CHILDBIRTH PREPARATION**

You have approximately nine months to prepare for life with a new person. To be well prepared for the birth, there are a wide range of services available.

#### **PREGNANCY APPS**

This probably most exciting time of your life brings not only many feelings of happiness but also many small and big questions. In addition to guidebooks, blogs, and experienced friends, there are also several practical apps. Here is a small selection of free apps for smartphones:

#### **ÖGK ...von Anfang an**

Many great tips and information on pregnancy and baby-related topics: nutrition advice, remedies for nausea, baby name charts, and information about the baby's development.

#### **BabyCenter**

This app stands out for its wealth of helpful information: a pregnancy calendar, daily health and fitness tips, recipes, and nutrition advice. After birth, it transforms from a pregnancy app into a parenting app. Very practical, as you won't need a separate app for your early days with your baby.

#### **Schwangerschaft +**

Daily information about the progress of pregnancy, a personal diary, weight tracking, and an appointment calendar for your doctor visits, plus even a name finder! Especially great: The app can be set to include fathers (as well as grandma, grandpa, best friend, and others)!

#### **Sprout**

In 3D, you can see what the baby looks like at the respective week of pregnancy and how it is developing. Pregnancy planner for managing tasks and appointments, including checklists and a pregnancy diary.

#### **iMamaiPapa**

Provides answers to thousands of questions that arise from the very first month: medically reliable, updated weekly, focused on the essentials, and for the first time designed equally for both mom and dad. Hooray, I am going to be a father! A helpful app for expectant fathers, offering videos on the key topics to prepare for the arrival of their child.

#### **Keleya**

The app offers workout and yoga exercises that are precisely tailored to your pregnancy week and safe to perform. You will also find healthy recipes and expert videos on various topics related to pregnancy, such as breathing exercises for childbirth.

#### **Babelli**

Everything you need to know during your pregnancy is available in this app, for example, how to stay fit and healthy and how to prepare for childbirth and life as a mother.

## ANTENATAL CLASSES / PREGNANCY EXERCISE

Antenatal classes and pregnancy exercise are offered throughout Upper Austria in hospital maternity wards, by midwives, adult education centers, parent-child centers, private associations, and more. (See local section.)

## INFANT CARE

Newborns are unique individuals from the very beginning. This also applies to the condition of their skin, their regulation of temperature and digestion, and consequently, their excretions.

Infant care courses are offered in maternity wards, by midwives, in parent-child centers, and elsewhere.

## SMOKE-FREE FROM THE START!

Quitting smoking during pregnancy has especially positive effects. It optimally supports both the mother's health and the baby's development. Professional, respectful, and personalized support makes weaning easier. The Austrian Health Insurance Fund (ÖGK) supports women and their partners around childbirth with online resources, videos, information about the Smoke-free Phone, the Smoke-free App, and current campaigns: 'Smoke-free from the Start.' Individual counseling is confidential and free of charge and is provided by specially trained psychologists from the Occupational Health Service Linz.

Individual Counseling Contact:

Tel. 05 0766 - 14103542

E-mail: [rauchfrei-14@oegk.at](mailto:rauchfrei-14@oegk.at)

Smoke-free Phone: anonymous counseling

Monday to Friday from 10 a.m. to 6 p.m.

Tel. 0800 810 013 (free of charge).

## MIDWIVES

The scope of work for midwives is broad and comprehensive. Midwives work in various departments in hospitals: in delivery rooms, postnatal wards, outpatient clinics, and fertility departments. Many work independently in midwifery practices or birthing centers, assist with home births, work as family midwives, offer courses, and provide home visits during pregnancy and the postnatal period. Midwives support women throughout pregnancy, childbirth, and the following days and weeks. During this important time in life, they offer their knowledge and expertise.

## Childbirth Preparation

Midwives provide a wide range of antenatal classes in practices, counseling centers, hospitals, and other institutions.

## Midwifery Counseling

As part of the midwife consultation in the Mother-Child Pass, pregnant women can access free midwifery counseling between the 18th and 22nd week of pregnancy. They can receive free midwifery counseling and establish early contact with a midwife. The consultation is offered as a supplementary service to medical check-ups and has a counseling function. It covers topics such as choosing the place of birth, nutrition and exercise during pregnancy, and information on health-promoting and preventive behaviors.

## Costs

Every woman has the right to the support of a midwife. Midwifery care is a service covered by health insurance. The services provided by contracted midwives are uniformly regulated across Austria by an agreement with the Austrian Midwifery Board. Home visits, midwifery care during a home birth, as well as various materials and medications required for midwifery care and the postnatal period, are covered.

Therefore, you do not need to pay a private fee for the contractual services. When cared for by a chosen midwife, 80% of the standard health insurance rate is reimbursed. You can find the current names, phone numbers, and information of midwives in Upper Austria here:

[www.oberoesterreich.hebammen.at](http://www.oberoesterreich.hebammen.at)

**Landesgeschäftsstelle der OÖ Hebammen**

Nicole Humer MSc, Tel. 0664 3902392

## MIDWIFE CONSULTATION HOURS

### ZOE Pregnancy Counselling

Gruberstraße 15/1, 4020 Linz

Tel. 0732 778300, [www.zoe.at](http://www.zoe.at)

### Midwifery Counseling – for all questions concerning pregnancy, birth, and the postnatal period:

- to learn about physical and psychological changes
- to find strength through conversation and confidently approach the upcoming birth
- to prepare for the early days with your baby

Processing birth experiences – after a traumatic birth or cesarean section:

- What happened to me?
- Feelings such as powerlessness, fear, failure, guilt, shock, loneliness, or being overwhelmed need expression, attention, and compassionate support.
- Here, experiences can be processed to help you regain trust in yourself as a woman and mother, and to strengthen the bond between mother and child.

Appointments by arrangement!

## **142 - MIDWIFE CONSULTATION HOUR**

[www.hebammen-sprechstunde.at](http://www.hebammen-sprechstunde.at)

The midwife consultation hour is a service offered by TelefonSeelsorge Upper Austria – Emergency Number 142 and the Austrian Midwives' Association (ÖHG), Regional Office Upper Austria. Every Monday between 9 and 11 a.m., a midwife answers all questions by phone at number 142 regarding conception, pregnancy, birth, postnatal period, breastfeeding, and infant care and nutrition – confidentially and free of charge, regardless of the caller's age, place of residence, or income.

This service is now being updated to match parents' media use and expanded to include a midwife chat. This counseling service can be accessed easily, free of charge, and confidentially.

On two afternoons each week (every Tuesday and Thursday from 4:00 p.m.), midwives answer all questions related to fertility, pregnancy, childbirth, the postnatal period, breastfeeding, introduction of complementary foods, and much more. The midwives support those seeking advice in the chat with their extensive experience and professionally guide them on the journey to parenthood.

## **DiA – Doulas in Austria**

Support around childbirth: [www.doula.at](http://www.doula.at)

A DiA doula accompanies women throughout childbirth with experience, mindfulness, encouraging words, and practical assistance. Through their continuous presence, support, and encouragement, they contribute significantly to a positive birth environment for the pregnant

woman and her partner. However, during childbirth, they are not a substitute for a midwife. Midwives are medically trained and essential as birth companions. You can find doulas near you on the homepage.

## **PREGNANCY COUNSELING**

For many expectant mothers, pregnancy is a time of questions – or even uncertainty. Are you perhaps unexpectedly pregnant? Or would you like to know which examinations are advisable now? Expectant fathers may also have questions. ...

### **Zoe – Counseling on Pregnancy and Birth**

[Gruberstraße 15/1, 4020 Linz](#)

Tel. 0732 778300, [www.zoe.at](http://www.zoe.at)

ZOE is committed to providing women, men, couples, families, and young people with the best possible help and support in a safe environment. Counseling on:

- Prenatal examinations
- Unwanted pregnancy
- Becoming a father
- Times of change
- Difficult life circumstances
- uvm.

ONLINE COUNSELING: can be helpful when it is easier to write down your thoughts than to say them out loud. Another advantage is that the advisor's response can be read again later. On the secure website [www.antworten.at](http://www.antworten.at), after logging in, you have the opportunity to use online counseling in a protected setting (in accordance with the General Data Protection Regulation).

### **Counseling for expectant parents on prenatal diagnostics and disability**

[Diakonie Zentrum Spattstraße gemeinnützige GmbH](#)

[Willingerstraße 31, 4030 Linz](#)

Tel. 0732 349271, [www.diakonie.at](http://www.diakonie.at)

Thanks to advances in prenatal diagnostics, parents are already faced with many difficult questions during pregnancy. This is often accompanied by personal conflicts, uncertainty, fears, or a state of shock. If you have questions or concerns related to prenatal diagnosis and disability, we are here for you.

Counseling appointments are available by telephone arrangement.



## BEZIEHUNGLEBEN.AT

Abteilung Beziehung, Ehe und Familie der Diözese Linz-  
Kapuzinerstraße 84, 4021 Linz

<http://www.beziehungleben.at>

Beziehungleben.at is a service provided by the Catholic Church, offering a variety of support in partner, marriage, family, and life counseling – including pregnancy counseling. Twenty-six counseling centers throughout Upper Austria are available locally and easily accessible. Appointment arrangements for all counseling centers: 0732 77 36 76

## ADOPTION

You are expecting a baby and cannot raise it yourself. What should you do? What happens next? Questions and thoughts that go through your mind when everything feels hopeless because of a pregnancy. If you are considering placing your child for adoption, please contact an adoption counseling center informally during pregnancy. There, you will receive impartial support and help with decision-making.

The first point of contact for the placement of an adopted child is the youth department of the respective district authorities or the magistrate's office for youth and family. If you decide to keep your baby in this situation, child and youth welfare services are available to help you find a solution for you and your child.

## CONSENT TO ADOPTION

If you wish to give your child up for adoption, please contact an adoption counseling center during pregnancy without any obligation. The mother can sign the consent form for adoption immediately after the birth and chooses the type of adoption (confidential adoption, open adoption, or semi-open adoption). Afterward, suitable adoptive parents are sought for the child. In some cases, the consent of additional persons is also required. The placement of a child for adoption is conducted with the utmost confidentiality, respecting the wishes of the relinquishing mother. **WARNING!** The mother may withdraw her consent to the adoption until the court grants approval. This period usually lasts about six months. During this time, how the adoptive parents manage with the child and how the child is settling with their new parents is carefully observed. Adoptive parents can still withdraw from the adoption during this period.

## IT'S TIME!

The more secure and supported you feel from the very beginning during your hospital stay, the more comfortable your child will feel.

To help you choose a suitable clinic or welcoming hospital, we provide an overview of maternity facilities in Upper Austria. Each hospital and maternity ward, usually including the delivery room, can be visited beforehand. Please also make use of the midwifery counseling provided in the Mother-Child Pass between the 18th and 22nd weeks of pregnancy.

It is always helpful to calmly address questions and personal wishes. In short: Do everything you can to be as relaxed as possible, both emotionally and physically, before and after the big day. As always, when it comes to securing places: Please register as early as possible, ideally within the first few months, as beds can become limited at any time.

## HOSPITALS AND CLINICS

### Kepler Universitätsklinikum

Med Campus IV

Krankenhausstraße 26-30, 4020 Linz

Tel. 05 7680 84-0, [www.kepleruniklinikum.at](http://www.kepleruniklinikum.at)

### Klinikum Wels-Grieskirchen

Grieskirchner Straße 42, 4600 Wels

Tel. 07242 415-0, [www.klinikum-wegr.at](http://www.klinikum-wegr.at)

### Klinikum Wels-Grieskirchen

Wagleithner Straße 27, 4710 Grieskirchen

Tel. 07248 601-0, [www.klinikum-wegr.at](http://www.klinikum-wegr.at)

### Krankenhaus der Barmh. Brüder Linz

Seilerstätte 2, 4021 Linz

Tel. 0732 78970-23500, [www.bblinz.at](http://www.bblinz.at)

### Krankenhaus der Barmh. Schwestern Ried/I.

Schlossberg 1, 4910 Ried im Innkreis

Tel. 07752 602-1420, [www.bhsried.at](http://www.bhsried.at)

### Krankenhaus St. Josef Braunau

Ringstraße 60, 5280 Braunau

Tel. 07722 804-0, [www.khbr.at](http://www.khbr.at)

**Landeskrankenhaus Freistadt**

Krankenhausstraße 1, 4240 Freistadt  
Tel. 05 055476-23701, [www.oeg.at/fr](http://www.oeg.at/fr)

**Landeskrankenhaus Kirchdorf**

Hausmanninger Straße 8, 4560 Kirchdorf  
Tel. 05 055467-23771, [www.oeg.at/ki](http://www.oeg.at/ki)

**Landeskrankenhaus Rohrbach**

Hospital Street 1, 4150 Rohrbach-Berg  
Tel. 05 055477-23903, [www.oeg.at/ro](http://www.oeg.at/ro)

**Landeskrankenhaus Schärding**

Alfred Kubin Street 2, 4780 Schärding  
Tel. 05 055478-23750, [www.oeg.at/sd](http://www.oeg.at/sd)

**Landeskrankenhaus Steyr**

Sierninger Street 170, 4400 Steyr  
Tel. 05 055466-23750, [www.oeg.at/sr](http://www.oeg.at/sr)

**Landeskrankenhaus Vöcklabruck**

Dr. Wilhelm Bock Street 1, 4840 Vöcklabruck  
Tel. 05 055471-23750, [www.oeg.at/sk/vb](http://www.oeg.at/sk/vb)

**Salzkammergut-Klinikum Bad Ischl**

Dr. Mayer-Straße 8-10, 4820 Bad Ischl  
Tel. 05 055472-0, [www.oeg.at/sk/bi](http://www.oeg.at/sk/bi)

**OUTPATIENT BIRTH**

Some women choose outpatient birth, a combination of childbirth in hospital and postnatal care at home. (Discharge occurs within 24 hours after birth.) For good reason, you do not want to miss out on the safety that a hospital with its technical and medical facilities provides during childbirth. However, afterwards you prefer to be at home with your baby in a cozy and familiar environment. During the first five days of life, a midwife visit is scheduled daily. During these visits, the midwife monitors, among other things, uterine recovery and wound healing, as well as the development of the newborn. She is the point of contact for any questions that arise. If planning an outpatient birth, it is important to get in touch with a midwife as early as possible.

**THE BIRTHING CENTER**

A birthing center (also known as a midwife practice or maternity home) is an independent, out-of-hospital birthing facility run by one or more midwives, where women can give birth in privacy and babies are born in a safe environment. A birthing center is a good alternative to a home birth. You can benefit from the advantages of a home birth, such as the comfortable atmosphere, privacy, self-determination, ample time for the natural birth process, and comprehensive care from a midwife who already knows you. At the same time, everything is prepared for the birth, and the hospital is nearby (2.4 km). At the Steyr birthing center, you will be cared for and supported by Natascha van Riet (and if this is your first baby – also by a doula). At a non-binding information evening, we can get to know each other and discuss any questions about support at the birthing center. Please register early in pregnancy, as we only support a few women each month.

<https://www.hebammenatascha-steyr.at/>



## THE HOME BIRTH

A healthy woman with an uncomplicated pregnancy can also give birth at home. Giving birth in the familiar environment of the family can give women a sense of security that positively affects the progress of birth and the postnatal period.

Good preparation is important if you decide on a home birth:

Engage the midwife you have carefully chosen no later than the 20th week of pregnancy. Attend all check-up appointments diligently. Consider registering at a nearby clinic in case complications occur. Arrange support from your family and/or a household helper for the time of childbirth.

Midwives provide compassionate and attentive care to women from the beginning of pregnancy. Parents are involved in decision-making. After the birth, the midwife visits your home for up to eight weeks to support you with all questions related to caring for your newborn and parenting.

[www.oberoesterreich.hebammen.at](http://www.oberoesterreich.hebammen.at)

## ANONYMOUS BIRTH

Pregnant women who, for various reasons, do not want or cannot keep their child have the option to give birth anonymously. The goal is to prevent secret and unattended births or child abandonment. After birth, the child is cared for by child and youth welfare services and is usually placed with adoptive parents. Medical care before and after birth for the mother is also available anonymously.

## BABY NEST / BABY DROP-OFF

For mothers who feel unable to care for their child after birth, there should be no way around one of the so-called 'baby nests.' This is the only way for mothers to be certain that their child is cared for in the best possible way. At a baby nest, the mother enters a heated room where she has a few more minutes to say goodbye to her child. Twenty minutes after the baby nest door is closed, an alarm is triggered, and the child is taken into safe hands and professional care. The medical team can also be contacted by the mother at any time, anonymously and without fear, to answer any questions about the child's condition. Information sheets on this are available locally. Just as with anonymous birth, custody of the child transfers to child

and youth welfare services when the baby nest is used. After a 14-day waiting period, an adoption procedure for the child will be initiated. Mothers can confidently turn to various support centers after their child is released. You can find a "baby nest" at:

### Kepler University Clinic

#### Med Campus IV

Krankenhausstraße 26-30, 4020 Linz

### Krankenhaus der Barmherzigen

#### Schwestern Wels

Grieskirchner Straße 42, 4600 Wels

### Krankenhaus der Barmherzigen

#### Schwestern Ried/I.

Schlossberg 1, 4910 Ried im Innkreis

### Landeskrankenhaus Vöcklabruck

Dr. Wilhelm Bock Street 1, 4840 Vöcklabruck

## FINALLY HERE!

## POSTNATAL EXERCISE

There are many good reasons to participate in postnatal exercise classes after the birth of a baby. For example, to strengthen the pelvic floor, prevent prolapse of internal organs to avoid incontinence, strengthen your abdomen and back, and to help you regain your energy and enjoyment after childbirth.

Postnatal exercise classes are offered in hospital maternity wards, by midwives, in parent-child centers, and at adult education centers (VHS). ...

## PHYSIOTHERAPY FOR MOTHERS

After the postnatal period, if pelvic floor dysfunctions or imbalances persist, including urinary and/or fecal incontinence or prolapse issues, the ÖGK offers young mothers individual or group therapeutic exercises.

Further information is available at:

### ÖGK-Gesundheitszentrum Linz

Garnisonstraße 1a, Tel 05 0766 – 14503100



## PSYCHOTHERAPY COVERED BY HEALTH INSURANCE

[www.gesundheitskasse.at](http://www.gesundheitskasse.at)

Around the time of birth, the lives of all family members change. If the joy of the new addition to the family is overshadowed by psychological difficulties, the ÖGK offers professional support. Psychotherapy can be accessed as individual or group therapy with a qualified psychotherapist. In individual therapy, the session typically lasts 50 minutes; for group therapy, it is 45 or 90 minutes. If the psychotherapy is provided by a contracted provider, the ÖGK covers the costs.

Contact person for psychotherapy in Upper Austria:

### **Clearingstelle für Psychotherapie**

4020 Linz, Fabrikstraße 32

Tel. 0800 202533

[www.clearingstelle.net](http://www.clearingstelle.net)

## ADVICE AND SUPPORT AFTER PREGNANCY

### **Zoe Schwangerschaftsberatung**

Gruberstraße 15/1, 4020 Linz

Tel. 0732 778300, [www.zoe.at](http://www.zoe.at)

I ACTUALLY WANTED TO BE HAPPY ...

What has happened to me? Feelings such as powerlessness, fear, failure, guilt, shock, loneliness, and overwhelm need expression, attention, and empathetic support. Individual counseling offers the opportunity to process experiences, regain trust in yourself as a woman and mother, and strengthen the mother-child bond.

Free of charge, appointment by telephone arrangement!

### **Wellcome Linz -**

#### **Practical help after birth**

Kath. Familienverband ÖÖ

Kapuzinerstraße 84, 4020 Linz

[www.wellcome-oesterreich.at](http://www.wellcome-oesterreich.at)

The baby is here, joy is immense – and nothing else works anymore. It is helpful when family, friends, or neighbors assist during the first period to manage daily life with the baby. wellcome – Practical help after birth is a modern neighborhood service for all families who lack family support in the first year after their child's birth. Contact person in Linz: [Ms. Elisabeth Asanger](#)

Tel. 0676 8776 3434 (Tue 9 am–12 pm)

### **Caritas Oberösterreich**

#### **Jungfamilien- und**

#### **Schwangerenberatung**

Hafnerstraße 28, 4020 Linz

Tel. 0732 7610-2311, [www.caritas-ooe.at](http://www.caritas-ooe.at)

For pregnant women, families, or single mothers and fathers with children under three years old living in the household and with lawful residence in Austria.

- Information about existing statutory entitlements such as maternity allowance, childcare allowance, assistance with childcare allowance, Parent-Child Pass examinations, midwife services, and more.
- Counselling on personal, social, legal (including immigration-related), and financial matters.
- Referral to suitable institutions.
- Financial and material bridging assistance when needed and following an assessment of the financial situation.
- Information on further support options available in cases of financial hardship.
- Support with official contacts

## THE FIRST WEEKS

### **CONTACTS WITH AUTHORITIES**

#### **Digital Babypoint – Online Services**

[www.oesterreich.gv.at/landingpages/geburt](http://www.oesterreich.gv.at/landingpages/geburt)

The Digital Babypoint helps you organize tasks related to pregnancy and birth with a personalized checklist. After initial registration, you can also use the service 'First Issuance of Documents' to apply for the birth certificate, proof of citizenship, and confirmation of registration. To use the online services, you need an ID Austria or EU Login.

#### **Notification of Birth**

The birth of a newborn must be reported to the responsible registry office within one week. Births in a clinic or similar facility are reported by the institution's management. For home births, the birth notification is issued by the doctor or midwife, and the mother or parents must submit it to the registry office.

## The baby's birth certificate

Upon request by the mother or parents, the registry office will issue the birth certificate with the birth notification, and if the child has Austrian citizenship, a proof of citizenship.

To register the birth of your child, you will need the following documents:

- Official photo IDs of the parents (or mother)
- Birth certificates of the parents (or mother)
- Proofs of citizenship of the parents (or mother)
- Marriage certificate (if married)
- Registration confirmation of the parents (or mother)
- If applicable, partnership certificate
- If applicable, divorce certificate
- If applicable, proof of academic degrees of the parents or mother
- If applicable Proof of acknowledgment of paternity
- Form 'Notification of Birth' if the birth was not reported by the hospital

For nationals of a foreign country:

- All foreign-language documents in the original and with a certified translation

There are cooperations between some registry offices and hospitals, so that the relevant hospitals transmit the documents required for issuing the first birth certificate, together with the 'Notification of Birth' form, to the registry office. Please inquire at the hospital or the responsible registry office. You can also collect the birth certificate and birth confirmation there.

## Initial registration of newborns

The residence registration of a newborn can be done at the same time as the birth notification at the registry office, provided a registration form has been completed beforehand (usually at the hospital). If the registration is already completed at the registry office, a visit to the registration authority is no longer necessary.

If the newborn is to be registered under the legal guardian, the registration obligation applies to them. They sign as the accommodation provider and as the person responsible for registration. If the child is not registered with the legal guardian, the registration obligation falls on the accommodation provider. Deadline: within three days after returning from the maternity ward.

## Name law

If the parents share the same family name, the child will also bear that name. However, it is also possible for a double name, assigned to one parent at the time of marriage, to be designated as the child's family name. If the parents do not share a common family name (for example, if they are not married), the family name of one parent may be chosen as the child's family name. Furthermore, the child may be given a double name formed from the family names of both parents, according to applicable provisions. The child's family name is generally to be determined jointly by the parents who have custody rights. If the parents cannot agree on a family name, or if no family name is determined for the child, the child will be given the mother's surname. If only one parent has custody, that parent has the right to decide the name. If the family name of the parents or one parent changes, or if the parents marry each other, the child's family name may be determined again.

## Acknowledgment of paternity

The father of a child born out of wedlock can acknowledge his paternity by making a formal declaration. To issue the acknowledgment of paternity, the father must appear personally at a competent authority and declare paternity in a domestic public or officially certified document. Required documents: Official photo ID, registration certificate (if not residing in Austria), birth certificate, proof of citizenship, proof of academic degree, passport or identity card (for foreign nationals). If the father is a minor, the consent and official photo ID of the legal representative are also required.

## Responsible authority

The acknowledgment of paternity must be made at the competent registry office, a child and youth welfare agency, or a notary in Austria. If you wish to complete the acknowledgment at the district court, it is usually the court responsible for the district where the child—or, if acknowledged before birth, the mother—has their habitual residence.

At the registry office, the acknowledgment of paternity, birth registration, and custody arrangements can be completed at the same time.

## Passport/Identity card for children

Austrian citizenship is a prerequisite for the issuance of an Austrian passport.

For children and minors under the age of 14, the application must be submitted by their legal representative. Minors aged between 14 and 18 may apply for the passport themselves, provided they have the consent of their legal representative. Children (including toddlers) and adolescents must be present with their legal representative during the application to ensure clear proof of identity.

Required documents: official photo ID of the applying parent, the child's birth certificate, the child's proof of citizenship, and a passport photo not older than six months (complying with ICAO standards). For children up to 12 years old, the child passport with a chip is issued without a fingerprint. The first passport and identity card for newborns up to their second birthday are issued free of charge on the occasion of birth. The child's passport after the second birthday costs €30 / express delivery €45 / one-day express delivery €165. The passport with a chip from the twelfth birthday costs €75.90 with RSb delivery / express delivery €100 / one-day express delivery €220.

Responsible authorities:

- [The district administration office](#)
- In statutory cities, the municipal office

Applications for passports can be submitted anywhere in the country – regardless of residence – at any passport authority.

## Notification to social insurance

Notification of a child to social insurance usually occurs automatically with the birth registration and is processed on the same working day. A social insurance number is then already assigned.

- After notification, the child receives their own e-card by mail.
- You can use the e-card without a signature for children under 14 years of age.
- Take the e-card with you to the Mother-Child Pass examinations.
- If your child has multiple insurance coverages, you can decide at the doctor's office which health insurance to use for your child's services. However,

only one e-card can be issued.

- If children travel with their school, the e-card should definitely be taken along.

The annual fee for the e-card is waived for children and young people who are co-insured with their parents.

ÖGK, [www.gesundheitskasse.at](http://www.gesundheitskasse.at)

## MATERNITY ALLOWANCE

[www.gesundheitskasse.at](http://www.gesundheitskasse.at)

Maternity allowance is granted to all female employees as well as to women who receive benefits from unemployment insurance (e.g., unemployment benefit, emergency assistance, etc.). The maternity allowance is paid for the last eight weeks before the expected date of childbirth, on the day of childbirth, and for the first eight weeks following birth. If an early employment ban is issued for medical reasons by the official doctor or labor inspector, entitlement to maternity allowance begins from that time. After childbirth, the entitlement is extended to 12 weeks in cases of premature or multiple births, or if the delivery was by caesarean section. For the ÖGK to continue paying maternity allowance after childbirth, you need to provide a copy of the birth certificate. Please submit it in a timely manner. The maternity allowance will be transferred to you every four weeks in arrears. The maternity allowance fully replaces the net income, based on the average earnings of the last 13 weeks (or the last three calendar months) before the start of maternity leave. Special payments (holiday pay, Christmas bonus) are included as percentage supplements.

Women who received unemployment benefit or emergency assistance before maternity leave will receive an 80% supplement on their last benefit payment. Recipients of childcare allowance who were entitled to maternity allowance for the previous childbirth receive maternity allowance equal to the amount of the childcare allowance. Self-insured persons with minor employment receive a fixed daily amount of €11.87 (2025).

You will receive the application for maternity allowance from your gynecologist, who confirms the expected due date on the back. The front must be completed by your employer. This work and income confirmation for maternity allowance should be submitted to the health insurance fund at the start of the postnatal care period.



## DADDY MONTH & FAMILY TIME BONUS

Fathers who wish to dedicate themselves exclusively to their family immediately after the birth of their child and interrupt their employment have a legal right to leave related to the birth of the child ('Daddy Month'). There must be a shared household with the child, and the notification deadlines to the employer must be met.

Same-sex couples can also claim entitlement for the second parent.

The 'Family Time Bonus' amounting to around €1600 - 1700 monthly (2025) is the financial benefit during the 'Dad month'. Since January 1, 2023, the Family Time Bonus is no longer offset against childcare allowance later claimed by the father.

## CHILDCARE ALLOWANCE

Requirements:

- Entitlement to and receipt of the Family Allowance
- according to Main residence with the child
- Implementation and proof of the U1 examinations
- Center of life in Austria
- Compliance with the additional income limit per calendar year
- Non-Austrian citizens must have legal residence in Austria or meet specific asylum law requirements

### Types of benefits

You can receive the childcare allowance in two ways: either via the flexible childcare allowance account or as income-related childcare allowance. The childcare allowance account (a flat-rate benefit) is a family benefit paid independently of previous employment or compulsory insurance.

The choice of benefit type must be made at the initial application and also binds the other parent. A change is strictly only possible within 14 days of the initial application!

### Duration of entitlement and benefit amount (2025)

The benefit period of the KBG account can be flexibly chosen within a specified range.

- One parent can choose between 365 and 851 days from the child's birth,
- while if both parents claim benefits, the period ranges from 456 to 1,063 days.

- The daily benefit amount is €41.14 in the shortest option and €17.65 in the longest. The longer the benefit is received, the lower the daily amount becomes.
- The income-dependent KBG is granted
- for up to 365 days from the child's birth if claimed by only one parent.
- If claimed by both parents, the maximum period is 426 days.

The income-dependent childcare allowance amounts to 80% of the last income, up to a maximum of €80.12 per day.

**NEW:** Since 2023, the daily rates have been automatically indexed every January, meaning they are adjusted for inflation.

### Change of caregiver

To use the entire care period, at least one change of caregiver must take place; a maximum of two changes are allowed in total. A care block must last at least 61 days.

### Simultaneous receipt

Simultaneous receipt of childcare allowance by both parents is possible for up to 31 days (at the first change).

### Partnership bonus

If parents each spend roughly equal time caring for the child, each parent is entitled, upon application after the overall allowance period, to a partnership bonus of €500 as a one-time payment.

### Extension of the benefit period in hardship cases

In special cases, the entitlement to the lump-sum KBG (KBG account) can be extended beyond the maximum 91 days granted to a single parent as follows:

- The second parent is unable to receive the KBG during the extension period due to an event (death, stay in a health or care facility, court- or authority-confirmed domestic violence, stay in a women's shelter, imprisonment).
- A permanently single parent has filed an application with the court to determine child maintenance and has a maximum net income of €1,400 (including family benefits), plus €300 per month for each additional person in the household for whom maintenance is provided.

For births from November 1, 2023, there is also an entitlement to a hardship extension of up to 61 days beyond the maximum period entitled to a single parent, with a special daily payment of €41.14 (2025) when receiving eaKBG.

Low-income parents can apply for assistance towards the flat-rate childcare allowance in the amount of €6.06 per day. Assistance is granted if, and as long as, there is an entitlement to payment of the childcare allowance. Eligible are:

- Single parents who provide a document identifying the other parent and declare that they have no partnership with the other parent or any other person. The additional income of the parent receiving benefits must not exceed €8,600 per calendar year from 2025 onwards.
- Couples are mothers or fathers who are married or living in a registered partnership or cohabitation. The additional income of the parent receiving benefits must not exceed €8,600 / €18,000 of the other parent or partner, per calendar year.

Assistance is granted for a maximum duration of 365 days from the date of application. It is not granted during the extension of benefits in hardship cases, when receiving income-dependent childcare allowance, or to both parents simultaneously. All changes must be reported immediately.

#### Multiple Child Supplement:

For multiple births, a 50% supplement is granted for each additional child. This supplement does not apply under the income-related variant of the Childcare Allowance.

#### Where to apply?

It is recommended to submit the application for the Childcare Allowance shortly after the birth. The responsible health insurance provider is the one from which maternity allowance was received, or under which you are currently insured (entitled), or with which you were last insured. If there has been no previous insurance, ÖGK (Austrian Health Insurance Fund) is responsible. Each parent must submit their own application.

You can submit the application online using a mobile signature!

General questions about Childcare Allowance and Family Time Bonus:

Free information line 0800 240 014

(Mon to Thu from 9 am to 3 pm)

Questions about a specific case:

**Österreichische Gesundheitskasse**

Tel. 05 0766-14503730

[www.gesundheitskasse.at](http://www.gesundheitskasse.at)

## SELF-INSURANCE

Self-insurance generally becomes necessary when

- mandatory insurance ends (e.g., due to the end of the childcare allowance period)
- there is no option for co-insurance with spouses, partners (e.g., child's father), or parents (for students).

The following forms of self-insurance apply:

- self-insurance in health insurance
- preferential self-insurance for students

or self-insurance for marginally employed persons.

If you would like to submit an application, have questions about insurance coverage, or want to learn about self-insurance, the Austrian Health Insurance Fund will be happy to assist you:

Tel. 05 0766-0 or [www.gesundheitskasse.at](http://www.gesundheitskasse.at)

## PENSION SPLITTING

[www.pv.at](http://www.pv.at)

Under pension splitting, up to 50% of the pension credits of the employed parent can be transferred to the partner who is engaged in child-rearing after the child's birth.

Partial credits can be transferred from the calendar year of the child's birth until the calendar year in which the child turns seven. If multiple children are born, transfers are possible for a maximum of 14 calendar years.

An informal application must be submitted in writing by the child's 10th birthday. to be submitted within the child's first year of life.

## FAMILY ALLOWANCE

### Entitlement

Parents are entitled to family allowance

- whose center of life is in Austria and
- whose child (including adoptive, foster, step, and grandchild) lives with them in the same household or for whom they provide the majority of financial support if the child does not belong to any parent's household.
- regardless of the parents' employment or income.
- generally only for children who reside permanently in Austria.
- up to the completion of the child's 24th year of life. In exceptional cases, up to the completion of the child's 25th year of life.

**NEW:** Since January 2023, social benefits including family allowance, sibling increments, school start allowance, and others are indexed and thus adjusted for inflation.

### Amount of the family allowance

#### As of 2025

- 0 to 3 years: € 138.40
- 3 to 10 years: € 148.00
- 10 to 19 years: € 171.80
- 19 to 24 years: € 200.40
- Supplement for a severely disabled child: € 189,20.

### Sibling scale

The total amount of the family allowance increases monthly as follows:

- for 2 children by € 8.60 per child
- for 3 children by € 21.10 per child
- for 4 children by € 32.20 per child
- for 5 children by € 38.90 per child
- for 6 children by € 43.40 per child
- for 7 or more children by € 63.10 per child

### School start allowance

As part of the family allowance payment for August, a school start allowance of € 121.40 is granted for each child aged 6 to 15. No separate application is required.

### Child tax credit

It is paid simultaneously with the family allowance di-

rectly through the tax office. It does not need to be applied for separately. It amounts to €70.90 per child per month.

### Application process

When a child is born, the family allowance no longer needs to be applied for (application-free family allowance). The tax authorities automatically review all the requirements and transfer the family allowance to the parents' account. If any information is missing, the parents will be asked to provide it.

### Multiple child supplement

Parents can receive the multiple child supplement from three children onwards if the family income does not exceed a certain legal threshold. The supplement amounts to €24.40 per month for the third and each additional child. It must be claimed separately for each calendar year and is paid out or considered as part of the employee tax assessment or income tax return. If you have no taxable income, direct payment by the responsible authority is possible.

## PARENTAL LEAVE

Employed mothers, fathers, or foster parents (employees) have a legal right to parental leave (release from work duties without pay) if they live in the same household as the child. If only one parent takes parental leave, it can last up to the end of the child's 22nd month. Last through the child's month of life. If both parents take parental leave alternately, it can last until the end of the child's second year of life at the latest. Last through the child's year of life.

Parents are generally not allowed to take parental leave simultaneously (exception: the first-time transfer of parental leave between the parents).

Parental leave begins for the parent who claims it first, eight weeks or twelve weeks (end of the protection period) after the child's birth.

The minimum duration of parental leave or its portion is two months. Parental leave may be divided twice between the parents, allowing for a total of three parental leave portions.



Both parents have the option to postpone three months of their parental leave. This deferred parental leave can be used until the child's 7th birthday or, at the latest, upon later school enrollment.

Mothers, fathers, and foster parents may take on marginal employment during parental leave either with the employer to whom the parental employment relationship applies or with another employer. In such employment, the monthly remuneration may not exceed the marginal earnings threshold (2025: €551.10).

When parental leave is taken, protection against termination and dismissal extends until four weeks after the end of the parental leave or part thereof.

## PARENTAL PART-TIME WORK

Parents can take up to 7 years of parental part-time work until the child turns 8. Can be taken during the child's first year of life.

Requirements:

- You work in a company with more than 20 employees.
- You work in a company with more than 20 employees.
- Your employment relationship with the employer has lasted at least 3 continuous years.
- You live with the child in the same household (or you have custody).
- The 2nd The parent may not be on parental leave simultaneously for the same child.
- Part-time employment must last at least two months.
- You must observe a range regarding working hours.

The start and duration of the part-time employment, as well as the extent and timing of working hours, must be agreed upon with the employer. Employees who make use of part-time employment have the right to return to their original working hours after it ends. Protection against termination and dismissal ends 4 weeks after the end of parental part-time work, but no later than four weeks after the child's 4th birthday.

## FINANCIAL ASSISTANCE

### Family Bonus Plus

The Family Bonus Plus is a tax credit of €2,000 (from 2022) per child per year until the child's 18th birthday. After the 18th birthday, a reduced Family Bonus Plus of €700 (2025) per year applies, provided family allowance is received for this child. The Family Bonus Plus at the legally specified amount applies to children residing in the country. For children in the EU, the EEA, or Switzerland, the Family Bonus Plus is indexed (increased or decreased) to reflect the price level of the country of residence. A supplement called the 'child additional amount' of €700 (2025) per child per year is also provided for single parents or earners with low income. This amount is paid out together with the (eligible for negative tax) single earner tax credit. The Family Bonus Plus is also available for children of separated parents. In this case, both the family allowance recipient and the person who pays child support can claim it. There are two ways to claim your Family Bonus Plus: either by submitting form E 30 to your employer or through your tax return or employee tax assessment. If you file an employee tax assessment, the Family Bonus Plus must be claimed again—even if you have already applied for it through your employer—to avoid an unintended additional payment.

[www.bmf.gv.at](http://www.bmf.gv.at)

### Parent-Child allowance

The Parent-Child allowance is granted to one parent (adoptive or foster) if both the parent and the child have their main residence in Upper Austria at the time of application, the child is primarily cared for by the parent, and lives with them in the same household.

The Parent-Child allowance amounts to €405 and is paid in three installments of €135 each.

The first installment is paid upon completion of the child's second year of life (Parent-Child Pass check-ups up to the second year, i.e. from the 22nd to 26th month of life, including an eye examination); the second installment is paid after completion of the fifth Years of life (proof up to the last Parent-Child Pass examination and confirmation of a dental check-up showing a caries-free or restored dentition) and the third part after completion of the eighth year of life (administration of the booster vaccination against diphtheria-tetanus-pertussis-polio

– conducted in the third grade of primary school – and another dental health check confirming a caries-free or restored dentition) is applied for. The payment is made exclusively by transfer to a current account (IBAN) at a financial institution, which must be specified in the application. The original application form (health booklet) is available from your general practitioner or pediatrician. You submit the application using the form to:

Amt der OÖ Landesregierung  
Direktion Soziales und Gesundheit  
Abteilung Gesundheit  
Eltern-Kind-Zuschuss,  
Bahnhofplatz 1, 4021 Linz  
Information hotline: 0732 77 20-149 10

### Childcare bonus

Families who do not use the free kindergarten care until 1 p.m. will be supported from the child's 3rd birthday up to a maximum of the start of the mandatory kindergarten year, with €960 annually. The childcare bonus is paid in two installments without an income limit and is restricted to EU residents.

Applications must be submitted using the (online) form to the Family Department of the State of Upper Austria.  
[www.familienkarte.at](http://www.familienkarte.at)

### Upper Austria Multiple Birth Allowance

The allowance is paid once upon application and is not dependent on income. Requirements: shared main residence of the applicant and the multiples in Upper Austria, receipt of family allowance, Austrian citizenship or citizenship of another EU member state, application submitted no later than the multiples' first birthday. Amount of support for twins: €550 in cash and a €100 voucher for the "Mobile Family Service" of Caritas. For each additional multiple: a further €550 in cash and an additional €100 voucher for the "Mobile Family Service" of Caritas. The "Mobile Family Services" offer assistance and support in challenging situations. Caritas family helpers visit the home by the hour as needed to assist parents with the care and nursing of infants. The state of Upper Austria provides value vouchers that can be redeemed for these services.

The application must be submitted using the (online) form to the Family Department of the State of Upper Austria.  
[www.familienkarte.at](http://www.familienkarte.at)

### Childcare allowance

This financial subsidy can be received by women and men who need a childcare place for their children because, for example, they want to start work or participate in a labor market-relevant program. The requirements are: the child must live in the same household and be younger than 15 years, and the income must not exceed a certain limit. The assistance is conditional on a counseling session.

[www.ams.at](http://www.ams.at)  
ServiceLine: 0810 810500

### Emergency assistance

Simultaneous receipt of childcare allowance and emergency assistance is generally possible. However, entitlement to emergency assistance exists only for persons who are available to the labor market without significant restrictions. This means your child is verifiably cared for – for example, in a kindergarten, after-school care, or with a childminder. Please also check with your health insurance provider whether emergency assistance affects your entitlement to the childcare allowance.

Information at: [www.ams.at](http://www.ams.at)

### Exemption from the prescription fee

Under certain conditions, no prescription fee is required. However, except for cases already regulated by law, the exemption must be applied for at the health insurance fund.

- Persons whose monthly net income does not exceed the following limits (2025):  
€1,273.99 for single persons, or  
€2,009.85 for married couples or partners.
- Persons who can demonstrate above-average expenses due to illness or disability:  
€ 1,465.09 for single individuals or  
€ 2,311.33 for married couples or partners.

The amounts increase by € 196.57 for each child living in the household.

If the application is approved, the exemption from the prescription fee is recorded electronically and can be accessed by the doctor via e-card.

Prescription Fee Customer Service:  
Tel. 05 0766-103788  
[rezeptgebuehrenbefreiung@oegk.at](mailto:rezeptgebuehrenbefreiung@oegk.at)

## Family Hardship Compensation

Financial bridging assistance to remove or ease an emergency situation may be granted if:

- there is an unintended financial emergency caused by a specific event (illness, disability, death, etc.),
- family allowance is being received or expectant mothers,
- Austrian citizenship (also possible for EU citizens, refugees, or stateless persons) is held,
- all other options (maintenance claims, social assistance, housing allowance, etc.) are insufficient.

The financial bridging assistance must be used appropriately (this must be demonstrated). Otherwise, it must be repaid, including interest.

Information and application forms can be found at:

[www.bundestkanzleramt.gv.at](http://www.bundestkanzleramt.gv.at)

An application should be submitted (in writing or by e-mail) to:

**Bundestkanzleramt**

Abteilung VI/4, Familienhärteausgleich

Untere Donaustraße 13-15, 1020 Wien

Tel. Information: (01) 53115

toll-free, also available through the Family Service  
(0800 240 262 / Mon to Thu, 9 a.m. to 3 p.m.)

## Single parents/

### Single earner tax credit

The single parent tax credit applies if:

- the taxpayer has not lived in a marital-like partnership for more than six months, and
- during this period, at least one child qualifies for the child tax credit.

The single earner tax credit applies if:

- the taxpayer has been married for more than six months in the calendar year and is not permanently separated from the spouse, and
- if family allowance was received for one or more children for more than six months in the year and
- the spouse's income does not exceed € 7,284 annually.

This also applies to unmarried partnerships, including same-sex partnerships.

The following annual tax credits are available for single parents and single earners:

- with one child: € 601

- with two children: € 813
- this amount increases by € 268 for each additional child.

Both tax credits can be claimed either through the employer or afterwards via the employee tax assessment. If you have low income and are entitled to the single earner or single parent tax credit, these payments can be received.

## Family Card of the State of Upper Austria

New: Expectant parents can apply for the Upper Austria Family Card as the 'First Card' even before the birth of their first child.

### Requirements for receiving the 'First Card' of the Upper Austria Family Card:

- Pregnancy with the first child from the 20th week onwards
- The main residence of the expectant parents must be in Upper Austria
- For foreign nationals (excluding citizens of an EU member state), lawful residence in Austria (residence permit, proof of stay in Austria, etc.) is required

When applying for the First Card, proof of the expected due date is required (e.g., Parent-Child Pass or confirmation that has also been or will be presented to the employer, etc.).

Applications must be submitted via the online form at [familienkarte.at](http://familienkarte.at). The Upper Austria Family Card will be provided digitally in the Family Card App after verification. After the child's birth, the birth certificate must be submitted to extend the Upper Austria Family Card.

## Benefit Providers of the Upper Austria Family Card

Whether it's a visit to the zoo, an adventure park, a museum visit, or a relaxed family meal – the benefit providers make every outing special, with families at the heart of the experience.



### Parent Education Account:

With the issuance of the 'First card' of the Upper Austria Family Card, expectant parents receive an Upper Austria parent education voucher valued at 20 euros.

Upper Austria Parent education vouchers can be redeemed at all events marked with the voucher symbol. The full range of parent education offerings is available at [www.familienkarte.at](http://www.familienkarte.at) and in the Family Card App. These events take place at educational institutions in Upper Austria, parent-child centers, family organizations, public providers, and numerous private initiatives. The amount shown on the voucher is deducted directly from the participation fee. The vouchers are settled directly by the event organizer with the state of Upper Austria.

Additional parent education vouchers worth 20 Euros each are automatically granted to parents when the child is registered with the Upper Austria Family Card (at birth) and on the child's 3rd, 6th, and 10th birthdays.

Use of the Family Card App including the digital Family Card

Written inquiries to:

Amt der OÖ Landesregierung/Familienreferat  
Bahnhofplatz 1, 4020 Linz,  
[familienreferat@ooe.gv.at](mailto:familienreferat@ooe.gv.at)  
Tel. Information at: 0732 7720-18771  
[www.familienkarte.at](http://www.familienkarte.at)

### One-time support

Persons experiencing financial hardship receive one-time support from various organizations:

- Aid campaigns by daily or weekly newspapers
- Caritas social counseling
- Women's Foundation, Social Fund of the Catholic Women's Movement
- Upper Austria Help Organization
- Disaster Relief Austria, [www.hilfeimeigenenland.at](http://www.hilfeimeigenenland.at)
- Solidarity Fund (State of Upper Austria, Department of Social Affairs)
- Social associations (e.g., Volkshilfe Upper Austria)
- private clubs (LIONS Club, Soroptimist Club, ...)

Family Foundation, Relief Fund of the Catholic Action Upper Austria (assistance in emergency situations th-

rough financial aid) Kapuzinerstraße 84, 4020 Linz, Tel. 0732 7610-3412

**ATTENTION: There is no legal entitlement to these supports!**

## MATERIAL ASSISTANCE

### Medical aids and assistive devices

For example, breast pumps, apnea monitors for respiratory monitoring, and abduction pants for hip joint problems are provided by the ÖGK on medical prescription if medically necessary. You take the medical prescription to the contracting partner or authorized specialist provider. The prescription must be redeemed within 30 days of the issue date. There is no deductible for children under 15 years old.

### Baby car seat rental

The baby car seat can be borrowed from ÖAMTC for up to 18 months.

Rental fee: € 69 (plus deposit)

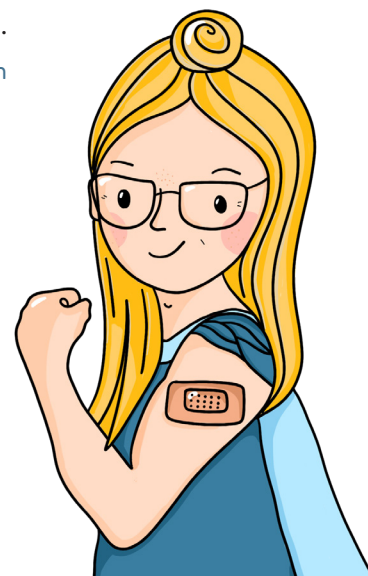
ÖAMTC, [www.oeamtc.at](http://www.oeamtc.at)

## VACCINATIONS

In Upper Austria, a vaccination voucher booklet is available for vaccinating infants and toddlers, enabling free vaccination of all children with the vaccines recommended in the general vaccination schedule. The vaccination voucher booklet is issued during the first Parent-Child Pass examinations by the attending physician or the maternity ward and is linked to the child's identity via a barcode.

Vaccinations for infants and toddlers are provided free of charge by general practitioners, pediatricians, or at the parent/mother counseling centers.

Bei Fragen wenden Sie sich  
telef. an 0732 7720-14127





## ALL ABOUT BREASTFEEDING

Midwives provide advice and support on all questions concerning breastfeeding and the nutrition of children in their first year of life, helping to overcome any difficulties. They are true breastfeeding experts due to their basic training, but also offer competent advice on bottle feeding and the introduction of solid foods. Breastfeeding services are available in hospital maternity wards, breastfeeding groups and meetings, parent-child centers, and more.

Breastfeeding consultations and support groups are offered throughout Upper Austria in parent-child centers, parent counseling centers, various private institutions, with midwives, and more.

### VSLÖ

**Verband der Still- und Laktationsberater:innen  
Österr. IBCLC**

[www.stillen.at](http://www.stillen.at)

IBCLCs advise and support families with their children on all questions and issues related to breastfeeding and bonding. From pregnancy through birth, the postnatal period, the introduction of complementary foods, up to weaning. Consultants near you can be found on the homepage.

### La Leche League Austria

[www.lalecheliga.at](http://www.lalecheliga.at)

La Leche League offers free breastfeeding counseling by phone, email, and personal interaction in (online) breastfeeding groups. La Leche League (online) breastfeeding groups and consultants can be found on the homepage.

## DENTAL CARE IN TODDLERS

Before the teeth break through, parents can already lay the foundation for healthy teeth in their child. Baby teeth can be easily colonized by the parents' cavity-causing bacteria. Tooth decay is a contagious disease. Licking pacifiers, spoons, and bottle nipples is a common way these germs are transmitted. Accustom your child to unsweetened drinks in a bottle or cup and to regular, healthy meals. At night, your child should neither eat nor drink milk, juice, or sweetened tea. Continuous sucking on bottles with sweetened drinks leads to early childhood tooth decay.

A pacifier is safe up to the age of two. Jaw-shaped pacifiers that are appropriate for the child's age are preferable. By the time the child turns three, they should no longer need a pacifier. The first dental visit should ideally take place early (from the eruption of the first teeth) so that the child has a positive experience at the dental office and any potential problems can be detected and treated early. Dental care begins with the first tooth. Brushing should be playful yet consistent, using a small children's toothbrush. Use fluoride toothpaste in the evening. Afterward, the child should not eat or drink anything except water. In the first years of life, toothbrushing should always be done by the parents. At 'KIDZ,' the dental health center, dentists and specialist staff focus on the dental health of children under 14 years old. You have extensive experience with children and are happy to support you and your children.

[Appointments for initial examinations at Garnisonstraße 1a, 4020 Linz](#)

[Tel. 05 0766-14103400](tel:05076614103400)

### Dental Passport

[www.gesundheitskasse.at/zahnpass](http://www.gesundheitskasse.at/zahnpass)

The Dental Passport is an offer for children insured in Upper Austria aged 5 to 14 who have a higher risk of developing caries (tooth decay). The Dental Passport is issued only by a dentist when an increased risk of caries is identified in your child. It includes:

- Tips for proper dental care for children, and
- free vouchers worth

€ 800,- for special dental treatments for your child.

This is intended to prevent or reduce tooth decay. Dental passport treatments include, for example, sealing the teeth, individual toothbrushing instruction, fluoride treatment, and more. The vouchers can be redeemed with certain dentists.

## VIDEO GUIDE FOR PARENTS

(In several languages)

Around the time of birth, many questions arise, especially for young parents: How much sleep does my baby need, and how can I tell when they are tired?

What might cause my baby to cry, and what tricks can I use to soothe them? What needs does my baby have, and how can I interact with them through play?

Fred can answer some of these questions. He is an 'expert' when it comes to babies up to three months old. In eight different videos, Fred explains what is important for toddlers: [www.fred.wien.at](http://www.fred.wien.at)

## BABY SWIMMING

The goal of baby swimming is to introduce children to water very early, encourage first diving attempts, and provide play and enjoyment in the water. The innate trust that babies have in water should be preserved and nurtured. Baby swimming is intended for babies aged 4 to 16 months.

You can find opportunities, among others, at parent-child centers in Upper Austria, VHS Upper Austria, Nessie Association Water Fun, swimacademy, private providers, and more.

## BABY MASSAGE

During a baby massage, there is an intense exchange between mother or father and child. The gentle touches on the baby's skin act like balm for the soul. In other words, when a child is massaged, it receives an extra portion of emotional nourishment. Massage lays an essential foundation for the child's harmonious development in mental, emotional, and physical areas.

## ALONE WITH THE CHILD

### CUSTODY - OBSORGE

The term Obsorge refers to the parental rights and responsibilities (care and upbringing of the child, legal representation, and management of assets) regarding the minor child. Both parents share custody if they are married at the time of the birth or from the time of marriage, if they marry after the birth.

Unmarried parents can apply for joint custody directly at the registry office or the court following the birth of their child. A parent without custody of an unmarried child can also apply to the court for joint custody, and the court must grant this if joint custody is, based on experience within a court-determined period, in the child's

best interests. When the court issues a ruling to change custody, the parent who previously had custody of the unmarried child no longer has veto rights. Family court assistance is available to all district courts across Austria. Family courts are supported by a judicial department staffed with psychologists and social workers to assist in child custody proceedings. There is also the possibility of reaching an amicable solution in families experiencing conflict through a process called "clearing."

Further information at:

[www.oesterreich.gv.at](http://www.oesterreich.gv.at)

## PARENT COUNSELLING

(before amicable divorce)

Parties to an amicable divorce are required, prior to finalizing or submitting an arrangement regarding the consequences of the divorce, to certify to the court that they have sought advice from a suitable person or institution about the specific needs of their minor children arising from the divorce. Without such counselling, it is not possible to obtain an amicable divorce. The parties must credibly prove this counselling to the court— for example, by submitting a confirmation— otherwise the process may be significantly delayed.

The list of required information is available at: [www.justiz.gv.at](http://www.justiz.gv.at)



## DETERMINATION OF PATERNITY

As the child's legal representative, the mother is responsible for initiating the determination of paternity. A child has the right to know who their father is. Additionally, both maintenance claims and inheritance rights depend on the establishment of paternity. If a father does not acknowledge his child, the mother can file an application for paternity determination with the court. Upon her request (with written consent), child and youth welfare services support the mother in the legal process of establishing paternity.

## CHILD SUPPORT / MAINTENANCE

Children have the right to maintenance as long as they are not able to support themselves. Parents are primarily responsible for providing maintenance. If both parents are unable to provide maintenance, under certain conditions the grandparents may also be required to provide maintenance.

Both parents are required to contribute to maintenance according to their financial capacity. If parents live with the child in the same household, maintenance is provided by the parents meeting the child's everyday needs with everything necessary ("in-kind maintenance"). If one parent lives separately from the child, they must pay their share of the child's maintenance in the form of a monetary payment ("alimony").

Maintenance must be provided even if there is no contact with the child. If contact occurs very frequently (beyond the usual scope of visitation rights), it may be that less maintenance is required.

A written agreement on maintenance is always advisable when the parents do not live in the same household as the child (i.e., when maintenance must be paid by the parent living separately as a monetary payment). This also applies if the parents generally agree on the payment of maintenance. Parents can conclude an agreement on the amount of maintenance either at the court or through child and youth welfare services.

If no agreement is reached on the amount of maintenance, the court (competent district or guardianship court) must determine it.

Applications to this effect can be submitted by the child themselves (or their legal representative) and the parent obliged to pay maintenance. The parent entrusted with

custody can also delegate the representation of the child to the Child and Youth Welfare Service. The Child and Youth Welfare Service then agrees with the maintenance obligor on the amount of maintenance or files the appropriate court application.

[www.kinder-jugendhilfe-ooe.at](http://www.kinder-jugendhilfe-ooe.at)

## RIGHT OF ACCESS

Each parent and the child have a legal right to meet one another. The right of access, formerly known as visitation rights, should generally be arranged by mutual agreement between both parents and the child. If an agreement cannot be reached, the court must make a decision. Legal enforcement measures apply against a parent entitled to contact who, to the detriment of the child, refuses personal contact. In such proceedings, the court may appoint family court assistance as a 'visitation mediator,' who, through their presence and supervision, facilitates the proper handover and return of the child. A child over 14 years old can largely decide on contact independently. For example, they have the right to submit an application to the court to regulate contact rights on their own and also to decline contact.

### Visitation supervision

Visitation supervision provides the opportunity for minor children to maintain regular contact with the entitled parent despite separation. In the presence of a professionally qualified visitation supervisor, children can spend time with the entitled person in a protected and child-friendly setting. Supervised visitation is confidential, except for the obligation to report to the court. There are no costs if the criteria for subsidized supervised visitation are met:

- the person entitled to visitation does not exceed a specific income threshold, and
- there is a court order for supervised visitation issued by the responsible guardianship court.

Organizations where you can access supervised visitation services:

### **OÖ Familienbund**

Rosenauerstr. 2, 4040 Linz  
Tel. 0676 9555186

### **Caritas OÖ**

Pfarrplatz 1, 4910 Ried/Innkreis  
Tel. 0676 8776 2541

### **EKiZ Klein & GROSS**

DragonerstraÙe 44, 4600 Wels  
Tel. 07242 5509

### **EKIZ - Eltern-Kind-Zentrum „Bärentreff“**

Handel-Mazzetti-Promenade 8, 4400 Steyr  
Tel. 07252 484 26

### **Eltern-Kind-Zentrum Traunsee**

MarktstraÙe 30, 4813 Altmünster  
Tel. 07612 88630

### **Frauennetzwerk Linz-Land**

Kirchenplatz 3, 4470 Enns  
Tel. 0664 73175173

### **Frauennetzwerk Rohrbach**

Stadtplatz 16/2, 4150 Rohrbach-Berg  
Tel. 07289 6655

### **Nora**

#### **Beratung für Frauen und Familien im Mondseeland**

Schlosshof 6, Top 2, 5310 Mondsee  
Tel. 0664 105 0055

### **Abenteuer Familie**

Maria-Theresia-StraÙe 11, 4600 Wels  
Tel. 0677 629 863 51

### **Verein Familiendialog**

4052 Ansfelden  
Tel. 0676 843072220

### **Mediation in Separation and Divorce**

If you and your partner are unable to reach an agreement on matters related to your separation or divorce—such as division of assets, maintenance, or visitation rights regar-

ding your joint child or children—you can access family mediation supported by the Federal Chancellery. One hour of mediation costs €220 per mediation team. Depending on your family income—which you must verify to the mediators by providing wage statements, payslips, or similar documents—and the number of children entitled to maintenance, the Federal Chancellery provides a subsidy or you will be required to pay a deductible. The amount of the deductible is calculated by the mediators; you pay your deductible per hour of mediation, and the mediators handle the subsidy. Current tariff rates can be found on the website below. Funding can only be claimed if you choose mediators listed in the Federal Chancellery's register. The qualifications required of the mediators and other provisions for funded family mediation are detailed in the 'Guidelines for the Promotion of Mediation.'

[www.trennungundscheidung.at](http://www.trennungundscheidung.at)

## **OFFERS FOR SINGLE PARENTS**

### **Guide for Single Parents**

#### **From the State of Upper Austria, Women's Department**

[www.frauenreferat-ooe.at](http://www.frauenreferat-ooe.at)

(Offers/Publications)

Raising a child alone is a significant challenge and responsibility for single mothers and fathers. The guide for single parents from the Women's Department of the state of Upper Austria offers valuable information on employment and childcare, legal matters, finances, support available in Upper Austria, and much more, as well as a list of numerous women's associations and counseling centers in Upper Austria that provide advice and assistance to those affected.

### **Vacation for Single Parents**

The Child and Youth Welfare service of Upper Austria annually funds three one-week vacations for single mothers or fathers aged 18 and over who do not exceed a specified income limit. The family's deductible is €50. The aim of this preventive offer is rest and relief for these families. During this holiday week,

full board is provided, along with two organized excursions that can be optionally attended. Additionally, child-care is available daily for a few hours for children aged 3 and older. Each shift is supervised by two staff members with (social) pedagogical training and experience in caring for groups of children. Interested participants should contact the provider directly:

**Freizeit GmbH of the OÖ Kinderfreunde**

Tel. 0732 773011 - 28

[www.kinderfreunde.at](http://www.kinderfreunde.at)

## HELP WITH HOUSING ISSUES

**Arge-Sie**

Marienstraße 11, 4020 Linz

Tel. 0732 77 83 61

[www.arge-obdachlose.at/arge-sie/](http://www.arge-obdachlose.at/arge-sie/)

Arge Sie offers counseling, support, and housing for homeless women aged 18 and over. The services include assistance with housing, employment, securing livelihood, health, relationships, psychosocial support, and more. The goal is to initiate a stabilization process to enable independent living in one's own home once again.

Key principles of our work are anonymity, voluntariness, impartiality, and that services are free of charge.

Please schedule an appointment!

Opening hours: Mon 9 a.m. – 1 p.m., Tue 1 p.m. – 3 p.m., Wed and Thu 9 a.m. – 12 p.m.

### ARGE Upper Austria Women's Shelters

The six women's shelters in Upper Austria have formed a working group to strengthen their commitment to combating violence against women and children and to efficiently coordinate public relations work.

Women's shelters are support and protection facilities for women and children affected by domestic violence. Women's shelters offer more than just a roof over your head. They are places of refuge for women and their children in crisis situations. The shelter provides an opportunity to calmly work through experiences of violence with the support of staff and to develop new life perspectives.

**Frauenhaus Linz**

4021 Linz | Postfach 1084

Tel. 0732 606700

[www.frauenhaus-linz.at](http://www.frauenhaus-linz.at)

**Frauenhaus Wels**

4600 Wels | Postfach 66

Tel. 07242 67851

[www.frauenhaus-wels.at](http://www.frauenhaus-wels.at)

**Frauenhaus Steyr**

4400 Steyr

Tel. 07252 87700

[www.frauenhaus-steyr.at](http://www.frauenhaus-steyr.at)

**Frauenhaus Vöcklabruck**

4840 Vöcklabruck / Postfach 25

Tel. 07672 22722

[www.frauenhaus-voecklabruck.at](http://www.frauenhaus-voecklabruck.at)

**Frauenhaus Ried**

4910 Ried im Innkreis | Postfach 15

Tel. 07752 71733

[www.frauenhaus-ried.at](http://www.frauenhaus-ried.at)

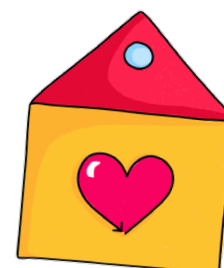
**Frauenhaus Braunau**

5280 Braunau | Postfach 35

Tel. 07722 87700

[www.frauenhaus-braunau.at](http://www.frauenhaus-braunau.at)

In addition to women's shelters, there are also transitional apartments for women. Unlike the shelters, these provide accommodation for women who are not currently affected by violence but who are still living in stressful domestic situations. This option is also intended for women who, after staying in a women's shelter, face multiple problems requiring case management support and who experience deficits in self-help or self-organization.





Regional contacts:

**Frauenberatungsstelle Perg**

Dr. Schoberstraße 23, 4320 Perg  
Tel. 07262 54484

**Frauenberatung Berta-Kirchdorf**

Hauptplatz 18/2, 4560 Kirchdorf  
Tel. 07582 51767

**Frauenberatungsstelle-BABSI Freistadt**

Ledererstraße 5, 4240 Freistadt  
Tel. 07942 72140

**Frauenberatungsstelle Frau für Frau**

Stadtplatz 6/1 (Ärztehaus)  
5280 Braunau am Inn  
Tel. 07722 64650

**Women's Counseling Center Inneres**

Salzkammergut  
Bahnhofstraße 14, 4820 Bad Ischl  
Tel. 06132 21331

**Frauennetzwerk Rohrbach**

Stadtplatz 16/2  
4150 Rohrbach-Berg  
Tel. 07289 6655

**Frauennetzwerk 3**

Stephan Fadinger Str. 2, 4070 Eferding  
(in the G'sundium, 3rd floor, room 3)  
Tel: 0664 85 88 033

**Parent, Mother Counseling, and IGLU Counseling Centers**

Pregnancy and birth are a very special time during which a couple must reorient themselves. Along with the anticipation of the child and the new role of being parents, this transitional period also brings uncertainties and doubts. It is quite common for young parents to sometimes feel completely overwhelmed during this phase. A baby does not follow a manual; getting to know them well—that is, noticing their signals, interpreting them correctly, and responding appropriately—is often very challenging at first. To support you in building a secure bond with your baby, there are services such as parental and maternal counseling, including the IGLU counseling centers.

Alongside measuring and weighing, there is time for questions

about development, breastfeeding, sleeping, nutrition, child support, and much more. Our professionals support you, for example,

- if your daily life with the baby and the process of getting to know each other is still difficult,
- if your infant/baby is very restless, cries a lot, or sleeps poorly,
- if you find it difficult to manage tantrums or to establish clear boundaries and rules.
- If you have family or financial concerns

At [www.kinder-jugendhilfe-ooe.at](http://www.kinder-jugendhilfe-ooe.at), under Baby and Toddler, you will find more information as well as the locations you can contact.

Feel free to follow us on Instagram as well:

[www.instagram.com/elternundmutterberatungooe](https://www.instagram.com/elternundmutterberatungooe)

IGLU counseling centers are located in:

**Linz**, Grestenbergerstr. 32, Tel. 0732 654541

**Marchtrenk**, Linzer Straße 21,  
4614 Marchtrenk, Tel. 07243 51143

**Mauthausen**, Poschacher Straße 3,  
4310 Mauthausen, Tel. 0664 6007267606

**Traun**, Schulstraße 3a,  
4050 Traun, Tel. 0664 6007266602

**Wels**, Billrothstraße 17,  
4600 Wels, Tel. 0664 8542361

Parent and mother counseling in the districts:

**BH Braunau am Inn**

[www.bh-braunau.gv.at](http://www.bh-braunau.gv.at)

**BH Freistadt**

[www.bh-freistadt.gv.at](http://www.bh-freistadt.gv.at)

**BH Gmunden**

[www.bh-gmunden.gv.at](http://www.bh-gmunden.gv.at)

**BH Grieskirchen und Eferding**

[www.bh-gr-ef.ooe.gv.at](http://www.bh-gr-ef.ooe.gv.at)

**BH Kirchdorf**

[www.bh-kirchdorf.ooe.gv.at](http://www.bh-kirchdorf.ooe.gv.at)

**BH Linz-Land**

[www.bh-linz-land.gv.at](http://www.bh-linz-land.gv.at)

**BH Perg**

[www.bh-perg.gv.at](http://www.bh-perg.gv.at)

**BH Ried im Innkreis**

[www.bh-ried.gv.at](http://www.bh-ried.gv.at)

**BH Rohrbach**

[www.bh-rohrbach.gv.at](http://www.bh-rohrbach.gv.at)

**BH Schärding**

[www.bh-schaerding.gv.at](http://www.bh-schaerding.gv.at)

**BH Steyr-Land**

[www.bh-steyr-land.gv.at](http://www.bh-steyr-land.gv.at)

**BH Urfahr-Umgebung**

[www.bh-urfahr-umgebung.gv.at](http://www.bh-urfahr-umgebung.gv.at)

**BH Vöcklabruck**

[www.bh-voecklabruck.gv.at](http://www.bh-voecklabruck.gv.at)

**BH Wels-Land**

[www.bh-wels-land.gv.at](http://www.bh-wels-land.gv.at)

**Magistrat der Stadt Linz**

[www.linz.at](http://www.linz.at)

**Magistrat Steyr**

[www.steyr.at](http://www.steyr.at)

**Magistrat der Stadt Wels**

[www.wels.gv.at](http://www.wels.gv.at)

**Counseling for Child and Youth Welfare**

Families eventually reach their limits – sometimes the challenges children bring can no longer be managed alone. However, these worries do not have to be carried alone. The social workers of the Child and Youth Welfare service address each situation individually and provide support where it is needed. No one is left alone with their worries! Even when people – whether in private or professional settings – notice that a child is not doing well, they can turn to Child and Youth Welfare for support. The staff are trained to offer families advice and support and to provide help where it is needed. All the information you need if you are concerned about a child and want to report your concern can be found at [www.kjh-ooe.at](http://www.kjh-ooe.at). Child and youth welfare takes all notifications in this context very seriously and involves the affected families, parents, children, and young people in a joint and transparent process to determine whether they need any assistance and what kind of help is appropriate.

**Mobile Family Coaching (MFC)**

The MFC is a free, preventive, and voluntary service aimed directly at families, designed to help mitigate crises. Key elements include the advice hotline for quick support, personal coaching sessions conducted by phone or in the families' homes, and the advice bus, which visits

public places and events to offer spontaneous and easily accessible initial consultations.

Support is available for all issues that arise in everyday family life, such as conflicts and disagreements, overwhelm and exhaustion, media use, learning difficulties and school stress, parenting and developmental questions, separations and family changes, and much more.

The MFC, a service offered by Child and Youth Welfare Upper Austria, is available in the following districts: Braunau, Ried, Schärding, Grieskirchen, Eferding, Perg, Urfahr-Umgebung, Freistadt, and Rohrbach: [www.diakonie.at](http://www.diakonie.at), Hotline: 0800 700 734

Gmunden, Vöcklabruck, Kirchdorf, Steyr-Land, Linz-Land, and Wels-Land

[www.soziale-initiative.at/familiencoaching](http://www.soziale-initiative.at/familiencoaching),  
Hotline: 0800 25 22 01

**Well supported from the very beginning – Early Help**

The birth of a child is not only a moving experience for new parents but can sometimes also become a burden. This, in turn, can negatively impact the health of the very youngest children. To identify and address potential physical and mental health issues in children early and to strengthen the mother-child bond, the Diakonie Zentrum Spattstraße, commissioned by the Austrian Health Insurance Fund (ÖGK) and the State of Upper Austria, offers support services as part of early help networks. These services have been available throughout Upper Austria since 1 January 2023. A “Guide for pregnant women, expectant parents, and families” is available on the homepage!

Do you work with pregnant women or parents of children aged 0–3 years? Are you familiar with the living conditions of families and believe they need support? Are you a mother or father in need of assistance? Please contact the coordination office directly:

Mon to Fri, 8 a.m. to 4 p.m.

Tel. 0676 5124545, [www.fruehehilfen.at](http://www.fruehehilfen.at)

## FAMILY COUNSELING CENTERS

Being a parent is likely one of the most demanding roles in a person's life, requiring great strength, energy, and dedication. Having children also means giving up many things that once felt completely natural when you were alone or just the two of you. Do you have questions about parenting? Would you like to receive general information about parenthood? Or do you need information about financial support? In Austria, there are around 400 family and couple counseling centers operated by various organizations, funded through the Federal Chancellery's Section for Family and Youth.

All family counseling centers in Upper Austria can be found at [www.familienberatung.gv.at](http://www.familienberatung.gv.at)

### Parenting and Family Counseling Centers of Child and Youth Welfare (EFB)

The Parenting and Family Counseling Centers (EFB) of Child and Youth Welfare provide advice and professional support to families with children under 18 on parenting and family matters. This support is available if you are concerned about your child's behavior or development, feeling overwhelmed, having conflicts related to the children, going through a separation and wondering what your children need in this situation, or have questions about custody, visitation, or child support. Young people can also turn to the EFB if they are experiencing problems with themselves or their family. EFB is available at the following district administrative authorities: Freistadt, Wels-Land, Steyr-Land, Linz-Land, Rohrbach, and Vöcklabruck, as well as at FAMOS Perg, the Child Protection Center Kirchdorf, EKiz Ried im Innkreis, and FiZ Grieskirchen. These services are free, confidential, and can be anonymous upon request. Appointments by telephone arrangement.

### Familienberatungsstellen der Familienakademie Mühlviertel

Gewerbestraße 7, 4222 St. Georgen/Gusen

Tel. 07237 24 65

[www.kinderfreunde.cc/muehlviertel](http://www.kinderfreunde.cc/muehlviertel)

Locations: Walding, Gramastetten, Steyregg.

Counseling is generally free of charge.

The family counseling centers are available Monday to Friday from 8 a.m. to 12 p.m. and 1 p.m. to 5 p.m., or by

telephone appointment. Agreement available.

### Familienberatungsstellen des OÖ Familienbundes

[www.ooe.familienbund.at/beratung](http://www.ooe.familienbund.at/beratung)

Tel. 0732 603060 331

Locations: Bad Ischl, Linz, Eferding, Pregarten, Schallchen, Oberneukirchen, and at the district courts of Bad Ischl, Eferding, Freistadt, Linz, Perg, Traun, and Urfahr-Umgebung. Services are mostly free of charge.

### BEZIEHUNGLEBEN.AT

#### Partner-, Ehe-, Familien- und Lebensberatung

Kapuzinerstr. 84, 4020 Linz – Diocesan House

Phone: 0732 7610-3511

[www.beziehungleben.at](http://www.beziehungleben.at)

At 27 counseling centers operated by BEZIEHUNGSLERBEN, the following services are offered: individual sessions, couples and family counseling, pregnancy counseling, legal advice, and mediation.

Appointments for consultations are arranged through the central office in Linz: Tel. 0732 773676

### Zentrum für Familientherapie und Männerberatung

Bürgerstraße 6, 4020 Linz

Tel. 0732 7720-53300, [www.zentrum-fm.at](http://www.zentrum-fm.at)

The center is a contact point for people experiencing various personal and psychological challenges that share one thing: they cannot be easily resolved despite all efforts. These issues may involve living with a partner or family, child-rearing, or the individual who feels psychologically burdened. The therapists are trained and experienced in a special form of conversation that opens new perspectives for those affected.

Services offered include:

- **Family therapy** – The center provides professionally qualified counseling and psychotherapy for individuals, couples, families, and children. Branches: Ried/I.
- **Men's counseling** – Here, men can confidentially consult professional male counselors regarding their issues. Branches: Ried/I., Schärding, Vöcklabruck, Wels

- **Mediation – Two mediators with legal and psychotherapeutic backgrounds assist the parties in clarifying their positions and finding fair solutions.**
- **Parent counseling – For parents of minor children before an amicable divorce.**
- **Men's group**
- **Boys' work**

Office hours: Mon to Fri 8:00 am–12:00 pm and Mon, Tue, Thu from 1:00 pm–4:00 pm.

### **Familien- und Erziehungsberatung**

Diakonie Zentrum Spattstraße  
Willingerstraße 21, 4030 Linz,  
Tel. 0732 34927134  
[www.spattstrasse.at](http://www.spattstrasse.at)

Parenting and family counseling offers support to parents facing life crises, parenting challenges, and couple or family issues – anonymously and free of charge. Young people experiencing personal crises can also find support.

### **Flexible Everyday Assistance**

Tel. 0676 5121002

Strengthening families in everyday matters

Flexibly designed everyday assistance provides help for self-help, supporting individuals and families in organizing their daily lives and managing their challenges. Coaching-based, short- and medium-term support aimed at stabilizing the family system in the long term.

Locations: Linz, Bad Schallerbach, Ried/Innkreis, Steyr/Dietach, Mauthausen

### **Sozialpädagogische Familienhilfe -**

Verein: Hilfe für Kinder und Eltern  
Kommunalstraße 2, 4020 Linz  
Tel. 0664 8459609  
[www.vereinhilfekindereltern.at](http://www.vereinhilfekindereltern.at)

Children and young people need a lot of closeness, security, and attention. However, parents often quickly reach their limits. To prevent situations from escalating, the staff of the Social-Pedagogical Family Support (SFH) offer help to all families in Upper Austria facing difficulties and create positive development prospects. SFH operates exclusively through child and youth welfare services with the clear goal of preventing possible out-of-home placements of children and young people, strengthening the entire family, and restoring stability. The staff

work closely with and within families. In principle, SFH is voluntary, but it can be court-ordered in certain cases.

### **Familienberatung der MITEINANDER GmbH**

Rechte Donaustraße 7/1. Stock, 4020 Linz  
Tel. 0732 603533  
[www.miteinander.com](http://www.miteinander.com)

The family counseling center is designed for people with disabilities and their relatives, as well as to support anyone who accompanies people with disabilities.

Scope of services:

- Advice on social matters
- Educational counseling
- Psychological counseling
- Legal and financial counseling

Counseling sessions are anonymous, confidential, and free of charge.

### **ELCO/KICO**

Scharitzerstrasse 16, 4020 Linz  
Tel. 0664 8494054  
[www.promentejugend.at](http://www.promentejugend.at)

ELCO/KICO is a counselling and coaching service for families with parents affected by mental illness, offered at the locations Linz, Steyr, Wels, and Gmunden.

Individual and/or family sessions are tailored to the specific needs of each family. Coaching for children and young people includes education about the parent's mental illness, strengthening self-awareness, and enhancing self-efficacy. Work with parents focuses on relieving guilt, strengthening parenting skills, activating resources, and developing crisis plans. This service is available for parents, relatives, caregivers, children, and young people aged 3 to 18. Offered by PRO MENTE OÖ.

## **Elterntelefon - 142**

### **Darüber reden hilft!**

The Parent Hotline offers a listening ear for the fears, worries, and concerns of parents. It is confidential and free of charge, available 24/7 throughout the year at number 142. Calls from anywhere in Upper Austria are free!

[www.dioezese-linz.at/elternnotruf](http://www.dioezese-linz.at/elternnotruf)

## **Rat auf Draht – 147**

### **Die österreichische Notrufnummer für Kinder & Jugendliche.**

- Free and confidential telephone counseling available 24/7
- Chat counseling Monday to Friday, 6–8 pm
- Peer-to-Peer counseling Wednesday, 6–8 pm
- Advice Line parent page

Information (webinars), exchange, and counseling on all topics that matter to families

[www.rataufdraht.at](http://www.rataufdraht.at)

## **plan B**

### **Verein Pflege- und Adoptiveltern OÖ.**

Richterstr. 8d, 4060 Leonding

Tel. 0732 606665

[www.planb-ooe.at](http://www.planb-ooe.at)

The association offers a family counseling service recognized and supported by the Federal Chancellery, specializing in foster care and adoption. Birth parents, foster parents, and adoptive parents can find expert advisors and support for their children in difficult situations. They are also welcome to seek information if they are interested in the out-of-home care of children and youth in foster and adoptive families.

## **Schuldnerhilfe OÖ – Familienberatung**

Stockhofstraße 9, 4020 Linz

Tel. 0732 777734

[www.schuldner-hilfe.at](http://www.schuldner-hilfe.at)

Counseling and Support:

- in the form of legal advice regarding separation or divorce
- when financial burdens threaten the partnership
- when managing money within the family causes problems.

Family counseling – professional and free of charge!

Branch offices can be found in Rohrbach, Perg, Freistadt, and Kirchdorf/Krems

## **Budget counseling**

**KLARTEXT – Financial Health**

Spittelwiese 3, 4020 Linz

Tel. 0732 775577, <https://klartext.at>

The birth of a child is a wonderful and significant event for parents. In this new phase of life, financial questions may also arise for (expectant) parents. We support you with the following considerations for a financially healthy start to this new stage of life:

- How will the family income be composed in the future?
- Which childcare allowance option best meets our needs?
- What does the new income and expense overview look like, for example due to one parent's parental leave or necessary investments such as a larger apartment or bigger car?
- Do I/we see any opportunities to optimise the household budget based on the budget analysis?

Register for a free budget consultation online or by phone.

## **Social Initiative**

Petrinumstraße 12, 4040 Linz

Tel. 0732 778972-0

[www.soziale-initiative.at](http://www.soziale-initiative.at)

The Social Initiative focuses on promoting your child's positive development together and in close collaboration with parents. The services are provided on behalf of the child and youth welfare authority of your district or magistrate. Therefore, a referral from the responsible authority is required first. The following services are offered:

- Mobile services such as socio-educational family support, parenting and daily life assistance, and psychotherapy
- Full care services such as family care, housing and care support, and parental work
- and much more.



### **Beratungsstelle Bily**

Youth, Family, and Sexual Counselling  
Weißewolfstraße 17a, 4020 Linz  
Tel. 0681 84417482, [www.bily.info](http://www.bily.info)

The counselling centre in the heart of Linz offers consultations for young people and adults in individual, couple, or family settings. Key focus areas include relationships, sexuality, and identity. Qualified family counsellors can address questions regarding couple relationships, separation or divorce, sexuality, contraception, pregnancy, pregnancy termination, infidelity, diverse couple and relationship concepts, fetishes, identity (e.g., transgender identity), sexual boundary violations, and much more. Phone hours: Mon, Wed 11:00–12:30, Tue, Thu 12:30–14:00. (Consultations are also available outside these hours)

### **First Love Ambulanz**

The First Love Clinic is a counseling center for young people aged 12 to 18 with questions about sexuality, love, friendship, partnership, contraception, puberty, and more. Gynecological examinations are also offered by doctors upon request. You can simply drop in without an appointment; visits can also be anonymous and without an E-card! Locations:

### **Kepler Universitätsklinikum**

Center for Social Medical Gynecology  
Med Campus III, Krankenhausstr. 9,  
Building E, 1st floor  
Tel. 0677 63930891, [www.firstlove.linz.at](http://www.firstlove.linz.at)

Open every Wednesday from 3 to 5 pm. Telephone consultations are also available during this time.

### **St. Josef Braunau Hospital GmbH**

Ringstraße 60, 3rd floor, 5280 Braunau  
Every 1st and 3rd Thursday of the month from 4 to 6 pm  
[www.kischu.at/angebote/first-love-ambulanz](http://www.kischu.at/angebote/first-love-ambulanz)

### **Pyhrn-Eisenwurzen Klinikum Kirchdorf**

Hausmanning Str. 8, 4560 Kirchdorf  
Tel. 05 055467-23088 (Mon to Fri, 8 am to 12 pm)  
[www.ooeg.at/pek/ki](http://www.ooeg.at/pek/ki)

### **Pyhrn-Eisenwurzen Klinikum Steyr**

Sierninger Straße 170, 4400 Steyr  
Tel. 05 055466-23730 (Mon to Fri, 8 am to 12 pm)  
Mon 2–4 pm, [www.ooeg.at/pek/sr](http://www.ooeg.at/pek/sr)

### **Klinikum Schärding**

Alfred Kubin Street 2, 4780 Schärding  
Tel. 05 055478-23730 (Mon to Fri 8 am–12 pm)  
[www.ooeg.at/sd](http://www.ooeg.at/sd)

### **Salzkammergut Klinikum Bad Ischl**

Dr. Mayer-Straße 8-10, 4820 Bad Ischl  
Tel. 05 055472-23730  
Thu 8–9:30 am, [www.ooeg.at/sk/bi](http://www.ooeg.at/sk/bi)

### **Caritas – Sozialberatung**

Hafnerstraße 28, 4020 Linz  
Tel. 0732 7610-2311

Caritas Social Counseling offers contact points with counseling centers and regional consultation days for people facing existential emergencies. In addition to counseling, financial bridging support is provided. The social workers at the counseling center assist people whose housing and food security are at risk, often due to job loss, separation, divorce, or other causes of an existential crisis. The counselors provide information on legal entitlements and assist with their enforcement. They offer material support such as food vouchers, baby supplies, clothing vouchers, and more to help bridge emergency situations. The aim is to empower individuals to regain control of their lives independently. This service is intended for Austrian citizens, migrants, EU citizens, recognized refugees, and beneficiaries of subsidiary protection who are outside the basic welfare system. All centers also specifically offer counseling for pregnant women. Contact details and opening hours of the regional social counseling centers can be found at [www.caritas-ooe.at](http://www.caritas-ooe.at)

### **Frauenzentrum OÖ**

Linz, Stockhofstr. 40, Tel. 0732 603099  
Traun, Heinrich-Gruber-Straße 9,  
Tel. 0676 8734 71 11  
[www.fluechtlingsbetreuung.at](http://www.fluechtlingsbetreuung.at)

The FZO Women's Centre Upper Austria is a psychosocial contact and counselling centre for women with refugee and/or migration experience. It offers free individual counselling in the mother tongue or other languages in a confidential setting. The multicultural, professional counselling team supports, accompanies, advises, and provides information on various topics. Counselling is by telephone appointment only.

## FOSTER AND ADOPTIVE FAMILIES

[www.pflege-eltern.jetzt](http://www.pflege-eltern.jetzt)

If your child cannot currently live with you and it is still uncertain whether you may be able to care for them at a later date, care in another family is a possible option. Foster care and upbringing can be provided by people from your environment, such as grandparents or close relatives, or by professionally trained foster parents sought through child and youth welfare services. This allows you to maintain personal contact with your child and, in agreement with child and youth welfare services and the foster family, be involved in their life. In an adoption, you choose to transfer your parental rights to adoptive parents, and your child will grow up permanently with other parents. Because adoption is a significant decision for you, your child, and the adoptive parents that requires careful consideration, it also takes some time for the court to approve the adoption. Whether and what information is shared with you, the adoptive parents, or the child depends on the type of adoption. Child and youth welfare services are happy to advise you on the different types of adoption and their legal implications. The child and youth welfare services in the respective districts are responsible.

## CRISIS FOSTER FAMILY

Crisis foster families provide infants and young children, who temporarily cannot be cared for by their parents or legal guardians due to a crisis, the chance to grow and develop within a family setting. These families are characterized by a stable family system with emotionally available and consistent caregivers who live with the children. They can quickly respond to a child's individual needs and demonstrate a high level of flexibility, empathy, and reliability. Crisis foster families are selected, qualified, and employed by plan B and receive professional support,

guidance, and ongoing training.

### plan B

Richterstraße 8d, 4060 Leonding,

Tel. 0732 60 66 65-20

plan B provides care for children who can no longer live with their biological parents, either temporarily or permanently. As a non-denominational, non-partisan, and politically independent partner of child and youth services in Upper Austria, plan B temporarily places children and adolescents, starting from infancy, with crisis foster families and finds foster parents. Additionally, plan B operates a residential crisis care facility in the Greater Linz area, supports foster families and adoptive parents throughout Upper Austria in their special tasks, and, with contact points in Leonding and Vöcklabruck, provides family crisis care for infants and toddlers to support crisis foster families. When it comes to adolescents, plan B offers what is called IN care. Furthermore, plan B advises and supports the birth families.

## CRISIS CARE PLACEMENT

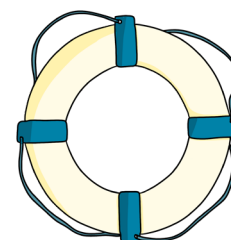
### plan B

Children and Youth Group

Richterstr. 8d, 4060 Leonding

Info: 0732 606665-35

[www.planb-ooe.at](http://www.planb-ooe.at)



Inpatient crisis care is a temporary residential arrangement for children and adolescents whose parents are, for various reasons, temporarily or permanently unable to meet their parenting responsibilities. During this difficult time, children can rely on a clearly structured daily routine and stable relationships with the care team. The group promotes social learning. Mogli is a crisis residential group for children between 3 and 12 years old, while the youth group 'change' provides accommodation for adolescents aged 13 to 18 through child and youth welfare services when they cannot stay in their previous environment.

## CHILDREN AND YOUTH ADVOCACY OF UPPER AUSTRIA

at the Office of the Upper Austrian State Government  
Energierstraße 2, 4021 Linz  
Tel. 0732 7720-14001

[www.kija-ooe.at](http://www.kija-ooe.at)

The Children and Youth Advocacy of Upper Austria (KiJA) is an independent institution of the State of Upper Austria that supports the rights of children and young people throughout the state. In various life or crisis situations affecting children and young people, KiJA OÖ is an important point of contact. It provides legal and psychosocial advice—free of charge, confidentially, and anonymously upon request. KiJA OÖ works only in agreement with its clients to find suitable solutions and takes children and young people seriously as conversation partners. Depending on the situation and after consultation, she also accompanies children and young people to court, authorities, and other institutions. She also serves as an ombudsman and refers to specific counseling services. The Children and Youth Advocacy works to uphold and further develop the rights of young people up to 18 years old. Additionally, the Children and Youth Advocacy offers various informative materials and publications, as well as the Children's Rights Newspaper OÖ.

**Counseling Hotline: 0732 779777**

Consultation hours:

Mon to Fri 10 a.m. – 12 p.m., Mon, Tue, Thu 2 p.m. – 4 p.m.

**Bullying Hotline: 0664 152 18 24**

Tue 7:30 a.m. – 12 p.m. and 2 p.m. – 5:30 p.m., as well as

Wednesday and Thursday from 7:30 a.m. to 12:30 p.m.

(during holidays via the advice hotline!)

For personal consultations and free psychotherapy, please make an appointment.

**WhatsApp / SMS consultation:**

**0664 600 72 14004**

## STAYING HEALTHY – BEING ILL HELP FOR CHILDREN WITH SPECIAL NEEDS SPEECH THERAPY

To ensure that children who need help with their language development receive it, all 4- to 5-year-old children in kindergartens across Upper Austria undergo a speech therapy screening. Speech therapists assess children's

language and speaking skills in a playful way. If any concerns arise, parents are offered a consultation. If you feel your child needs support in learning to speak: For children not yet of school age, speech therapy services provided by Volkshilfe Upper Austria, Caritas, and the Linz city administration are available throughout Upper Austria. These services are funded by child and youth welfare as well as social insurance providers. With the ÖGK, costs are fully covered; with other health insurance providers, parents may need to pay small co-payments. Speech therapy locations in Upper Austria can be found on the website of the Association of Speech Therapists Upper Austria at [www.logopaedie-ooe.at](http://www.logopaedie-ooe.at). Contract partners of the ÖGK are listed at [www.gesundheitskasse.at](http://www.gesundheitskasse.at).

### SPEECH THERAPY FOR CHILDREN

**Volkshilfe OÖ**

[www.volkshilfe-ooe.at](http://www.volkshilfe-ooe.at)

About 40% of children between the ages of 2 and 6 experience various difficulties during language acquisition, for example: the child forms sentences incorrectly or incompletely, has difficulty telling stories, struggles to find words, does not understand sentences, mispronounces or omits sounds, or stutters. With the help of the speech therapist, children learn to understand language and use it correctly, so they can enjoy speaking. This is an important foundation for academic success. In speech therapy, children learn through games and exercises how to form sentences correctly, pronounce sounds accurately, and much more. The speech therapist also guides parents on how to best support their child at home. Regular practice at home is essential for the success of the therapy. Currently, 38 speech therapists from Volkshilfe Gesundheits- und Soziale Dienste GmbH assess all 4- to 5-year-old children in public and some private kindergartens every autumn. During a standardized speech therapy screening, the child's language development and hearing are evaluated. Afterwards, parents have the opportunity to discuss the examination results with the speech therapist.

They will receive advice on which measures are important for the child, such as speech therapy or an evaluation by a doctor or occupational therapist....

For the first therapy appointment, parents need a referral from a doctor, after which the therapy will be billed to the respective health insurance provider. This is generally free of charge for parents, though some health insurance providers may charge small co-payments. Further information is available at

[Tel. 0732 3405-302](tel:0732 3405-302)

## **SPEECH THERAPY**

[Caritas für Kinder und Jugendliche](#)

[www.caritas-linz.at](http://www.caritas-linz.at)

The mobile speech therapists of Caritas for Children and Adolescents work on-site in church kindergartens throughout Upper Austria at 35 therapy and counseling centers, as well as at the Therapy Center Wels on Rainerstraße and at the headquarters in Linz, Pfarrplatz. Additionally, the integrative special education facilities of Caritas for people with disabilities receive therapeutic support.

## **HIPPOTHERAPY**

Hippotherapy is recognized as a physiotherapeutic medical treatment based on neurophysiology for certain indications. The insured person can access hippotherapy through a contract hippotherapist. A list of hippotherapists with health insurance contracts can be found at

[www.gesundheitskasse.at](http://www.gesundheitskasse.at)

## **FLIP – Family-Centered Linz**

### **Intervention Program**

[KH Barmherzige Brüder Linz](#)

[Institut für Sinnes- und Sprachneurologie](#)

[Bischofstraße 11, 4021 Linz](#)

[www.bblinz.at/flip](http://www.bblinz.at/flip)

[Secretariat: Tel. 0732 7897 24900](#)

For families with children who have hearing loss. The goal of FLIP is to inform, advise, and support parents so they can make important decisions about their child's development in an informed and autonomous way.

Services offered:

- Mobile care
- For children between 0 and 3 years (at home)
- From kindergarten age (near the place of residence or in educational facilities)
- Individual development planning
- Everyday communication support
- Open meetings
- Parent seminars
- Lectures
- Sign language services by our native signers
- Parent peer counseling

## **Miteinander GmbH**

[Rechte Donaustraße 7, 4020 Linz](#)

[Tel. 0732 782000](tel:0732 782000)

[www.miteinander.com](http://www.miteinander.com)

Miteinander is Upper Austria's contact point for people with any form of disability.

Miteinander GmbH operates in the following areas:

[Early intervention Linz](#)

[Industriezeile 56b, Tel. 0732 663328](#)

[Early Intervention Gmunden](#)

[Kaltenbrunnerstr. 45, Tel. 07612 7787233](#)

Early intervention is a service for families with children

- with developmental delays
- with behavioral difficulties
- with impairments

from birth until school entry.

[Mobile Care Linz, Wels, Steyr, Gmunden](#)

[Rechte Donaustraße 7, Tel. 0732 78200018](#)

Mobile care and support assist with everyday tasks.

- When shopping
- When cooking
- During leisure activities
- With personal hygiene
- On the way to the doctor

For people with impairments from the age of three.

## Autism Support Upper Austria

Tel. 0732 657195

Bulgariplatz 7, 4020 Linz

[www.autistenhilfe-ooe.at](http://www.autistenhilfe-ooe.at)

The goal of Autism Support Upper Austria is the inclusion of people with autistic perception into society, living and learning together in school, work, and leisure time.

Services:

- Family Counseling Center Bulgariplatz
- Regulars' Table for Sharing Experiences
- Leisure Club for People with Autistic Perception
- Information Meeting 'Allee Pinta' – Sharing Experiences with Expert Lectures and Discussions
- LIKE, LIKE-KIKO – Socio-Emotional Competence Training for Children Aged 6 to 8
- LIKE – Ge – Group for Siblings of Children/Adolescents on the Autism Spectrum – new from 2025
- etc.

Opening hours and appointment scheduling:

Mon 4–5 pm, Fri 11 am–12 pm

## Autism Competence Center

KH Barmherzige Brüder Linz

Tel. 0732 7897-24900

[www.bblinz.at](http://www.bblinz.at)

The target group for early autism intervention is children aged 0–6 years with Autism Spectrum Disorder (ASD) and their families.

The services for children with ASD are based on internationally proven concepts that focus on promoting social interaction, communication, and independence. Therapy and support can take place at home or on an outpatient basis (at the Autism Competence Center) and include guidance for parents on how to apply support principles in daily life. Before beginning a consultation, therapy, or support, a thorough assessment is conducted by a team of specialists.

Locations and contacts:

### Early Autism Intervention in Linz

Bischofstraße 11, 4021 Linz

[laik.linz@bblinz.at](mailto:laik.linz@bblinz.at)

0732 7897 24900

### Early Autism Intervention in Vöcklabruck

Salzburger Straße 18, 4840 Vöcklabruck

[laik.voecklabruck@bblinz.at](mailto:laik.voecklabruck@bblinz.at)

0664 88365 579

## Early Autism Intervention in Braunau

Ringstraße 45, 5280 Braunau

[laik.braunau@bblinz.at](mailto:laik.braunau@bblinz.at)

0732 7897 24900

## Upper Austria Children's Cancer Support

Tel. 0732 600099

Darrgutstraße 12/2, 4020 Linz

[www.kinderkrebshilfe.or.at](http://www.kinderkrebshilfe.or.at)

The diagnosis 'cancer' suddenly and completely unprepared changes the lives of children and their families. This situation led a group of affected parents to found the association 'Upper Austria...' To establish the 'Children's Cancer Support'. The primary goal was—and still is!—to support those affected with both advice and practical assistance.

All board members of the Upper Austrian Children's Cancer Support offer their services free of charge and on a voluntary basis for children with cancer and their parents. Affected parents receive help through:

- Immediate financial assistance, as well as additional support in emergency situations when needed
- Reimbursement of co-payments during therapy
- Support with therapy costs at home and abroad
- Assistance with extra expenses for medical aids, such as wigs
- Rest stays for families and seminars for bereaved parents
- Indirect assistance can be provided through financing or organizing:
  - of the External Oncological Nursing Service (EOP)
  - of the Parents' Center at KUK Med Campus IV
  - of an art therapist and a music therapist
  - of the ECDL – European Computer Driving license
- etc.



## Life Tool gem. GmbH

Location NEW SHIPYARD

Industriezeile 35

5th Floor West, Top 25-27

4020 Linz

Tel. 0699 15901503, [www.lifetool.at](http://www.lifetool.at)

LIFEtool Linz provides free and impartial information on electronic and non-electronic assistive devices and specialized software for children, adolescents, and adults with disabilities. The counseling center is located in the TECHCENTER in Linz and is easily accessible by elevator and fully barrier-free. The LIFEtool advisory network is non-profit, supported by diaconal organizations, and funded by public authorities and sponsors. For appointment requests, advisory inquiries, and questions about technical aids, we are available Mon to Thu: 9 am – 12 pm, Tel. 0699 15901503

Outside office hours, please feel free to contact us by email at [office@lifetool.at](mailto:office@lifetool.at)

## CHILD IN HOSPITAL

When a child's hospital stay is unavoidable, the physical distress experienced by the child is accompanied by the parents' uncertainty about finding the best treatment option. Which hospital is appropriate? Is an inpatient stay unavoidable, or is outpatient treatment possible? Can a familiar person accompany the child? Not all hospitals have children's wards, but children are admitted at all of them. Regarding visiting hours, the visiting times set by the respective hospital apply. In addition, parents can visit at any time after consulting with a doctor or nurse (special visiting hours for parents) – though exceptions exist here as well. When children need to be hospitalized, under certain conditions an adult companion can also be admitted as an inpatient. For admitting a companion, it is important to register as soon as possible, if feasible, as this depends on bed availability. To allow all parents to accompany their children during necessary hospital stays and thereby promote the child's recovery, the state of Upper Austria covers the costs for the companion – except for a daily deductible of €5.10.

### Requirements for the admission of an adult companion

- The child and companion are admitted to a public hospital in Upper Austria.

- Only in particularly exceptional cases, with the consent of the hospital's medical director, if accommodation for the companion in the hospital is possible.

### Special case: Babies in the first year of life

If an infant can only be admitted together with the mother (or another companion), or if the mother requires hospital care, she may bring her baby. In this case, no co-payment will be charged.

### Department of Social Affairs and Health

Department of Health,

Bahnhofplatz 1, 4021 Linz

Tel. 0732 7720-14201

## SPECIAL SERVICE AREAS AND OUTPATIENT DEPARTMENTS FOR CHILDREN

### Children's Heart Center Linz at

#### Kepler University Clinic

Med Campus IV

Hospital Street 26-30, Linz

Tel. 05 7680 83-2229

[www.kepleruniklinikum.at](http://www.kepleruniklinikum.at)

The Children's Heart Center is an interdisciplinary facility of the Kepler University Clinic that offers the highest quality care for children, adolescents, and adults with heart defects based on the latest medical knowledge. At the Linz Children's Heart Center, a highly trained team of doctors, nurses, psychologists, and cardiotechnicians has been delivering the full spectrum of modern pediatric cardiology at the highest international standards since 1995:

- Prenatal diagnostics in cooperation with fetomaternal medicine
- Non-invasive diagnostics: especially echocardiography
- Cardiac catheter examinations with interventions
- Pediatric cardiac surgery, including newborn cardiac surgery and specialized intensive care

### **Clinic for pediatric and adolescent surgery**

#### **Kepler University Clinic**

Med Campus IV.

Tel. 05 7680 84-26802

In addition to general pediatric surgery, the main focuses are surgical care for preterm and newborn infants, treatment of congenital malformations, tumor surgery, and traumatology. The pediatric neurosurgery department ensures optimal care for congenital nervous system malformations, treatment of hydrocephalus, and surgical management of childhood brain tumors. Together with experienced pediatricians and other specialists in pediatric anesthesiology, neonatology, and prenatal medicine, we ensure optimal care for our patients.

### **Clinics for Child and Adolescent Psychiatry**

#### **Kepler University Clinic**

[www.kepleruniklinikum.at](http://www.kepleruniklinikum.at)

The clinics for child and adolescent psychiatry are located at Med Campus IV and Neuromed Campus. If you would like to visit the clinic for child and adolescent psychiatry with your child for the first time, or in urgent cases, please contact us at Tel. 05 7680 87 - 35131.

At the clinic for child and adolescent psychiatry and psychotherapeutic medicine, children and adolescents aged 1 to 18 with disorders or illnesses affecting their biological, intellectual, psychological, personality-oriented, and social development and maturity are examined and treated. Children and adolescents with pediatric or pediatric surgical needs are co-managed at Med Campus IV through interdisciplinary collaboration among the respective specialist disciplines.



#### **Abteilung für**

**Kinder- und Jugendpsychiatrie und Psychotherapeutische Medizin und Department für Psychosomatik für Säuglinge, Kinder und Jugendliche**

### **Klinikum Wels-Grieskirchen GmbH**

Wagnleithner Str. 27, 4710 Grieskirchen

Tel. 07248 601-0, [www.klinikum-wegr.at](http://www.klinikum-wegr.at)

The Department of Child and Adolescent Psychiatry includes 12 beds and 5 day-clinic treatment places. The Psychosomatics Department offers 15 beds for inpatient diagnosis and treatment. The range of treatments offered by both care units includes the classic diagnoses in child and adolescent psychiatry, such as anxiety disorders, depression, activity and attention disorders, conduct disorders with oppositional behavior, autism spectrum disorders, specific developmental disorders, stress reactions, and trauma-related disorders. Other conditions covered, also within the psychosomatic treatment spectrum, include eating disorders, functional (somatoform) disorders, chronic pain disorders, non-organic sleep disorders, elimination disorders, as well as regulatory and interaction disorders in early childhood.

### **Clinic for Pediatric Gynecology / Abuse Clinic**

#### **Kepler University Clinic**

Med Campus IV

Tel. 05 7680 84-23730

[www.kepleruniklinikum.at](http://www.kepleruniklinikum.at)

The clinic offers:

- clinical examination and evaluation of diseases, malformations, or functional disorders of the female genitalia caused by organic, hormonal, chromosomal, or injury-related factors in young or adolescent girls
- the first gynecological examination, education, and counseling for adolescent patients
- evaluation in cases of suspected sexual abuse

It is crucial to identify and treat malformations or functional disorders early, before irreversible damage occurs to the adolescent organism.

## Child Protection Group

The establishment of Child Protection Groups in hospitals with pediatric departments has been legally established in the Hospital Act. The Child Protection Group is a multiprofessional panel. It addresses infants, children, and adolescents who have been confirmed or are suspected victims of abuse or neglect, or who are at risk of being abused or neglected. Members of the Child Protection Group include, among others, doctors from various specialties, psychologists, social workers, and nursing staff. The members advise the treating physicians and also provide counseling to those affected and their families. They make recommendations and, if necessary, establish contact with agencies outside the hospital (such as child protection centers, child and youth welfare services, and the police). The child's well-being and protection are the highest priorities. If you have a justified suspicion that a child or adolescent is affected by violence or neglect, you can come to the respective hospitals with the child or adolescent (up to the age of 18). If necessary, further measures will be taken there.

## CHILD CARE AT HOME

### OÖ Hilfswerk GmbH

#### Mobile Pediatric Nursing

Tel. 0732 75111-0

[www.ooe.hilfswerk.at](http://www.ooe.hilfswerk.at)

Mobile pediatric nursing supports parents and helps reduce hospital stays. Care, supervision, and assistance are provided by qualified, certified pediatric nurses in a familiar environment and in close cooperation with doctors and/or hospitals. Outpatient pediatric nursing is flexibly tailored from the start to suit your family situation.

Services offered include:

- Dressing changes
- Use of medical aids
- Collection of test samples (urine, stool, or blood)
- Professional guidance and counseling for parents

The state of Upper Austria supports the mobile childcare service. We are happy to advise you and assist with applying for subsidies and care allowance.

## MOKI Upper Austria

### Mobile Pediatric Nursing

[www.ooe.moki.at](http://www.ooe.moki.at)

Tel. 0664 2043997

This non-profit association is made up of certified nursing professionals with many years of experience in child and adolescent care. Mobile pediatric nursing offers advice, care, and support in a familiar, safe, and family-like environment for children and adolescents aged 0 to 18 years, including:

- Follow-up care for prematurely or ill-born children
- Home care after more extensive surgical procedures
- Care for chronically ill and/or disabled children and youth
- Psychosocial parental counseling
- Breastfeeding support, baby care
- Support for dying children and youth and their families, with follow-up grief counseling

The deductible amount is set annually by the state of Upper Austria.

## KiB – Children Care

### Association for Families with Sick Children

[www.kib.or.at](http://www.kib.or.at)

As a mother or father, you are not alone with your sick child.

The KiB association serves as an emergency service for home care of children through an emergency caregiver when a family member is ill. KiB informs and supports families with home childcare and, on behalf of the parents, connects them with a reliable and experienced emergency caregiver for the sick child. Whether early in the morning, late in the evening, or even in the middle of the night – we provide help and support.

- Membership fee: €16.50 per month per family. One-time registration fee: €18.

KiB is available to you around the clock:

0664 620 30 40

## Caritas Upper Austria Mobile Family Services

Tel. 0732 7610-2411

[www.mobiledienste.or.at](http://www.mobiledienste.or.at)

If an important caregiver is temporarily unavailable, care must be provided quickly, especially for children. Is the mother ill or overwhelmed? Does she need support during pregnancy or after childbirth? Or does a single parent have no entitlement to care leave for a sick child? Qualified family helpers from Caritas are then available. These helpers have professional training to take over childcare and household management. In special, highly stressful situations where you need support for your family over an extended period, long-term assistance can be provided. Long-term assistance can be approved for a period starting from 12 weeks. The Mobile Family Services are therefore offered as short-term or long-term assistance for families with children up to 18 years of age.

## EMMA – Parents Taking a Break with Their Child ÖGK

[www.gesundheitskasse.at/tisserand](http://www.gesundheitskasse.at/tisserand)

‘EMMA’ offers parents of children with disabilities the opportunity to go to a health resort together with their children. While the parents recover and receive individual therapies, the children are competently cared for by Caritas staff. In addition, parents receive tips and support for the often physically and mentally demanding work at home.

EMMA can be used if you care for a child with a disability aged 4 or older, who receives increased family allowance, and you are (co-)insured with the ÖGK.

The spa stay is requested through the general practitioner and forwarded to the health insurance fund. Contact and information:

Tel. 05 0766 14415500

## CARING LEAVE AND CARE SUPPORT

[www.arbeiterkammer.at](http://www.arbeiterkammer.at)

If a child's caregiver is unavailable or close relatives or household members fall ill, employees can take caring leave.

You are entitled to care leave immediately upon starting your employment relationship. Illness includes not only

acute or sudden illnesses but also chronic conditions. The key factor is whether care dependency exists.

You may also take care leave if you are prevented from working due to the necessary care of your healthy child (biological or foster child) because the person who normally cares for the child is unable to do so for serious reasons – for example, due to illness, hospitalization, death, etc. Living in the same household as the child is not required.

You are entitled to continued payment of wages for up to one week per year of employment. In addition, an extra week of care leave is available within a working year if the child becomes care-dependent again and is under 12 years old.

### Child must go to hospital

- For the care of your child (biological or foster child) in the hospital, you may take leave to provide care if the child is under 10 years old. The child has not yet reached the age of 10 (i.e., is under 10 years old).
- You may accompany the biological child of your spouse, registered partner, or partner to the hospital until the child's 10th birthday, provided you live in the same household with the biological parent and the child.

**Important: Notification obligation! You must inform your employer as soon as possible if you need to stay home to care for your child.**

## FAMILY HOSPICE LEAVE

[www.oesterreich.gv.at](http://www.oesterreich.gv.at)

Employees have the option, under family hospice leave, to accompany dying relatives and their severely ill children living in the same household for a specified period. Measures for end-of-life care or support for critically ill children can also be undertaken simultaneously by several relatives. The following options are available to employees:

- Reduction of working hours
- Change in the scheduling of working hours (e.g., early shift to late shift)
- Exemption from work without pay (= parental leave)

**Deadline: Support for critically ill children can initially be agreed with the employer for a maximum of five months. If necessary, an extension of up to a total of nine months per case is possible.**

**Note: This measure must be communicated to the employer in writing.**

**Attention: From the time the support for critically ill children is announced, the employee is protected from termination or dismissal until four weeks after it ends. The unused entitlement to vacation, as well as the entitlement to special payments, is prorated for this period in the respective working year.**

Persons who have agreed to a family hospice parental leave are entitled to nursing parental leave allowance. The Social Ministry Service (formerly the Federal Social Office) decides on the granting, withdrawal, or reassessment of this allowance.

For the duration of receiving nursing parental leave allowance,

- there is protection against termination for cause,
- and the pension insurance contribution as well as the health insurance contribution are covered by the federal government.
- Employees acquire an entitlement to severance pay, and
- periods of receiving nursing parental leave allowance lead to an extension of the qualifying period for unemployment benefit entitlement.

#### **Amount of care parental leave allowance during care parental leave and family hospice parental leave**

The basic amount of the care parental leave allowance is income-dependent and is paid at the same rate as the unemployment benefit (55% of the daily net income, calculated based on average gross earnings), but at least at the monthly marginal earnings threshold. In the case of part-time care, the amount is calculated proportionally. Child supplements are provided for dependent children.

#### **Application process**

If the application is submitted within 14 days of starting care parental leave, part-time care, or family hospice parental leave, the care parental leave allowance is granted from the start of the measure. If the application is submitted after this period but before the end of care parental leave, part-time care, or family hospice parental leave, the allowance is granted from the date of application. Applications submitted after the end of care paren-

tal leave, part-time care, or family hospice parental leave will be rejected as late. The Federal Office for Social Affairs and Disability decides on the granting, withdrawal, or reassessment of parental leave care allowance.

[www.sozialministeriumservice.at](http://www.sozialministeriumservice.at)

#### **Family Hospice Parental Leave Grant**

[www.bundeskanzleramt.gv.at](http://www.bundeskanzleramt.gv.at)

Individuals who take family hospice parental leave may receive financial support in addition to the parental leave care allowance if they take a full leave of absence with labor and social law protection (family hospice parental leave) to care for and accompany terminally ill relatives or seriously ill children. A condition for receiving this support is that a financial hardship results from the loss of income due to family hospice parental leave. Such a case is assumed when the weighted average net income of the recipient's household falls below € 850 per month due to the loss of income. For further information on the family hospice parental leave hardship allowance, please contact the Family Service at the phone number 0800 240 262 (toll-free), Monday to Thursday, 9 am to 3 pm .

#### **Children's Palliative Network**

Director Mag.a Ulrike Pribil

Tel. 0676 8776 2486

[www.caritas-linz.at](http://www.caritas-linz.at)

The mobile hospice and palliative care teams are made up of full-time and volunteer staff members. They provide individually tailored support for the entire environment of a seriously ill, terminally ill, or severely disabled child. They support and care for the sick child, adolescent, and their family according to individual needs throughout the entire duration of the life-threatening or life-shortening illness, starting from diagnosis.



## CARE FACILITIES FOR CHILDREN

### CRÈCHES / KINDERGARTENS

Children's educational and childcare facilities are essential components of our education system and, as family-supporting institutions, make a key contribution to balancing family and work life. Taking each child's individuality into account, educational professionals and assistants promote the holistic development of children, laying the foundation for their future. Childcare is a concern for parents from the moment their child is born. Find out early about the childcare options in your area, visit the facilities in person, and speak with the responsible staff and other parents about your specific needs. Don't forget to register your child in good time!

### AFTER-SCHOOL CARE CENTERS

After-school care centers are educational and childcare institutions with a holistic educational mission for school-age children. They support parents in their caregiving tasks through diverse offerings, such as learning support, promoting personal and social development, and providing meaningful leisure activities for all children. With suitable opening hours on school days and during school breaks, after-school care centers respond to guardians' needs for quality and demand-oriented care.

### DAYCARE PROVIDERS AND OTHERS

#### Childcare

#### Daycare Providers Association Upper Austria

The Daycare Providers Association Upper Austria unites all associations active in Upper Austria that offer childcare through daycare providers. Our goal is to promote shared interests in the field of childcare and to further develop family-oriented and flexible care provided by daycare providers.

#### Association of Daycare Providers Grieskirchen-Eferding

Hauptstr. 22, 4722 Peuerbach

Tel. 07276 3740

[www.tagesmuetter-ooe.org/eferding/](http://www.tagesmuetter-ooe.org/eferding/)

#### Association of Daycare Providers Innviertel

Gartenstraße 38, 4910 Ried im Innkreis

Tel. 07752 86907

[www.tagesmuetter-ooe.org/innviertel/](http://www.tagesmuetter-ooe.org/innviertel/)

#### Association of Childminders, Rohrbach District

Bahnhofstraße 18/1, 4150 Rohrbach-Berg

Tel. 07289 5025 or 0680 40 20 247

[www.tagesmuetter-ooe.org/rohrbach](http://www.tagesmuetter-ooe.org/rohrbach)

#### Association of Childminders, Wels

Martin-Luther-Platz 1, 4600 Wels

Tel. 07242 617 05-0

[www.tagesmuetter-ooe.org/wels](http://www.tagesmuetter-ooe.org/wels)

#### Familienbund Oberösterreich GmbH

Hauptstraße 83-85, 4040 Linz

Tel. 0732 60 30 60 350

<https://ooe.familienbund.at>

#### Verein Drehscheibe Kind

Handel-Mazzetti-Promenade 12, 4400 Steyr

Tel. 07252 480 99

<https://drehscheibe-kind.at>

#### Aktion Tagesmütter OÖ

[www.tagesmuetter-ooe.org/aktion-tagesmuetter-ooe/](http://www.tagesmuetter-ooe.org/aktion-tagesmuetter-ooe/)

Head Office Linz, Industriezeile 47a,

Tel. 0732 602834-80

Contemporary, individualized, and high-quality family-oriented childcare is offered within the regional context. The staff are locally based in the regions and connect you directly and easily to day mothers and day fathers, as well as to other childcare services. The association sees itself as a regional partner for municipalities, authorities, and families. Currently, regional offices are located in Bad Ischl, Freistadt, Kirchdorf, Linz, Perg, Steyr, and Vöcklabruck.

Your children are cared for by childminders: at home in the childminder's household, in businesses, community facilities, nurseries, or playgroups (on an hourly basis). These services are aimed at all families with children aged from 2 months up to 16 years. Childminders are trained and supported by the association using a curriculum developed together with the state of Upper Austria. Regular professional training is, of course, provided.

## SPORT AND EXERCISE

**Kinder gesund bewegen 2.0 / „Tägliche Bewegungseinheit“ (TBE)**

Exercise and sport keep our children physically and mentally fit. It is important to lay the foundation for a physically active life as early as possible. Therefore, the Children Moving Healthily 2.0 initiative targets the youngest children in kindergarten and elementary school. Additionally, cooperation between sports clubs and educational institutions is strengthened. Children Moving Healthily 2.0 is a major movement initiative in Austria's kindergartens and elementary schools, supported by the Ministry of Sport and the Federal Sports Promotion. Educational institutions can access free movement activities led by qualified instructors and sports clubs. The implementation is ensured by the sports umbrella organizations ASKÖ, ASVÖ, and SPORTUNION. Children Moving Healthily 2.0 will conclude at the end of the 2023/24 school year and will be merged into the project "Daily Movement Unit" (TBE) from the 2024/25 school year onward.

[www.kindergesundbewegen.at](http://www.kindergesundbewegen.at)

**Sports associations, adult education centers, and clubs are just some of the providers offering opportunities to participate in sports together. The offerings include all well-known sports. For detailed information about where specific courses take place, please contact the associations.**

**PLAYGROUNDS**

Running, jumping, and playing on the green meadow or on excellent playground equipment – playgrounds offer the best opportunities for these activities. A sandbox makes the offer even more appealing. Enjoy the fresh air and nature at the same time. Playgrounds are very special places for families. They provide opportunities for interaction, children learn important social behaviors, and there is plenty of space for movement and fun. Physical activity is the foundation of a healthy life. Being outdoors strengthens the immune system. Everyone should take advantage of this everyday luxury. Find exciting playgrounds near you at [www.familienkarte.at](http://www.familienkarte.at)

**Nanny & Granny Omadienst**

Katholischer Familienverband ÖÖ

Kapuzinerstraße 84, 4020 Linz

0732 7610 – 3433 or 3432

[www.omadienst.info](http://www.omadienst.info)

Flexible childcare on an hourly basis, close to home, and regularly – one to two times per week. Nannies and grandmothers are active, trained women who enjoy spending time with children. Playing, reading aloud, going to the playground, and shared experiences are the focus. This is how NannyGranny and the child become a team and build a strong relationship. NannyGrannies are solely responsible for caring for the children and are not household helpers.

Coord. Linz: Elisabeth Assanger, ext. 3433

Coord. Upper Austria: Barbara Mayr, ext. 3432

**Kinderhotel Leonding**

St. Isidor 1, 4060 Leonding

[www.caritas-ooe.at](http://www.caritas-ooe.at)

The integrative children's hotel provides care for children with and without disabilities, allowing parents to take a break. On weekends, from Saturday 10 a.m. to Sunday 4 p.m., accommodation is offered for children with and without disabilities at the children's hotel in St. Isidor. Experienced caregivers attend to the individual wishes and needs of your child. At St. Isidor, a variety of play and activity opportunities (celebrating festivals, painting, crafting, singing, and more) are offered for children and young people between two and sixteen years old. Delicious meals and a special children's breakfast are provided. Dietary menus can also be offered. The children's hotel has fixed opening hours and opens for a minimum of four children. An overnight stay including two lunches, dinner, breakfast, and a snack costs € 60, plus € 10 pocket money for the child.

Contact:

Tel. 0676 87767024

[kinderhotel@caritas-ooe.at](mailto:kinderhotel@caritas-ooe.at)

## MOTOR SKILLS PARKS in Upper Austria

As part of the 'Sports Strategy Upper Austria 2025,' the sports region of Upper Austria is also focusing on new, innovative measures designed to motivate people of all ages to be physically active. The goal is to establish at least one new motor skills park each year. This project has already been implemented in Ansfelden, Andorf, Braunau, Grein, and Gmunden. Additional parks can be found in Feldkirchen, Ennsdorf, Gallneukirchen, Leonding, Linz-Weikerlsee, Lungitz-Katsdorf, Traun-Oedtersee, St. Agatha, Alkoven-Straßham, Ried, Großraming, and Wels....

## LIBRARIES

Public libraries serve an important role within communities. They are centers for education, culture, information, and social gathering.

## CINEMAS

Linz:

### Movimiento & City-Kino

[www.movimiento.at](http://www.movimiento.at)

Baby Cinema: For the first time in Upper Austria, a cinema program specially designed for parents with babies and toddlers. Enjoy current film highlights (exclusive to parents with babies) in special screenings where you can comfortably bring your young child into the cinema hall. The lights are not completely turned off, and the film sound is slightly lower. Ticket price for parents and baby: € 3,-

### Cineplexx World Linz

### Cinematograph

Upper Austria:

### Adlerkino Haslach

### Filmszene Ottensheim

### City Kino Steyr

### Dieselkino Braunau

### Hollywood Megaplex-Pasching

### Kino Ebensee

### Kino Freistadt

### Kino Gmunden

### Kino Kirchdorf

### Kino Lambach

### Kino Schwanenstadt

### Kino Schwanenstadt

### Kinotreff Leone Bad Leonfelden

### Leharkino Bad Ischl

### Lichtspiele Katsdorf

### Lichtspiele Lenzing

### Seewalchen Miniplex

### Stadtkino Grein

### Star Movie Peuerbach, Regau, Ried, Steyr/Dietach, Wels, Programmkino Wels

## EXCURSIONS

During leisure time, families can enjoy valuable moments together. Shared excursions can become a memorable experience for everyone. In Upper Austria, families with children will find numerous excursion options. Whether fairy tale hiking trails, educational paths, recreational facilities, castles, ruins, palaces, or lakes—free or discounted—there is a suitable offer for everyone with the Upper Austria Family Card. Discover regional offers inside the brochure, or find affordable options online.

## BOOK RECOMMENDATION

[www.kinderwanderungen.com](http://www.kinderwanderungen.com)

### "Adventure Nature"

Upper Austria: Mühlviertel & Central Region or Salzkammergut with Ausseerland

These books offer an almost endless variety of themed trails.

### "Stroller & Carrier Tours in Upper Austria: Greater Linz Area"

Hiking with strollers and carriers in Mühlviertel, Danube Basin, Kremstal, Steyrtal, and Ennstal.

Over 50 rewarding hikes and excursion destinations suitable from infancy to school age.

For those who enjoy outings with children in nature and are looking for a collection of leisure activities and hiking routes, this handy guide to hiking with strollers offers an especially wide range.

### "Strollers and Carrier Tours Salzkammergut"

[National Park Kalkalpen and the Pyhrn-Priel Region.](#)

With children through the seasons, whether a hiking holiday or day trips, in rainy weather or during hot summer hours – the beautiful hiking trails in the Salzkammergut offer a wide range of tips for outings with children. Children can enjoy exciting nature experiences and attractions.

The books each cost €15.90 and are available in bookstores or online at [www.wandaverlag.com](http://www.wandaverlag.com).

## INITIATIVES, SELF-HELP GROUPS, ADDRESSES

### “NETWORK HELP”

A family is struck by a sudden misfortune like lightning. After an accident or serious illness, concern for health is accompanied by fear of the future. “Network Help,” a customer service of the ÖGK in Upper Austria, supports those affected on their journey back to everyday life. Competent, free of charge, and without bureaucracy. The specially trained staff provide comprehensive support: from A for applications to Z for subsidies. The network support officer informs, coordinates, mediates, and creates a personalized and optimally tailored care package for each individual case. The officer’s network includes hospitals, doctors, orthopedic technicians, social services, self-help groups, employment services, and pension insurance. They coordinate transitions between hospital, rehabilitation, doctors, and care providers. They know which agency is responsible for what and assist with applications. Netzwerk Hilfe is available free of charge throughout Upper Austria.

Information is available by phone at 05 0766-0 and online at [www.gesundheitskasse.at](http://www.gesundheitskasse.at)

### MuKi – die Versicherung

#### ohne wenn und aber

[Wirerstraße 10, 4820 Bad Ischl](#)

Tel. 05 0665 1000, [www.muki.com](http://www.muki.com)

MuKi offers a wide range of services with the Family Plus prevention package.

- Insurance premium: from €12.92, depending on the number of family members
- Benefits:
- Coverage of companion expenses
- Reimbursement for home care support
- Reimbursement for external accommodation and meal expenses
- Reimbursement for the deductible in EU countries
- Outpatient surgical treatment
- Spa and recuperation stays
- Patient transport throughout the EU

### PRO TERRA, Verein für ein umweltfreundliches und soziales Leben

[Bergerfeld 7, 4204 Reichenau](#)

Tel. 07211 20064, [www.proterra.at](http://www.proterra.at)

Supporting families with children in challenging life situations

- Membership fee: €15.90 / month for the entire family (including children’s accident insurance up to the age of 18)

One-time registration fee: €20 per family.

Support for costs arising from the illness or accident of one of your children. Includes escort costs at the hospital, family caregiver support, children’s accident insurance, and more.

### KiB – Children Care

[Association for Families with Sick Children](#)

[4841 Ungenach 51, Tel. 07672 8484](#)

[www.kib.or.at](http://www.kib.or.at)

Becoming a member of the KiB children care association is easy, affordable, based on solidarity, and reflects responsible commitment.

No matter how many children you have, the membership fee of €16.50 per month remains the same for the entire family.

One-time registration fee of €18.

- Support for costs arising from a child’s illness (up to their 18th birthday), effective from the first day of membership.
- We collaborate with all hospitals across Austria.
- We address your concerns quickly and reliably.
- Since 1986, we have been experts in matters concerning sick children.
- We maintain contact with political decision-makers and present concrete proposals for improving conditions for sick children.
- We advocate for the ‘rights of sick children’.

### CHILD PROTECTION CENTERS IN UPPER AUSTRIA

[www.oe-kinderschutzzentren.at/zentren/](http://www.oe-kinderschutzzentren.at/zentren/)

The primary role of a child protection center is to provide counseling, crisis intervention, and psychotherapy in cases of violence or suspected violence against children and adolescents. Many child protection centers also offer

parenting and family counseling, legal process support, visitation supervision, and child advocacy. These services are intended for affected children and adolescents themselves (including witnesses of violence), their families and caregivers, including those who perpetrate violence, as well as anyone who encounters the issue of violence against children and adolescents in their professional or personal lives. 'Violence' is understood to include physical, psychological, and sexual violence, as well as neglect."

#### **Kinderschutz-Zentrum Linz**

4020 Linz, Kommunalstraße 2

Tel. 0732 781666, [www.kinderschutz-linz.at](http://www.kinderschutz-linz.at)

#### **Sprechstelle Freistadt**

4240 Freistadt, Dechanthofgasse 1

#### **Sprechstelle Rohrbach**

4150 Rohrbach, Stadtplatz 22

#### **Kinderschutzzentrum TANDEM Wels**

4600 Wels, Dr. Koss Straße 2, 1st Floor

Tel. 07242 67163, [www.tandem.or.at](http://www.tandem.or.at)

#### **Kinderschutzzentrum Institut BALANCE Gmunden**

4810 Gmunden, Rinnholzplatz 2-3

Tel. 07612 70739

#### **Außenstelle Bad Ischl**

4820 Bad Ischl, Götzstraße 5, 1st Floor (Panzl Passage)

Tel. 06132 28290

<https://institut-balance.at/kinderschutzzentrum/>

#### **Kinderschutzzentrum IMPULS Vöcklabruck**

4840 Vöcklabruck, Salzburger Straße 18 / 1st floor

Tel. 07672 27775

<http://sozialzentrum.org/impuls/>

#### **Kinderschutzzentrum WIGWAM Steyr**

4400 Steyr, L. Werndl Str. 46a

Tel. 07252 41919 0

#### **Außenstelle Kirchdorf/K.**

4560 Kirchdorf, Bambergstr. 11

Tel. 07582 51073, [www.wigwam.at](http://www.wigwam.at)

#### **Kinderschutzzentrum Innviertel**

5282 Braunau am Inn, Wertheimerplatz 6

#### **Außenstelle Ried und Schärding**

4770 Andorf, Hauptstraße 33

HOTLINE Tel. 07722 85550 -147

[www.kischu.at](http://www.kischu.at)

#### **GEWALTSCHUTZZENTRUM OÖ**

Stockhofstraße 40, Tel. 0732 607760

(Entrance: Wachrenergasse 2)

[www.gewaltsschutzzentrum.at](http://www.gewaltsschutzzentrum.at)

The Violence Protection Center Upper Austria offers help and support to victims of domestic violence, violence in the immediate social environment, and (cyber) stalking. A multidisciplinary team provides advice and support to those affected, offers lectures and training sessions, and is committed to violence prevention through public awareness and networking.

- Help in crisis situations
- Assistance to increase protection and safety
- Advice on restraining orders, no-contact orders, or criminal complaints.
- Advice and support in preparing court applications (interim injunctions).
- Legal and psychosocial advice and support for police interviews and
- court proceedings
- Referral to other services.

The service is voluntary, free of charge, and confidential.

Opening hours: Mon 9 am–4 pm, Tue and Thu 9 am–8 pm, Wed and Fri 9 am–1 pm.

Appointments by arrangement

Regional offices:

#### **RIED im Innkreis**

Bahnhofstraße 1a, 2nd floor,

4910 Ried im Innkreis

#### **FREISTADT**

bei BABSI

Ledererstraße 5, 4240 Freistadt

#### **STEYR**

Palais Werndl

Schönauerstraße 7, 4400 Steyr



## **GMUNDEN**

Ikarus, Franz-Keim-Straße 1 / 1st floor,  
4810 Gmunden

Consultation days in:

## **BRAUNAU**

Frau für Frau-Frauenberatungsstelle  
Stadtplatz 6, 5280 Braunau

## **PERG**

Women's Counseling Center  
Dr. Schober-Straße 23, 4320 Perg

## **ROHRBACH**

Women's Meeting Point  
Stadtplatz 16 / II, 4150 Rohrbach

## **BAD ISCHL**

Women's Counseling Center – Inner Salzkammergut  
Bahnhofstraße 14, 4820 Bad Ischl

## **VÖCKLABRUCK**

Franciscans of Vöcklabruck  
Salzburger Straße 18, 4840 Vöcklabruck

## **WELS**

BIZ Business and Innovation Center  
Franz-Fritsch-Straße 11, 4600 Wels

## **Krisenhilfe OÖ**

Scharitzerstraße 6-8, 4. OG, Tel. 0732 2177  
[www.krisenhilfeooe.at](http://www.krisenhilfeooe.at)

ADVICE AND SUPPORT for psychological crises, available 24/7, anonymous and free of charge. Krisenhilfe OÖ offers prompt and professional support during psychological crises. pro mente OÖ, EXIT-sozial, the Red Cross, Telephone Counseling OÖ, and Emergency Pastoral Care have joined forces under the name 'Krisenhilfe OÖ' to create a network that ensures comprehensive and accessible crisis care throughout Upper Austria. The staff is available to assist you 24/7 at the phone number 0732 / 2177.

The service includes:

- Telephone crisis intervention
- Personal crisis intervention and crisis support
- Online crisis counseling and chat counseling
- Home visits
- Support after traumatic events
- Support for emergency responders
- Self-help group for those grieving after the suicide of a close person
- 

Crisis Support Upper Austria aims to provide swift and uncomplicated assistance to people in crisis situations when their own coping strategies fail. Following immediate relief, initial steps out of the crisis and coping strategies are developed and implemented together with those affected. All services are free of charge!

Psychosocial emergency service – 24/7 helpline for psychological crises: 0732 2177

Regional offices in:

**Bad Leonfelden**, Tel. 07213 6006

**Ried/Innkreis**, Tel. 07752 80690

**Steyr**, Tel. 07252 43990

**Wels**, Tel. 07242 66667

**Vöcklabruck**, Tel. 07672 21410

## **RAINBOWS OÖ - für Kinder in stürmischen Zeiten**

Grestenbergerstraße 12/Top 58/ Haus D,  
4020 Linz, Tel. 0732 28 73 00  
[www.rainbows.at](http://www.rainbows.at)

Rainbows supports children and young people during challenging times – such as separation, divorce, or the death of close family members. By aiding children and adolescents, parents also find relief during these stressful periods. In cases of divorce or separation, both parents receive active support to ensure they can continue to fulfill their roles as parents even after the separation. Single parents and parents following bereavements receive special, individual support and relief.

- RAINBOWS groups
- Bereavement support
- Bereavement group for parents
- Parental counseling

Registration is required for all services.

Office hours: Monday to Thursday, 9 a.m. to 1 p.m., and by appointment

## **Online Frauenberatung OÖ**

[www.frauenberatung-ooe.at](http://www.frauenberatung-ooe.at)

We understand the realities of life for women and girls and know how challenging and stressful some situations can be. We also gladly provide advice to family members or friends who are concerned about someone. Topics include relationship problems, difficult life situations, all forms of exposure to violence, sexual assaults, separation

and divorce, overload, fears, grief support, work-life balance, family life stress, and much more. The consultation is free and confidential.

We will respond to your initial inquiry within 48 hours on weekdays. More information about online counseling can be found in the frequently asked questions. Some issues cannot wait.

If you are in an acute crisis, please contact:

- the telephone counseling service at 142 (no area code)
- the women's helpline for violence at 0800 222 555.
- or Upper Austria Crisis Support at 0732 2177.

These helplines are available 24 hours a day.

### **Autonomes FRAUEN Zentrum - Linz**

Starhembergstraße 10, Tel. 0732 602200

[www.frauenzentrum.at](http://www.frauenzentrum.at)

The Autonomous Women's Center is a non-profit organization that operates independently, anonymously, and advocates for women.

Women and girls (from 14 years old) from throughout Upper Austria have the opportunity to meet, work together, get information, and receive advice. The aim is to inform and advise women on legal matters, social crises, and life challenges, as well as in cases of sexualized, physical, psychological, economic, and structural violence, and to provide support for self-help.

The services are available to women from Linz and Upper Austria. Advice is provided by telephone appointment only.

Consultations are free of charge; voluntary donations are welcome.

Phone availability: Mon, Tue, and Fri 9 a.m. to 12 p.m.; Wed and Thu 1 p.m. to 4 p.m.

## **PARENT-CHILD CENTERS**

**Programs can be ordered by phone or email from the respective providers or institutions. Many services are also available online on their website, or you can visit in person during opening hours.**

### **Familienakademie der OÖ Kinderfreunde**

Tel. 0732 773011-67

[www.kinderfreunde.cc](http://www.kinderfreunde.cc)

The Parent-Child Centers (EKiZ) of the Family Academy of the Children's Friends Upper Austria are places for meeting, counseling, networking, and support. Their goal is to assist and accompany parents in their diverse child-rearing roles. Counseling, education, and recreational activities for parents, children, and families are the main focus. The Parent-Child Centers of the Children's Friends offer a platform for parents, children, and families to actively participate. The offerings are tailored to the needs and wishes of their visitors. All visitors have the opportunity to actively participate in program planning.

### **Familienbund Oberösterreich GmbH**

Tel. 0732 60 30 60

[www.ooe.familienbund.at](http://www.ooe.familienbund.at)

Families find advice and support in a warm atmosphere, a wide range of courses and training programs, parent-child groups, as well as childcare options. The family centers are popular meeting places for parents and children. Unforgettable moments await you and your children.

### **Abenteuer Familie**

Tel. 07242 354402

[www.abenteuerfamilie.info](http://www.abenteuerfamilie.info)

Adventure Family appeals to people for whom family, as a social institution, is very important. Key aspects include maintaining and promoting traditional celebrations throughout the year, as well as offering all kinds of meaningful leisure activities for children and adults. Values, community, and tradition are important to the association, which provides various opportunities to make new contacts and meet people with similar views on the institution of family.

## Plattform OÖ Eltern-Kind-Zentren

[www.elternkindzentrum-ooe.at](http://www.elternkindzentrum-ooe.at)

The platform of all independent Parent-Child Centers in Upper Austria considers itself an active contributor to the immediate living environment of families. Children and parents are respected in their individuality, and the development of their own path is supported. The networking of the independent Parent-Child Centers, organized as an association, supports the continuous quality assurance of the parent education events offered.

- Altmünster „Traunsee“, [www.elki-zentrum-traunsee.at](http://www.elki-zentrum-traunsee.at)
- Andorf/Schärding „Familien- und Sozialzentrum“, [www.familienzentrum.at](http://www.familienzentrum.at)
- Bad Hall „Domino“, [www.ekiz-domino.at](http://www.ekiz-domino.at)
- Enns „Bunter Kreis“, [www.bunterkreis.at](http://www.bunterkreis.at)
- Feldkirchen „Hereinspaziert“, [www.ekiz-feldkirchen.at](http://www.ekiz-feldkirchen.at)
- Freistadt „Purzelbaum“, [www.elternkindtreff.at](http://www.elternkindtreff.at)
- Kirchdorf „Brummkreisel“, [www.ekiz-kirchdorf.at](http://www.ekiz-kirchdorf.at)
- Marchtrenk „EKiZ miniMax“, [www.ekizminimax.at](http://www.ekizminimax.at)
- Ried i. Innkreis „ElKi“, [www.elki-ried4910.com](http://www.elki-ried4910.com)
- Steyr „Bärentreff“, [www.baerentreff.at](http://www.baerentreff.at)
- Wels „Klein & GROSS“, [www.elternkindzentrum-wels.at](http://www.elternkindzentrum-wels.at)

## Weitere Eltern-Kind-Zentren in OÖ:

- Alberndorf „EKZ Pudelwohl“, [www.ekiz-alberndorf.at](http://www.ekiz-alberndorf.at)
  - Ansfelden „Sabberlot“, [www.ansfelden.at/leben/](http://www.ansfelden.at/leben/)
  - Oberneukirchen „Wichelhaus“, [www.lebenshaus.at](http://www.lebenshaus.at)
  - Gmunden „Villa Gmundnerbunt“, <http://villagmundnerbunt.at>
  - Großraming „Spatzennest“, [www.spatzennest.or.at](http://www.spatzennest.or.at)
  - Gutau „Wirbelwind“, <https://wirbelwind-gutau.at>
  - Hörsching „Familienwelt Pinu‘u“, [www.familienweltPinuu.at](http://www.familienweltPinuu.at)
  - Linz, [www.eltern-kind-zentrum.at](http://www.eltern-kind-zentrum.at), Perg „Kinderhaus“, [www.kinderhaus-perg.at](http://www.kinderhaus-perg.at), Peuerbach, [www.elkiz.at](http://www.elkiz.at)
  - Traun „Kunterbunt“, [www.ekiz-traun.at](http://www.ekiz-traun.at)
  - Uttendorf „Kids & Co“, [www.ekiz-uttendorf.at](http://www.ekiz-uttendorf.at)
- Wels Abenteuer Familie, [www.abenteuerfamilie.info](http://www.abenteuerfamilie.info)

## Parent-Child Centers organized by the Linz City Council:

[www.linz.at](http://www.linz.at)

### Parent-Child Center Ebelsberg

Hofmannsthalweg 8, 4030 Linz

Tel. 0732 301056

[www.linz.at/ekiz-ebelsberg.asp](http://www.linz.at/ekiz-ebelsberg.asp)

### Parent-Child Centre Pichling

Heliosallee 84, 4030 Linz

Tel. 0732 320071

[www.linz.at/famiz-pichling.asp](http://www.linz.at/famiz-pichling.asp)

## Parent-Child Centres organized by the City of Leonding:

[www.leonding.at](http://www.leonding.at)

### EKIZ Haag

In der Flaksiedlung 21, 4060 Leonding

Phone: 0732 6878-126001

### EKIZ Spillheide

Spillheide 4, 4060 Leonding

Phone: 0732 6878-126101

## „Spiegel“ – Meeting Points Upper Austria

Parent Education, Diocese of Linz

Kapuzinerstraße 84, Tel. 0732 7610-3221

[www.spiegel-ooe.at](http://www.spiegel-ooe.at)

These independent groups offer parent and family education for parents with children aged 0 to 14 years. The Spiegel meeting points were established at the parish level and serve as places for communication, information sharing, advice, and further training.

**Dear Sir or Madam, dear parents,**

With the Children's Guide from the Initiative Parents Association, you hold a valuable and comprehensive source of information that provides important support to you as parents. This brochure provides a clear overview of the wide range of social services offered by our state capital.

Linz is a livable city for families. There are needs-based child education and childcare services that, through attractive opening hours and continuous operation even during holidays, ensure an optimal balance between work and family life. Thanks to an extensive expansion program, the city of Linz is ensuring the long-term high quality of childcare.

Numerous counseling services in parent and mother counseling centers, parent-child centers, and various municipal social institutions, along with many parks, playgrounds, and children's outdoor pools in the districts, emphasize the high quality of life for families in Linz.

My special thanks go to the dedicated team of the Initiative Parents Association for their excellent cooperation and comprehensive support of families in Linz!



**Karin Hörzing**  
Deputy Mayor (SPÖ)



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# LINZ

## CHILDBIRTH PREPARATION

### Kepler Universitätsklinikum

Med Campus IV

Krankenhausstraße 26-30,

Tel. 05 7680 84-36817

[www.kepleruniklinikum.at](http://www.kepleruniklinikum.at)

Are you expecting a baby or have you just become parents and still have many questions? We are committed to providing you with good support throughout the birth of your baby. On the homepage, you will find a comprehensive range of courses. If you find one that suits you, you can register online immediately. If there are too few participants, the course will not take place. In this case, we will inform you.

### KH der Barmherzigen Brüder

Seilerstätte 2, Tel. 0732 7897-23500

[www.geburtshilfe-linz.at](http://www.geburtshilfe-linz.at)

An initial introduction takes place before the birth as part of the antenatal classes offered by our midwife team. Through our course content, we aim to give you a helpful start into a new, eventful, and wonderful phase of life. Our courses support you from pregnancy through to the postnatal period. Registration by email is arranged directly with the midwife leading the course.

### Eltern-Kind-Zentrum Linz

Figulystraße 30, Tel. 0732 669611

[www.eltern-kind-zentrum.at](http://www.eltern-kind-zentrum.at)

#### ALL ABOUT BIRTH

Personal, specific, and multi-perspective knowledge beyond Dr. Google awaits you in the diverse offerings, which can be tailored to your needs by combining individual sessions (modules) and courses.

CHILDBIRTH PREPARATION for couples (weekend)

BIRTH AND FAMILY PREPARATION for men

A new and challenging phase of life begins for you as a father, starting during pregnancy and certainly with the birth of your child. Topics relevant to you as a father, both during pregnancy and during or after birth, are co-

vered and discussed.

### Familienzentrum Pichling

Heliosallee 84, Tel. 0732 320071

[www.linz.at/famiz-pichling.asp](http://www.linz.at/famiz-pichling.asp)

CHILDBIRTH – powerful and self-determined

Childbirth does not take place in the mind! It is not about „learning“ but about gaining the confidence to give birth actively and independently. The course is equally suitable for first-time and experienced mothers. Self-connection methods, special breathing techniques, managing painful contractions, trying out different birthing positions, and support options from partners or companions.

Registration must be made directly via the Service Line at least two weeks before the course starts.

Tel. 0732 7070-0 or [www.vhs.linz.at](http://www.vhs.linz.at)

### Familienbundzentrum Linz Zentrum

Kainzweg 10, Tel. 0660 8350453

[www.ooe.familienbund.at](http://www.ooe.familienbund.at)

#### OFFERS FOR PREGNANCY AND CHILDBIRTH

Our varied courses are designed to support you during pregnancy and prepare you well for childbirth and the time afterwards.

#### ... von Anfang an!

Tel. 050 766-14103524

[www.gesundheitskasse.at/vonanfangan](http://www.gesundheitskasse.at/vonanfangan)

The Austrian Health Insurance Fund (ÖGK) supports young families in Upper Austria with the comprehensive program '...from the very beginning!'. Under this program, lectures, workshops, and informational materials cover numerous topics related to pregnancy, babies, and toddlers. Are you interested in several topics within '...from the very beginning!'? Then register for the free workshops. Topics include: 'Healthy Nutrition & Healthy Teeth,' 'Family Environment,' 'Safe Surroundings,' 'Exercise During Pregnancy,' and 'Mental Health.'

## **FIT THROUGH PREGNANCY**

### **VHS Linz, Wissensturm**

Kärntner Straße 26, Tel. 0732 7070-4305

[www.vhs.linz.at](http://www.vhs.linz.at)

#### **FIT through Pregnancy**

Gentle strengthening, breathing, and relaxation exercises specifically designed for expectant mothers to optimally prepare for childbirth and to experience a pregnancy that is as comfortable as possible.

#### **Mindful YOGA during Pregnancy**

The invisible, intimate bond between mother and child already begins during pregnancy. Deep relaxation, breathing exercises, meditation, and gentle yoga sessions based on mindfulness principles have a calming and soothing effect on both mother and baby. This prepares the ground for a profound mother-child connection. Ayurvedic guidance on how nutrition is linked to mood, and how mother-child communication already occurs in the womb, will thoughtfully and holistically accompany the sessions.

### **Eltern-Kind-Zentrum Linz**

Figulystraße 30, Tel. 0732 669611

[www.eltern-kind-zentrum.at](http://www.eltern-kind-zentrum.at)

#### **Mindful Yoga During Pregnancy**

Deep relaxation, breathing exercises, meditation, and gentle yoga sessions based on mindfulness have a calming and soothing effect on the expectant mother—and consequently on the baby in the womb. This prepares the foundation for a strong mother-child bond.

#### **YOGA for Pregnant Women**

Physical and emotional balance are especially important for both mother and child during pregnancy. The body is gently sensed, made flexible, and relaxed—this has a particularly positive effect on the pelvic organs and serves as good preparation for childbirth.

#### **AQUA-GYM for Pregnant Women**

Through breathing exercises and gentle gymnastic movements in the water, you will find calm, relaxation, and overall well-being.

### **Familienzentrum Pichling**

Heliosallee 84, Tel. 0732 320071

[www.linz.at/famiz-pichling.asp](http://www.linz.at/famiz-pichling.asp)

#### **BUTTERFLY MASSAGE for Pregnant Women**

This gentle massage is not only soothing for babies but is also greatly enjoyed by adults. It enhances relaxation, strengthens bonding for the expectant family, serves as a loving communication with the unborn child, and enriches the couple's relationship. The course can be attended alone or with a partner.

(50% discount for holders of the Linz Aktivpass)

Registration is available directly via the Service Line

0732 7070-0 or [www.vhs.linz.at](http://www.vhs.linz.at)

### **Familienbundzentrum Linz-Urfahr**

Dornacherstraße 17, Tel. 0664 8262736 und

### **Familienbundzentrum Linz**

Kainzweg 10, Tel. 0660 8350453 und

### **Familienbundzentrum Kleinmünchen**

Schickmayrstr. 16, Tel. 0664 8524354

[www.ooe.familienbund.at](http://www.ooe.familienbund.at)

#### **PREGNANCY YOGA**

is a helpful preparation for birth and motherhood, involving gentle, relaxing, as well as strengthening body and breathing exercises, along with meditation.

### **Austrian Health Insurance Fund**

#### **MOVEMENT from the very beginning**

Regular exercise around the time of pregnancy has a significant impact on the health of both the (expectant) mother and the baby. Important information and recorded webinars on pelvic floor training and exercise during pregnancy can be found on this page.

[www.gesundheitskasse.at/vonanfangan](http://www.gesundheitskasse.at/vonanfangan)

## PREGNANCY COUNSELING

Institut für Familien und

Jugendberatung der Stadt Linz

Rudolfstr. 18, Tel. 0732 7070-2700

[inst.fjb@mag.linz.at](mailto:inst.fjb@mag.linz.at)

### PREGNANCY COUNSELING

The municipal pregnancy counseling service offers guidance, support, and advice on all matters related to pregnancy. When a woman becomes unintentionally pregnant, this can be a difficult situation that causes inner conflict. Appropriate counseling at the institute – and for younger women, also at the First-Love Clinic – can help weigh the reasons for or against continuing the pregnancy, enabling a responsible decision. In such cases, the available options for social support can also be discussed. The counseling service is confidential and can be accessed anonymously upon request. For initial consultations, please register by phone in advance.

## INFANT CARE

Familienzentrum Pichling

Heliosallee 84, Tel. 0732 320071

[www.linz.at/famiz-pichling.asp](http://www.linz.at/famiz-pichling.asp)

### BABY CARE and NEEDS

Many expectant parents have never held a baby before birth and want to become familiar with handling a baby during pregnancy. A baby's needs are varied, and understanding the signals of a newborn is often challenging for new parents. How can you tell when the baby is hungry, needs to eliminate, wants to be held, or is tired? How do you use a baby carrier, changing supplies, nursing pillows, baby bathtubs, and other essentials?

(50% discount for holders of the Linz Aktivpass)

Register directly via the Service-Line

0732 7070-0 or [www.vhs.linz.at](http://www.vhs.linz.at)

Eltern-Kind-Zentrum Linz

Figulystraße 30, Tel. 0732 669611

[www.eltern-kind-zentrum.at](http://www.eltern-kind-zentrum.at)

### BABY CARE

What a joy—the baby has arrived! But how do you hold it properly? How do you change diapers? How do you bathe and care for delicate baby skin? How should the baby sleep? This module provides ample time for participants' questions.

## THE FIRST WEEKS.

### BIRTH IN LINZ HOSPITALS

Kepler Universitätsklinikum

Med Campus IV

Krankenhausstraße 26-30,

Tel. 05 7680 84-23901

[www.kepleruniklinikum.at](http://www.kepleruniklinikum.at)

The Kepler University Clinic is the largest maternity clinic in Austria. It has state-of-the-art delivery rooms where pregnant women give birth with support from midwives and obstetricians. A tour of the delivery rooms is possible as part of the offered antenatal classes. To get an initial impression, you can also take a virtual tour on the homepage.

- An outpatient examination around 2-3 weeks before the due date is recommended at the antenatal clinic.
- Birth preparation courses for couples and women, acupuncture and acupressure, and nutritional advice during pregnancy and breastfeeding are offered.
- Relaxation aids before birth
- Three bathtubs, birthing stools/chairs, Pezzi balls, a mat, a climbing frame, and a mobile CTG are included in the delivery room equipment.
- Homeopathy and herbal teas, aromatherapy care, acupressure, moxibustion, ear seed therapy, and acupuncture massage according to Penzel are offered.
- Perineal stitching is performed on request for both vaginal births and cesarean sections. A comprehensive range of services is provided here, from outpatient births and breastfeeding preparation to psychological postpartum care. Emphasis is placed on holistic care for mother and child during the postnatal period, 24-hour rooming-in, and optimal breastfeeding support.

- The Institute for Prenatal Medicine is a specialized facility for the diagnosis, assessment, and management of fetal abnormalities, as well as the care and monitoring of so-called 'high-risk pregnancies.'
- The Kepler University Clinic also has a human genetics institute, enabling prenatal genetic evaluations to be performed quickly and efficiently.

All healthy newborns at the clinic are cared for in the maternity ward. As part of the stay for mother and child around the time of birth and during the first days of the postnatal period, the babies are examined within the first 24 hours and around the fourth day. Clinically examined by the pediatrician on the day of life. As a routine, every child undergoes hip ultrasound examinations, hearing screening, and metabolic testing.

In addition to 'outpatient childbirth,' many mothers also increasingly take advantage of the option of 'early discharge' after childbirth. After three days, you go home with your baby. There, you will continue to receive visits and care during the postnatal period from a midwife.

### **Konventhospital der Barmherzigen Brüder**

Seilerstätte 2, Tel. 0732 7897-23500

[www.geburtshilfe-linz.at](http://www.geburtshilfe-linz.at)

'Individual childbirth with the Brothers'

Individual childbirth means that, as far as medically justifiable, the parents' wishes are considered, providing them with a special and personal birth experience. To help the birth proceed as naturally as possible, various methods for managing contractions are offered: relaxation baths, ball, mat, holding cloths, aromatherapy, homeopathy, music, and more. Please bring everything that supports your well-being: favorite scents, massage oil, music, and, if possible, a trusted companion!

The delivery rooms are designed around the four elements—water, earth, fire, and air—and provide a comfortable, homely atmosphere. You can get a first impression of the maternity ward by watching the videos 'Birth at the Brothers' and 'Virtual Delivery Room Tour.'

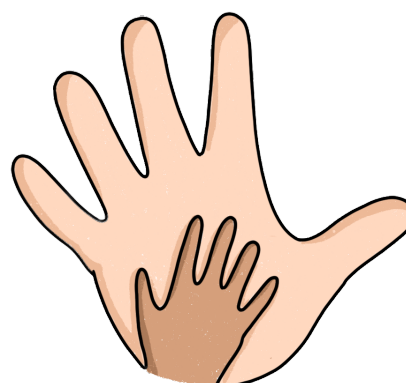
- Obstetric-neonatal specialized clinic – care for high-risk pregnancies and preterm births over 1500 g is available around the clock.
- Extended preventive examinations and prenatal di-

agnostics

- The 'GENTLE' Caesarean Section
- Modern, gentle, and careful techniques are used. These techniques reduce the hospital stay to just a few days. Expectant fathers can, of course, be present in the operating room during planned Caesarean sections to welcome their child together with the mother.
- 'Bonding Sectio' after Caesarean is a top priority.
- Pain relief with epidural anesthesia (spinal injection) is also available on request.
- Breastfeeding is a special priority; well-trained staff provide round-the-clock support. After discharge from the hospital, the breastfeeding clinic is available.
- Individual rooming-in
- Outpatient childbirth is possible; further care must be ensured by a midwife.
- Gynecologist and pediatrician available on site 24 hours.
- The newborn is examined by a pediatrician after birth. An ultrasound examination for early detection of hip dysplasia, as well as hearing screening and metabolic testing, are performed.

You can register by phone: Mon to Fri, 8 am to 1 pm, at 0732 7897 23500 or online:

[www.geburtshilfe-linz.at](http://www.geburtshilfe-linz.at).



## Postnatal Exercise

### Kepler Universitätsklinikum

Med Campus IV

Krankenhausstraße 26-30,

[www.kepleruniklinikum.at](http://www.kepleruniklinikum.at)

POSTNATAL EXERCISE CLASS for postpartum women

Relaxation, strengthening, and balance exercises for the pelvic floor, abdomen, and back. For women starting six weeks after childbirth. Babies are warmly welcome.

Information: Tue to Fri, 7 am – 12 pm

Tel. 05 768084-27095,

[Karin.Elger@kepleruniklinikum.at](mailto:Karin.Elger@kepleruniklinikum.at)

### KH der Barmherzigen Brüder

Seilerstätte 2, Tel. 0732 7897-23520

[www.geburtshilfe-linz.at](http://www.geburtshilfe-linz.at)

POSTNATAL EXERCISE

During your inpatient stay on the postnatal ward, a physiotherapist will visit you to teach you initial exercises that support your recovery. Detailed instructions are also available in the brochure 'Exercise for Postnatal Recovery.'

### Eltern-Kind-Zentrum Linz

Figulystraße 30, Tel. 0732 669611

[www.ekiz.at](http://www.ekiz.at)

POSTNATAL EXERCISE with Babies

Progressive pelvic floor exercises for women who have given birth in the last nine months.

Relaxation Yoga for Mother and Baby

You will receive guidance on how to strengthen your pelvic organs while learning gentle exercises that aid in your body's recovery.

Gymnastics for mothers with babies (up to 1 year)

For mothers who have already completed a postnatal course and wish to continue training in a group, as well as newcomers who already feel more flexible—but also notice in their back and neck that they have one (or more) child or children!

### Familienbundzentrum Kleinmünchen

Schickmayrstr. 16, Tel. 0664 8524354

[www.ooe.familienbund.at](http://www.ooe.familienbund.at)

### Familienbundzentrum Linz-Urfahr

Dornacherstr. 17, Tel. 0664 8262736

[www.ooe.familienbund.at](http://www.ooe.familienbund.at)

Pelvic Floor Training for Moms with Babies

Can you feel whether your pelvic floor is awake and active? Awareness, strengthening, and relaxation are key to a fit and active pelvic floor. Improved posture and greater core stability make everyday life easier and help prevent back problems as well as pelvic floor weakness.

### VHS Linz, Wissensturm

Kärntner Straße 26, Tel. 0732 7070-4305

[www.vhs.linz.at](http://www.vhs.linz.at)

FOCUS ON THE PELVIC FLOOR

A balanced exercise program to strengthen the main trunk and pelvic floor muscles important for relieving the spine. This course is also suitable for postnatal recovery.

MAMA BABY YOGA

Targeted exercises in mama-baby yoga support postnatal recovery after pregnancy and birth. For mothers and babies from about 3 months old.

## FINANCIAL ASSISTANCE FOR LINZ RESIDENTS

### Activity Pass

The City of Linz is committed to ensuring that residents with lower incomes can actively participate in social life. Therefore, the Activity Pass was introduced; it entitles holders to numerous discounts at public facilities in the city, such as the Ars Electronica Center, Botanical Garden, internet and mobile discounts (Magenta, LIWEST), Upper Austria Gallery Linz, Landestheater, Lentos Art Museum, Linz Service (indoor swimming pool, ice rink, outdoor pool, baby swimming courses), Linz Linien, LIVA, music school, Nordico, OK in the Upper Austria Culture Quarter, Posthof, Castle Museum, city libraries, Tabakfabrik, and the Adult Education Center.

Requirements:

- Must be at least 18 years old
- Main residence in Linz
- Monthly net income up to € 1.601, - (2025)



The following documents are required:

- Current proof of income (if applicable, current student ID or enrollment confirmation)
- For persons without income: Confirmation of co-insurance or insurance data statement
- Photo ID
- A photo will be taken at the counter when you apply.

You can also upload a photo from your computer using the following link: <https://egov.linz.at/fotoupload>. The photo will be stored for 14 days and transferred to your Aktivpass when you apply.

To upload a photo using your smartphone, please use this QR code:



The Aktivpass is issued at city libraries, the service center in Wissensturm, and at

**Bürger:innen-Service Neues Rathaus:**

Hauptstraße 1-5, Tel. 0732 7070

Mo bis Do 7-18 Uhr und Fr 7-14 Uhr

[www.linz.at](http://www.linz.at)

### Cloth Diaper Support

The City of Linz supports parents and guardians in Linz with the purchase of washable, reusable diapers (reusable products, excluding muslin diapers and burp cloths).

Requirements:

- Main residence in Linz
- Only new cloth diapers are eligible for support.
- Applications must be submitted no later than 6 months after the child's birth.
- Support is granted once per household for the initial purchase.
- Amount of support:
- 30% of the investment
- max. € 80,-

Send the application form including attachments to:

**Magistrat Linz**

**Planung, Technik und Umwelt**

Hauptstraße 1-5, 4041 Linz

Per Mail: [ptu.sku@mag.linz.at](mailto:ptu.sku@mag.linz.at)

### Social Fund for Linz Residents Facing a One-Time Emergency

The City of Linz provides one-time support through the Social Fund to residents who find themselves in an emergency. This is a voluntary service offered by the City of Linz and does not create any legal entitlement.

#### Target Group

- Residents who are experiencing an exceptional emergency due to personal or family circumstances.

#### Requirements

- Main residence in Linz
- Legal residence
- Low income
- All other assistance options have been exhausted (help in special life situations, Caritas, and various private organizations)
- A consultation context regarding the Social, Youth, and Family department must be established. The application must be submitted to the respective contact person.

### PARENT AND MOTHER COUNSELING CENTERS

#### Auwiesen

Allendeplatz 4, Tel. 0732 311742,

Tue 2:00–4:30 pm / Thu 9:00–11:30 am

#### Biesenfeld-Dornach

Dornacherstraße 7, Tel. 0732 243561,

Fri 9:00–11:30 am

#### Eltern-Kind-Zentrum, Ennsfeld

Hofmannsthalweg 8, Tel. 0732 301056-18,

Mon 9:00–11:30 am / Wed 2:00–4:30 pm

#### Hessenplatz 12

Tel. 0732 782548, Thu 2:30–5:00 pm

#### IGLU –Grüne Mitte

Grestenbergerstr. 32, Tel. 0732 654541,

Mon and Thu 9:00–11:30 am

#### Leonfeldner Straße 80

Tel. 0732 731269,

Thu 2:00–4:30 p.m.

**Neue Heimat**

Rohrmayr Street 1, Tel. 0732 382008,  
Wed 2:00–4:30 p.m.

**Neues Rathaus**

Main Street 1–5, Tel. 0732 7070-2660,  
(Access via main entrance)  
Wed 2:00–4:30 p.m.

**Oed**

Schiffmann Street 4b, Tel. 0732 371375,  
Fri 9:00–11:30 a.m.; Mon temporarily closed.

**Pichling-Familienzentrum**

Helios Avenue 84, Tel. 0732 320071-31,  
Tue 2:00–4:30 p.m.

**Spallerhof**

Glimpfinger Street 8, Tel. 0664 88302956,  
Tue 2:30–5:00 pm

**MOTHER-PARENT COUNSELING**

of Child and Youth Services Upper Austria in Sign Language

**Institut für Sinnes- und Sprachneurologie**

Gesundheitszentrum für Gehörlose und Hörbeeinträchtigte

Bischofstr. 11/1. Stock, SMS: 0664 88281634

[www.bblinz.at/issn](http://www.bblinz.at/issn)

Counseling for Deaf and Hard of Hearing Parents

- from the first months of pregnancy
- with babies
- with toddlers up to 3 years old

on topics such as health, care, breastfeeding/nutrition, vaccinations, and upbringing, ...

The goals are to strengthen parents' educational skills, promote effective family communication, recognize and prevent family challenges, support and assist families, and remove barriers for hearing-impaired parents.

The service is free of charge. Opening hours:

Wednesday 8:30 a.m. to 12:30 p.m. No appointment necessary.

**VACCINATIONS**

For children up to 15 years of age. Most vaccinations are provided free of charge.

Please use the electronic appointment system of the Health Service Department for this.

**Geschäftsbereich Gesundheit und Sport**

Vorplatz Neues Rathaus (former HYPO Bank),  
Hauptstraße 1-5, Tel. 0732 7070 2645

**ALL ABOUT BREASTFEEDING****Stillberatung – „STILLHOTLINE“**

Breastfeeding: a good start, but not always easy!

The breastfeeding advisor of the Youth Health Service offers information and support for breastfeeding, including: \* preparatory consultations, \* sharing of experiences, \* assistance with breastfeeding difficulties. Individual consultations and home visits are also available.

“Breastfeeding Hotline” Monday to Friday from 8:30 to 9:30 am, Online Breastfeeding Group on the 1st and 3rd Wednesday 10:00–11:30 am.

Please register for all services by phone or email.

Angela Maria Frantal,

Still- und Laktationsberaterin, IBCLC

Tel. 0732 301056 23 oder

[angela.frantal@mag.linz.at](mailto:angela.frantal@mag.linz.at)

**Breastfeeding sessions in Linz:**

Eltern-Kind-Zentrum Ebelsberg-Ennsfeld:

1st and 3rd Tuesday of the month from 10:00 am to 12:00 pm, for babies in their first year 2nd and 4th Tuesday of the month from 10:00 am to 12:00 pm, for breastfed toddlers

Eltern-, Mutterberatung IGLU, Grestenbergerstr.:

1st and 3rd Thursday of the month from 9:30 to 11:30 am, For babies from 0 to 4 months 2. + 4. Tuesday of the month, 1:30 p.m. – 3:30 p.m.

For babies from 4 months

Eltern-, Mutterberatung Biesenfeld-Dornach:

2nd and 4th Wednesday of the month, 10 a.m. – 12 p.m. For babies and breastfed toddlers

Eltern-, Mutterberatung Schiffmannstr.:

2nd and 4th Thursday of the month, 10 a.m. – 12 p.m.

For babies and breastfed toddlers

Familienzentrum Pichling:

Breastfeeding lectures according to the annual program – Please register by phone at 0732 320071

Other services on the topic of ‘Breastfeeding’ are offered, among others, by: Parent-child centers; VHS; Kepler University Clinic; Hospital of the Merciful Brothers

## BREASTFEEDING FACILITIES

Mothers traveling around Linz with their children can breastfeed comfortably, for example in:

- Nursing room in the LDZ and the country house during opening hours
- Nursing room Lentia City
- Passage, quiet corner near the play area in the basement
- Parent-child center, Figulystraße
- Zoe, Gruberstraße

## BABY SWIMMING

Most offers take place in cooperation with Nessie – Verein Wasserspaß.

The association also offers baby swimming courses. Course locations are LinzAG Spa Oases and Sauna Oasis Ebelsberg.

### Nessie- Verein Wasserspaß

Alleitenweg 41, Tel. 0699 11776499,  
[www.nessie.at](http://www.nessie.at)

Linz AG courses in cooperation with Nessie – Verein Wasserspaß

Tel. 0699 11776499, [www.nessie.at](http://www.nessie.at)

There is a discount for these offers with the Aktivpass!

### Eltern-Kind-Zentrum Linz

Figulystraße 30, Tel. 0732 669611  
[www.ekiz.at](http://www.ekiz.at)

### EKiZ der Kinderfreunde Linz

Zaunmüllerstraße 4, Tel. 0699 16886 318  
[www.kinderfreunde-linz.at](http://www.kinderfreunde-linz.at)

### Familienbund OÖ GmbH

#### Familienbundzentren

Hauptstraße 83-85, Tel. 0732 603060  
[www.ooe.familienbund.at](http://www.ooe.familienbund.at)

## BABY MASSAGE

### Eltern-Kind-Zentrum Linz

Figulystraße 30, Tel. 0732 669611  
[www.ekiz.at](http://www.ekiz.at)

BABY MASSAGE is a loving and highly effective way to give your baby warmth, closeness, care, and love. It sup-

ports your baby's emotional and physical well-being and strengthens their vitality as well as basic trust.

### BABY SHIATSU – Touch that touches

Touch with love and provide a sense of security. Build trust and strengthen the bond between parents and child. For babies from 6–8 weeks up to around 6 months

### Familienbundzentrum Linz-Urfahr

Dornacherstr. 17, Tel. 0664 8262721

### Familienbundzentrum Kleinmünchen

Schickmayrstr. 16, Tel. 0664 8524354  
[www.ooe.familienbund.at](http://www.ooe.familienbund.at)

Targeted touch not only strengthens the bond between parents and child but also influences the immune system, the sleep-wake cycle, and can help relieve certain discomforts. The techniques are simple, do not take long, and yet can achieve so much.

### IGLU - Grüne Mitte

#### Eltern-/Mutterberatung

Grestenbergerstr. 32,  
Tel. 0732 654541

"Starting life together with mindful touch" – A baby experiences itself and its world through touch and the feelings it triggers. Every moment of a positive interaction with the baby is valuable and can be encouraged through massage. We learn to better understand the child's signals and respond to them with care. A soothing time for babies and parents who want to do something good for themselves and their baby without needing to achieve a specific 'goal.' 5 sessions of 1½ hours each. Participation is free of charge.

Anmeldung Do von 9-12 Uhr unter  
Tel. 0732 654541  
[getraud.scheuringer@mag.linz.at](mailto:getraud.scheuringer@mag.linz.at)

### Kepler Universitätsklinikum

Ausbildungszentrum am Med Campus V.  
Med Campus IV., Krankenhausstraße 26–30  
Tel. 0664 5377025  
[www.kepleruniklinikum.at](http://www.kepleruniklinikum.at)

The skin is our largest and most sensitive sensory organ, and through massage, we truly 'communicate' with the baby. Babies have a special need for touch, warmth, and love. Baby massages focus on bonding, strengthening the relationship and allowing it to be enjoyed more deeply. Massages promote the sleep-wake cycle, strengthen the immune system, and help with minor ailments such as stomach discomfort, colds, and more.

### **Familienzentrum Pichling**

Heliosallee 84, Tel. 0732 320071

[Familienzentrum.pichling@mag.linz.at](mailto:Familienzentrum.pichling@mag.linz.at)

#### **Bonding through Touch – Basic Bonding“**

A gentle dialogue between parents and baby that responds to the child's signals. We observe the child's body language, which shows us when they are ready for light, butterfly-like touches, where they want to be stroked or held, and when they need breaks to process. This course is especially suitable for babies who are often tense and cry frequently. Parents are supported in responding to their baby's crying in a way that allows a releasing and healing process to take place.

## **ALONE WITH THE CHILD**

### **OFFERS FOR SINGLE PARENTS**

#### **Eltern-Kind-Zentrum Linz**

Figulystraße 30, Tel. 0732 669611

[www.ekiz.at](http://www.ekiz.at)

#### **Open Group for Single Parents**

The network for single parents meets once a month and welcomes new faces, familiar encounters, and engaging conversations. Light refreshments are provided! There is plenty of space and toys for all children. No registration required.

In cooperation with the Single Parents Association.

#### **Familienzentrum Pichling**

Heliosallee 84, Tel. 0732 320071

#### **Being and Staying a Father**

#### **Meetings for fathers during or after separation – information and exchange with professional support.**

Regular meetings for fathers and caregivers in conflict and separation situations take place at the Pichling Family Centre. Under the guidance of experienced family counselors, you have the opportunity to share your own

questions and experiences and develop solutions. Participation is free and available online. Registration required at:

Tel. 0732 320071 or

[familienzentrum.pichling@mag.linz.at](mailto:familienzentrum.pichling@mag.linz.at)

#### **Eltern-Kind-Zentrum, Ennsfeld**

Hofmannsthalweg 8, 0732 301056

#### **Meetings for Single Mothers**

The minds of single mothers are often quite full, and their nerves can sometimes be seriously strained when they are solely responsible for their children. During individual events, information on specific topics is shared, and an open exchange of experiences is encouraged to help strengthen parents for everyday life.

#### **Beratungszentrum ALLEINERZIEHEND**

Gstöttnerhofstr. 2/1/6, Tel. 0732 654270

[www.alleinerziehend.at](http://www.alleinerziehend.at)

The counseling center's goal is to provide empowering support to single parents, making daily life easier to manage and opening up opportunities for personal growth. The services specifically include:

- Guidance and referrals for social issues
- Information and advice on personal and family matters
- Individual, couple, and family psychotherapy
- Psychotherapy for children and adolescents
- Psychosocial (online) counselling

Initial consultations are free of charge; for follow-up appointments, contributions are requested based on personal circumstances. Appointment scheduling for initial consultations: Tues and Thurs, 8 a.m. to 3 p.m.

In difficult times when you urgently need professional advice, the following emergency numbers are available:

**142 Parent helpline (free, confidential, available around the clock)**

**0732 2177 Crisis helpline Upper Austria (for mental health crises, available 24/7)**

## HELP WITH HOUSING ISSUES

### Haus für Mutter und Kind

Kapellenstraße 1, Tel. 0732 7610-2332

[www.caritas-linz.at](http://www.caritas-linz.at)

The 'House for Mother and Child' operated by 'Caritas for People in Need' offers pregnant women and mothers with their children in crisis situations temporary accommodation and dedicated support from social workers.

Assistance through counselling and support:

- with parenting, family, or relationship difficulties
- with debt management, legal issues, and dealings with authorities
- with baby and childcare, as well as household tasks
- in developing new perspectives
- in establishing a strong mother-child relationship
- with job and housing searches
- referral to and cooperation with other institutions if needed
- Follow-up support upon request after moving out

Contact / Opening hours:

Mon to Thu 8:30 a.m. – 2:30 p.m., Fri 8:30 a.m. – 12 p.m.

During school holidays Mon to Fri 8:30 a.m. – 12 p.m.

### Mutter-Kind-Haus der Stadt Linz

Füchselstraße 21-23, Tel. 0732 600441

Single pregnant women and single mothers with their children can find twelve semi-supported residential places here in crisis situations. Residents are required to contribute a personal daily cost share per residential unit.

Care services

- Counseling
- Clarification of the crisis situation
- Developing possible solutions
- Referral and networking of additional services
- Joint development of future perspectives and care goals
- Support for personal, professional, social, and parenting skills
- Assistance with managing daily life
- Provision of parenting counseling and support
- Group activities
- Social-pedagogical support

The services of the mother-child house can be used for up to one year. If desired, ongoing support can be arranged

after moving out.

Registration by phone at the mother-child house.

### Frauenhaus Linz

Emergency hotline available 24/7: Tel. 0732 606700

[www.frauenhaus-linz.at](http://www.frauenhaus-linz.at)

Women's shelters offer more than just a roof over your head. They provide a safe refuge for women and their children in crisis situations. The shelter allows you to consider your next steps calmly and without pressure. The affected woman decides for herself whether to separate from the violent partner or not. The Linz Women's Shelter offers abused and/or threatened women – with and without children – protection and safety from violent relatives through psychosocial counseling, accompaniment to court or authorities, as well as immediate housing. The shelter's address is kept confidential to protect the women and children living there. Contact can be made by phone or email. Counseling and support are free of charge for both outpatient clients and women residing in the shelter. A fee must be paid for the stay in the shelter.

Appointments for assessment or professional counseling can be scheduled by phone at 0732/606700 between 8:30 a.m. and 4 p.m. Crisis admissions to the women's shelter are available around the clock.



## CHILDREN AND PLAYGROUPS

(Programs can be requested by phone or email from the respective institutions)

### Linzer Kinderfreunde

Zaunmüllerstr. 4, Tel. 0732 772632-18

With their 16 local groups and numerous events, Linzer Kinderfreunde is the largest children's and family organization in Linz. This wide range of services is made possible thanks to the dedication of many volunteers. They manage 5 parent-child centers, 4 kindergartens, and 1 after-school care facility, as well as their own event and guest houses. With parent education, kids.kultur, mobile activities, playground festivals, children's carnival, and holiday care, there is a diverse program in Linz.

### EKiZ Dornach

Johann-Wilhelm-Kleinstr. 70, 0699 16886 314

[www.kinderfreunde-linz.at](http://www.kinderfreunde-linz.at)

- from 1 year Letting Go Group (without accompaniment)
- from 1 year Crumb Monster
- from 3 years Mini Musi Kids – Early Musical Training
- from 4 years Little Ballerinas
- etc.

### EKiZ Franckviertel

Ing. Stern Str. 34, 0699 16886 312

- FuN Baby from 4 to 18 months
- from 1 year Movement Playground
- from 1 year Stomping, Splattering, Pouring
- from 4 years Dance Kids
- etc.

### EKiZ Hartmayrgut

Riegelstraße 10, Tel. 0699 16886 310

- Big Music for Little Ears, 1.5 – 4 years, with accompaniment
- From 6 months: Baby Chat on Mondays
- from 1 year Letting Go Group (without accompaniment)
- From 1 year: 1, 2, 3 at a Rapid Pace
- etc.

### EKiZ Oed

Schiffmannstraße 4b, Tel. 0699 16886 317

- From 3 months: Crawlers
- From 1 year: Little Explorers, Garden Dwarfs, ...
- From 1 year: Mini Beetles Movement Playgroup
- etc.

### EKiZ Bulgariplatz

Zaunmüllerstraße 4, Tel. 0699 16886 316

- From 1 year: Creative World – Walking, Mudding, Pouring
- From 1 year: Morning Sensory World
- From 2 years: Parent-Child Dance
- etc.

### Eltern-Kind-Zentrum Linz

Figulystraße 30, Tel. 0732 669611

[www.ekiz.at](http://www.ekiz.at)

Playgroups on a variety of themes and age groups are offered.

- Pikler/Montessori groups from 5 months.
- Spanish/English playgroups
- Growing with Music, a musical journey for children
- etc.

### Eltern-Kind-Zentrum Ebelsberg-Ennsfeld

Hofmannsthalweg 8, Tel. 0732 301056

[www.linz.at](http://www.linz.at)

Baby groups 'First Contacts' from 6 months are offered by EKIZ and complemented by VHS playgroups from 10 months. Registration is directly via the Service Line at Tel. 0732/7070-0 or online at [www.vhs.linz.at](http://www.vhs.linz.at)

### Familienzentrum Pichling

Heliosallee 84, Tel. 0732 320071

In the playgroups, children sing, dance, paint, do gymnastics, craft, and jump together, while also encouraging social interaction with other children. VHS Linz playgroups are offered at the Family Centre in solar-City from 9 months of age. Registration is possible directly via the service line Tel. 0732 / 7070 – 0 or at [www.vhs.linz.at](http://www.vhs.linz.at)



### FBZ Linz-Kleinmünchen

Schickmayrstraße 16, Tel. 0664 8524354

[www.ooe.familienbund.at](http://www.ooe.familienbund.at)

Even the very youngest enjoy playing, singing, and making music together with Mom and Dad.

- Parent-child and parent-baby groups from 6 months of age.
- etc.

### FBZ Linz-Zentrum

Kainzweg 10, Tel. 0660 8350453

- Parent-child groups from 6 months of age
- Emmi Pikler PlayRoom\*
- etc.

### FBZ Linz-Urfahr

Dornacherstraße 17, Tel. 0664 8262736

- Parent-Baby Groups
- Parent-Child Groups
- Movement and Music Playgroups
- Letting-Go Groups from 1½ years
- etc.

### „Spiegel“ - Treffpunkte der Diözese Linz

Kapuzinerstraße 84, Tel. 0732 7610-3221

[www.dioezese-linz.at/site/spiegel/home](http://www.dioezese-linz.at/site/spiegel/home)

The SPIEGEL meeting points are spaces for growth for parents and children. Mothers and fathers can meet like-minded people here and share family-related topics.

The focus is not on achievement, but on fun and the joy of doing. They are places for social interaction. Shared activities are encouraged, and friendships are formed. Families can build and strengthen social networks. Potential isolation is prevented.

## LINZ OFFERS PLAY SPACES

[www.linz.at](http://www.linz.at)

Play spaces are an essential part of child- and family-friendly urban planning.

In Linz, there are 116 public children's and youth playgrounds; a wide range of basketball, skateboard, and beach volleyball facilities, as well as fun courts, are available to all sports enthusiasts in the city.

New play spaces are planned together with future users—families, children, and youth—and implemented by the

experts of the City of Linz.

CONTACT:

Kinder- und Jugend-Services Linz

Kinder- und Jugendbüro

Rudolfstraße 18, Tel. 0732 7070-2862

[jugend@mag.linz.at](mailto:jugend@mag.linz.at)

The playgrounds are maintained by City Greens and Street Maintenance.

## LIST OF LINZ PLAYGROUNDS BY DISTRICT

K Children's playground,  
Age 0–6 years

KJ Children's and youth playground,  
Age 6–18 years

J Youth playground, Age 12–18 years

### Auwiesen/Kleinmünchen

Alleitenweg	KJ
Dauphinestraße	K
Denkstraße	K
Franz Kurz Straße	K
Karl Steiger Straße	KJ
Löwenfeldvilla	K
Shooting Range	K
Straßlandweg	J

### Bindermichl/Spallerhof

Landschaftspark	K
Bindermichl-Spallerhof	KJ
Einfaltstraße	KJ
Glimpfingerstraße	KJ
Hauserhügel	J
Hummelhofwald	KJ
Hummelhofstraße	J
Kopernikusstraße	KJ
Krempfstraße	KJ
Panuliwiese	J
Spallerhof	KJ
Wankmüllerhofhügel	KJ

**Ebelsberg/Pichling**

Afritschweg	KJ
Knollgutstraße	KJ
Marktmühlgasse	K
Panholzerweg	J
Schiltensberg-Ennsfeld	J
Waldspielplatz Schiltensberg	J
Wasserspielplatz-solarCity	KJ
Pichling neben Feuerwehr	KJ

**Franckviertel**

Cremerstraße	KJ
Ginzkeystraße	KJ
Sternpark	KJ
Lonstorferplatz	K

**Freinberg/Bauernberg/Froschberg**

Arboretum-Maximilianweg	K
Am Rosenhang-Freinberg	K
Auf der Gugl Bauernberg	KJ
Bergschlösslpark	KJ
Bockgasse	K
Fritz-Lach-Weg	KJ
Kudlichstraße	K
Limonikeller	KJ
Minnesängerplatz	K
Unterhalb der Kaisereiche	K
Wasserreservoir-Freinberg	K
Winklerwald	KJ
Ziegeleipark	KJ

**Keferfeld/Öd**

Keferfeldstraße	K
Fischerwiese/Pollheimerstr.	KJ
Schiffmannstraße	J

**Neue Heimat**

Adolf Dietel Weg	K
Hainbuchenweg	KJ
Haidgattern	K
Kinderbad- Auerpeint	KJ
Laskahof	KJ
WAG-Park	KJ

**Urfahr**

Am Damm	KJ
Am Alten Feldweg	KJ
Baumgärtelstraße	KJ
Biesenfeld/Feuerwache	KJ
Enzmüllnerweg	KJ
Grünmarkt-Urfahr	K
Güntherstraße	KJ
Hainischstraße	KJ
Harbachpark	KJ
Keplerstraße	KJ
Kirchmühl-/Klausenbachstr.	KJ
Kubinweg	K
Mittelgasse	KJ
Neufahrergasse	KJ
Nußbaumstraße	K
Pöstlingberg	J
Riesenedergründe	J
Samhaberstraße	KJ
Schumpeterstraße	J
Sombartstraße	K
Steinmetzplatzl	K
St. Magdalena	K
Urnenhain	J
Wildbergstraße	K

**Zentrum**

Andreas-Hofer-Park	KJ
Darrgutstraße	KJ
Donaulände	KJ
Eisenhandstraße	K
Grüne Mitte NORD	KJ
Grüne Mitte Süd	KJ
Hessenplatz	K
Honauerstraße	KJ
Jugendpoint Donaupark	KJ
Körnerstraße	K
Ledererg.-Europaspielplatz	KJ
Margarethen	KJ
Margarethener-Haufen	J
Poschacherwiese	KJ
Promenade	K
Prunerstift	KJ
Schiffbaustraße	KJ
Schloßberg	K

Schulertal	KJ
Stadtpark	K
Starhembergstraße	KJ
Südbahnhof	KJ
Volksgarten	KJ

## FUN COURTS

Young people in Linz have access to so-called FUN COURTS for playing, fun, and sports. Football, handball, volleyball, badminton, and hockey can be played at the following locations:

- ASKÖ Zöhrdorf
- Bachlbergweg
- Diesterwegschule
- Dr. Karl Renner Schule
- Ennsfeld
- Hauptschule Ebelsberg
- Keferfeld/Oed, Schiffmannstraße
- Spallerhof, Einfaltstraße
- Sportanlage Ebelsberg
- Zeppelinlschule

## BEACH VOLLEYBALL

The beach volleyball courts are freely available to all users.

- Am Damm
- ASKÖ Steigerstraße
- ASKÖ Zöhrdorf
- Ennsfeld
- Hummelhofbad
- Panholzerweg
- Panuliwiese/Bulgariplatz
- Pichling, Traundorfer Straße
- Solar City
- Sportpark Auwiesen
- Sportzentrum Lißfeld

[www.livasport.at](http://www.livasport.at)

## SKATE PARKS

For skaters, Linz offers not only the large facility at Am Damm, built according to skaters' designs, but also several other facilities:

- Am Damm
- Auwiesen, Rädlerweg
- Ennsfeld

- Kopernikusstraße
- Panholzerweg
- Pichling, Traundorfer Straße
- Skatehalle last by schachermayer, Lastenstraße 42
- Skatehalle im Sportpark Lißfeld

[www.livasport.at](http://www.livasport.at)

## INLINESKATING

The Road Traffic Regulations (StVO) allow inline skating on sidewalks and residential streets, provided that neither pedestrians nor road traffic are endangered or obstructed.

## CYCLING

### Linzrad – Rental of cargo bikes

Department of Planning, Technology and Environment  
[bib@mag.linz.at](mailto:bib@mag.linz.at)

Cycling Officer of the City of Linz

Would you like to find out what it's like to ride a cargo bike? You can try this out by borrowing a cargo bike free of charge from the City of Linz. The cargo bike rental is a collaboration between the Department of Urban Climatology and Environment of the City of Linz and the Linz City Library.

Easy bike reservation via [www.radverteiler.at](http://www.radverteiler.at)

### Rental of transport accessories for bicycles

Geschäftsbereich Planung, Technik und Umwelt  
[Herrn Johann Inreiter](mailto:HerrnJohannInreiter), Tel. 0732 7070 3189

The City of Linz lends transport accessories for bicycles free of charge. Various trailers are available.

- Donkey: A trailer that can carry up to 50 kg and also provides space for a child seat.
- Leggero: For up to 2 children up to 6 years old.
- Rental conditions:
- Resident of Linz
- Photo ID
- Self-installation of the trailer attachment

Rental period: up to one week by prior arrangement  
(Mon to Fri, 8 am to 12 pm)

## CLIMBING

### Kletterhalle Linz und

#### Büro der Naturfreunde Linz

Auwiesenstraße 202, 4030 Linz

Tel. 0732 771843

[www.kletterhallelinz.at](http://www.kletterhallelinz.at)

The most modern and largest climbing facility in Upper Austria with 2800 m<sup>2</sup> of climbing surface

- Children's courses from age 7
- Family climbing courses from age 4
- Celebrate children's birthday parties at the climbing hall

### Kletterzentrum AM TURM Linz-Urfahr

Alpenverein Linz GmbH

Julius-Raab-Straße 4, 4040 Linz

[www.alpenverein.at/linz-kletterzentrum](http://www.alpenverein.at/linz-kletterzentrum)

<https://www.klettern-amturm.at/>

Entire climbing center: 2300 m<sup>2</sup> of climbing surface

- Climbing courses for children from age 5
- Family climbing course (children from age 7)

Registration: Online via the website or by phone at 0680 1292222

Mon and Wed 9 am–6 pm, Thu 12 pm–6 pm, Fri 9 am–1 pm

### Boulderhalle DER STEINBOCK Linz

Kapuzinerstr. 84f, 4020 Linz

Tel. 0677 64265681

[www.dersteinbock-linz.at](http://www.dersteinbock-linz.at)

Creative bouldering in the spacious gym on two levels, for professionals and beginners alike

- Children's courses from 6 years old
- Children's birthday parties from 6 years old

## MINI GOLF FACILITIES

- Freinberg, Freinbergerstraße 49
- Freizeitanlage Pichlinger See-Nord
- Kleinmünchen, Wiener Straße 444

Sportpark Lißfeld, Hausleitnerweg 105

## OUTDOOR AND INDOOR POOLS

[www.linzag.at](http://www.linzag.at)

Healthy and fit with the Linz AG Bath Oases

Simply swim and feel good.

Swimming is one of the best and most affordable ways to

stay fit and healthy.

Swimming pool entrance fees:

(As of July 2025)

Day ticket:

Adults € 5.60

Reduced (Children from 6 years) € 2.80

Family rate or evening ticket (from 5 p.m.):

Adults € 4,20

Students € 2.10

### Fitnessoase Parkbad

Untere Donaulände 11, Tel. 0732 3400-6630

[PARKBAD-FREIBAD-EIS\\_Kassa@linzag.at](mailto:PARKBAD-FREIBAD-EIS_Kassa@linzag.at)

Indoor pool: Parent-child area with paddling pool, changing table, and disabled-accessible facilities

Outdoor pool: adventure pool, children's paddling pool with snake slide, family pool, playground, and much more.

### Wellnessoase Hummelhof

Ramsauerstraße 12, Tel. 0732 3400-6660

[hummelhof@linzag.at](mailto:hummelhof@linzag.at)

Indoor pool: parent-child area with paddling pool, diving pool, children's wellness day every Thursday and Friday in the wellness area

Adventure outdoor pool: swimming area, adventure zone, non-swimmer area with elephant slide, children's paddling pool with slide, children's play area, and much more.

### Erlebnisoase Schörgenhub

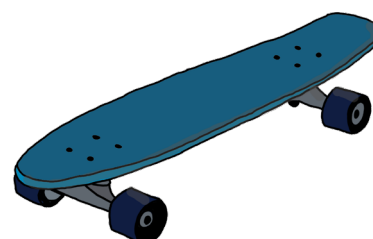
Schörgenhubstraße 16, Tel. 0732 3400-6680

[SCHOERGENHUB\\_Kassa@linzag.at](mailto:SCHOERGENHUB_Kassa@linzag.at)

Indoor pool: wave pool, parent-child area with paddling pool, changing table

Outdoor pool: solar-heated pool complex, adventure pool with water slide, children's paddling pool, and children's play area

Snake slide



## Familienoase Biesenfeld

Dornacherstraße 37, Tel. 0732 3400-6670

[BIESENFELD\\_Kassa@linzag.at](mailto:BIESENFELD_Kassa@linzag.at)

Adventure indoor pool: Black-Hole tube slide, parent-child area with adventure paddling pool with slide, water snake, splash clown, children's play corner, and changing table

Outdoor sunbathing area: children's paddling pool with snake slide

- Children's water fun (winter season)

Children's birthday

In the swimming hall of Family Oasis Biesenfeld or Adventure Oasis Schörgenhub (all year round), or in the Donaupark Ice Rink of Fitness Oasis Parkbad (winter season only), you can enjoy a special children's birthday. In the party room of your favorite swimming oasis, you and your friends can discover fun figures, romp around, cool off by jumping into the pool, or skate a few laps on the ice rink!

Reservations by phone or email with the cash desk staff.

Children's swimming courses

Offered by:

### Swim & Fun OÖ

Tel. 0660 2468002, [www.swimandfunooe.at](http://www.swimandfunooe.at)

### Ö Wasserrettung - Landesverband OÖ

Tel. 0699 10200939

[www.ooe.owr.at/termine/schwimmkurse.php](http://www.ooe.owr.at/termine/schwimmkurse.php)

### Nessie - Verein Wasserspaß

Registration, information & dates:

Tel. 0699 11776499, [www.nessie.at](http://www.nessie.at)

## Children's outdoor pools

Free swimming fun for children

Up to 12 years of age.

June, July, and August from 10 a.m. to 6 p.m.

- Afritschweg, Tel. 0732 305144
- Kudlichstraße, Tel. 0732 665179
- Negrelliweg, Tel. 0732 381411
- Pestalozzistraße, Tel. 0732 300084
- Siemensstraße, Tel. 0732 387736
- Weigunysstraße, Tel. 0732 731164
- Wimhölzelstraße, Tel. 0732 655009

## ICE RINKS

Admission Prices for Artificial Ice Rink (As of July 2025)

### Einzeleintritt:

Erwachsene € 5,60

Ermäßigt (Kinder ab 6 J.) € 2,80

### Einzeleintritt Familie:

Erwachsene € 4,20

Schüler € 2,80

LINZ AG Eislaufkurse für Kinder ab 4 Jahre werden angeboten.

### Ice Skating Fun in Summer

For those who want to keep a cool head in summer, summer ice skating offers the perfect opportunity.

From August at the Donaupark Ice Rink –

From 2 August 2025, every Saturday from 2 pm to 5 pm

## Parkbad

Untere Donaulände 11

Open ice and ice rink

Tel. 0732 3400-6631

Rental skates: from €3.00

For school groups: €3.00

(Deposit: photo ID or €20)

## Schörgenhub

Schörgenhubstraße 16

Open ice, Tel. 0732 3400-6680

## Freizeitanlage Ebelsberg

Hartheimerstraße 1-3

Open ice, Tel. 0732 3400-6690

Rental skates: €5.00

(Deposit: photo ID or €20)

Groups: €3.00

## BALLET

### 1st Linz Ballet School

Prof. Johanna Wilk-Mutard,

Bethlehemstraße 24, Tel. 0732 779366

[www.ballettschule-linz.at](http://www.ballettschule-linz.at)

- Children's courses from age 4

### **danceschool horn**

Marienstraße 8, Tel. 0732 783828

Dametzstraße 7

[www.danceschool.at](http://www.danceschool.at)

- Mini-Dance for ages 3–5
- DanceKids for ages 6–7 and 8–9

### **Dance Center Jane Gardner**

York Studios

Gesellenhausstr. 7, Tel. 0732 777705

[www.yorkstudios.at](http://www.yorkstudios.at)

- Creative Dance for ages 3–5
- Stage dance training from age 5
- Jazz/Step Dance from age 6
- HipHop & Street Dance from age 8

### **Ballettschule – Maestro**

Bismarckstraße 18, Tel. 0732 771176

[www.maestro-linz.com](http://www.maestro-linz.com)

- Children's dance from age 4
- Classical dance for children from age 7
- Modern dance for children from age 7
- Children's tap dance from age 8

### **VHS Linz, Wissensturm**

Kärntner Straße 26, Tel. 0732 7070-4305

[www.linz.at/VHS](http://www.linz.at/VHS)

Offered among others: First Dancing - Pre-Ballet, Salsa Kids, and much more.

## **MUSIC**

### **Musikschule der Stadt Linz**

Fabrikstr. 10,

Tel. 0732 7070-1816

[www.linz.at/musikschule](http://www.linz.at/musikschule)

The Linz Music School offers around 50 different instruments and vocal subjects. Taught by 120 professionally trained teachers who instruct with dedication, passion, and expertise.

Information: Mon to Thu 7:30 am – 4:30 pm,

Fri 7:30 am – 12 noon

- Music Garden from age 3 with accompaniment
- Elementary music education from age 4
- Singing and rhythm school from age 6
- And much more.

### **Reiman Akademie**

Promenade 29, Tel. 0732 793977

[www.reiman.at](http://www.reiman.at)

- Papageno Theatre School for children from age 5
- Seminar focus areas are
- Introduction to the world of music & theatre,
- Language, gesture, facial expression, posture, breathing, Presentation, singing, dance, and more.
- Instrumental lessons from age 4.

## **CULTURE**

### **Kinderkulturzentrum Kuddelmuddel**

Langgasse 13, Tel. 0732 600444

[www.kuddelmuddel.at](http://www.kuddelmuddel.at)

Kuddelmuddel is a place of children's culture, where they can experience it in all its diversity as spectators, as well as actively participate and explore themselves through the artistic and creative process.

The program includes children's theatre, puppet theatre, Kasperl shows, music, dance, clowning, and singing. Altogether, the different performances cater to children aged between 1.5 and 14 years. The workshops at Kuddelmuddel offer creative activities where children can actively get involved. Whether in theatre, dance, acrobatics, or comic drawing, the range of activities is vast.

### **Theater des Kindes**

Langgasse 13, Tel. 0732 605255

[www.theater-des-kindes.at](http://www.theater-des-kindes.at)

At the Theater of the Child, you and your children can enjoy imaginative, touching, and entertaining hours. The plays are performed from September to July in the mornings and afternoons, on weekends at 4 p.m., and from early February on Mondays, Tuesdays, and Thursdays at 7 p.m. They are suitable for children aged 3 and up, kindergartens, schools, and after-school groups. Private performances for companies and clubs are also available. Current performance dates can be found on the website. Detailed information is available at: 0732 605255.

### **Linzer Puppentheater**

Langgasse 13, Tel. 0664 8973060

[www.puppentheater.at](http://www.puppentheater.at)



Since 1970, Kasperl, Seppy, Basti, and others have delighted both young and older visitors with their performances. The Linz Puppet Theatre offers regular Kasperl shows for children aged three and older. The plays change monthly. The puppet theatre season runs from September until the end of June. Most of the stories are by Christa Koinig. The team around Kasperl, Seppy, Basti Dragon, Wizard Spekulator, and Witch Zwiderwurz looks forward to your visit!

### **Brucknerhaus Linz**

[Untere Donaulände 7, Tel. 0732 7612-0](#)

[www.brucknerhaus.at](http://www.brucknerhaus.at)

Junges Brucknerhaus is the programme offering for children, kindergartens, and youth.

- MINI.MUSIC from 3 years invites the youngest concert visitors to dive into the exciting world of music.
- MIDI.MUSIC from 6 years invites children to concerts with full orchestral sound.
- PLAY.SPACE from 6 years invites you to listen to musical stories.
- Family tours and much more.

Additional offers for a young audience:

### **Landestheater Linz**

**Junges Theater - Schauspielhaus / Kammerspiele**

[Promenade 39, Tel. 0732 76 11-121](#)

### **Musiktheater Linz**

[Am Volksgarten 1, Tel. 0732 76 11-400](#)

Plays and dates:

[www.landestheater-linz.at](http://www.landestheater-linz.at)

## **MUSEUMS**

Whether exhibitions are designed for children and whether guided tours for children are available can only be determined in relation to each specific exhibition.

### **Nordico - Museum der Stadt Linz**

[Simon-Wiesenthal-Platz 1,](#)

[Tel. 0732 7070-1901](#)

[www.nordico.at](http://www.nordico.at)

- School, after-school care & kindergarten – Think along, have your say, get involved – Nordico as a place of learning
- Family tours

With the Upper Austria Family Card, families can get tickets from € 11,- (1 parent + child/children).

### **Lentos Kunstmuseum Linz**

[Ernst-Koref-Promenade 1,](#)

[Tel. 0732 7070-3600 or 3614](#)

[www.lentos.at](http://www.lentos.at)

- In Los Lentoninios, young visitors (4-6 years) are invited to the Danube studio to take part in imaginative creative activities.
- In the Lentos studio, children (6-12 years) can enjoy a creative morning and create their own artworks.
- Celebrate a very artistic birthday at LENTOS (from 6 years old)

### **Ars Electronica Linz**

[Ars-Electronica Street 1, Tel. 0732 7272](#)

[www.aec.at](http://www.aec.at)

- Children's research laboratory for 4-8 year olds! The Ars Electronica Children's Research Laboratory offers a versatile playground that gives children time and space to play and explore our world, both digital and analog, natural and artificial.
- Family Tour – Deep Space Family – Children's birthday – Holiday program and much more.

## **DIE LANDESMUSEEN**

[www.oekultur.at/visit](http://www.oekultur.at/visit)

To make the museum visit a memorable experience for children aged 5 and up, the State Museums (Castle Museum, Biology Center, Francisco Carolinum) offer many opportunities to engage all the senses and to create their own art.

On the first Sunday of every month, all families are warmly invited to explore the three main locations of the Upper Austrian State Culture GmbH with free admission.

## Schlossmuseum Linz

Schlossberg 1, Tel. 0732 7720-52300

Several times a year, FAMILY AFTERNOON EVENTS on key topics take place at the Castle Museum. Family tours of exhibitions and creative stations for children and adults are offered. Shared experiences are at the heart of these events.

## Biologiezentrum Linz

Johann-Wilhelm-Klein-Straße 73,  
Tel. 0732 7720-52100

As a natural history museum, it makes natural history accessible, fosters awareness of nature, and encourages dialogue about biodiversity.

## FC - Francisco Carolinum

Museumstraße 14, Tel. 0732 7720 522 00

The Francisco Carolinum Linz is Upper Austria's center for photography and media art, featuring continuously changing exhibitions. It stands for a nuanced engagement with visual media, with a special focus on feminist art and the development of new media expressions.

## OK – im OÖ Kulturquartier

OK Platz 1, Tel. 0732 7720 52550  
[www.ok-centrum.at](http://www.ok-centrum.at)

The Upper Austria Cultural Quarter in the heart of Linz is a cultural highlight of the city. Once a month – on the last Sunday – families are especially welcome. Under the guidance of art educators, children craft, cook, exercise, marvel, and laugh! Special programs are available for school classes.

## Voestalpine Stahlwelt GmbH

voestalpine-Straße 4, Tel. 050 3041 58900  
[www.voestalpine.com/stahlwelt](http://www.voestalpine.com/stahlwelt)  
[anmeldung.stahlwelt@voestalpine.com](mailto:anmeldung.stahlwelt@voestalpine.com)

During the holidays and every first Saturday of the month, special tours for families with children aged 6 to 12 take place at voestalpine Steel World. The program is specially tailored to the age of the young explorers. Family tickets with a family card from €21 (1 adult & up to 3 children).

Seat reservation is recommended.

## LIBRARIES

Young readers are especially important to the Linz City Library. In addition to a wide range of media for children and young people, guided tours are also offered for groups to explore the library. From A for author readings to Z for newspaper workshops, the Linz City Library offers an extensive programme of events focused on books, reading promotion, literature, and digital media for both adults and children. With the KiWi children's card, books, magazines, games, and sheet music can be borrowed up to the age of 19. Can be borrowed free of charge until the first birthday.

Events:

KiBuLela – Every second Wednesday at 4 p.m., stories are read aloud for children aged 4 and over in the Children's Bookland at the Wissensturm.

Roderick's Story Box – Roderick the bookworm lives in the Dornach City Library and loves having stories read to him. All children up to 8 years old are invited to listen with him to the stories Roderick regularly takes out of his box.

Reading Series – 'Stories for Little Ears' take place once a month on a Thursday at the Urfahr City Library in the New Town Hall.

Brain Food – In the fairy tale hour with Christina, well-known as well as lesser-known fairy tales are read aloud alternately at the Ebelsberg and Pichling City Libraries and discussed with the children.

[www.linz.at/bibliothek](http://www.linz.at/bibliothek)

Locations:

- Auwiesen, Wüstenrotplatz 3, Tel. 0732 302408
- Urfahr, Hauptstr. 1-5, Tel. 0732 7070-2953
- Dornach-Auhof, Sombartstr. 1-5, Tel. 0732 3408 25661
- Ebelsberg, Kremsmünstererstr. 1-3, Tel. 0732 308992
- Pichling, Lunaplatz 4, Tel. 0732 321173
- Wissensturm, Kärntnerstr. 26, Tel. 0732 7070-4371

## EXCURSIONS INTO THE CITY

[www.linz.at](http://www.linz.at)

### ZOO - Linzer Tiergarten

(at Pöstlingberg) [www.zoo-linz.at](http://www.zoo-linz.at)

Windflachweg 1, Tel. 0732 737180

Halfway up the Pöstlingberg, adjacent to the Urfahrwänd nature reserve and with a fantastic view over the city, the Linz Zoo is set amid lush greenery. Around 600 exotic and native animals from approximately 102 species captivate visitors on the nearly 4-hectare grounds. An adventure playground, the "House of Biodiversity" with its small exotic inhabitants, the tropical house, and the zoo school guarantee fun, amazement, and a lasting experience for the whole family. In the new petting zoo, you will find many domestic and farm animal breeds, some of which are highly endangered, a petting area with pygmy goats, an "alpine hut" with a viewpoint, and a rabbit tunnel with two very special viewing points.

- Children's birthday party at Linz Zoo – meerkats, coats, donkeys, and pandas send their greetings!

Take the Pöstlingberg Railway from Linz Main Square to the 'Zoo' stop.

Open from:

Early April to the end of October from 9 a.m. to 6 p.m.

Early November to the end of March from 9 a.m. to 4 p.m.

Children up to 5 years old free!

Admission: Adults €12

Children aged 6–13, students €6

Various discounts available with OÖ Family Card, Linz Card, groups, and more.

### Botanischer Garten

[www.linz.at/botanischergarten](http://www.linz.at/botanischergarten)

Roseggerstraße 20,

Tel. 0732 7070-1870

The Botanical Garden on the Gugl is one of the most beautiful sites in Europe. Approximately 10,000 different plant species are exhibited across 4.2 hectares. In five greenhouses, especially exotic plants display their splendor. The garden, leading in Europe, features a unique protected collection of cacti. The Linz facility is renowned for its rare wild species and beautiful orchid cultivations. Special exhibitions and displays throughout the year offer a variety of activities. Specifically for children, work-

shops, guided tours, and free children's brochures are available. The Botanical Garden can be reached from the city center in about 30 minutes on foot or by bus line No. 27 from Taubenmarkt (center) to the Botanical Garden stop.

Opening hours (daily):

November and December 9 a.m. – 4 p.m.

March, October 9 a.m. – 5 p.m.

April to September, 9 a.m. to 7 p.m.

Greenhouses (daily):

November and December, 9 a.m. to 4 p.m.

March to October, 9 a.m. to 5 p.m.

Admission: €4.10

Free admission for children up to 6 years.

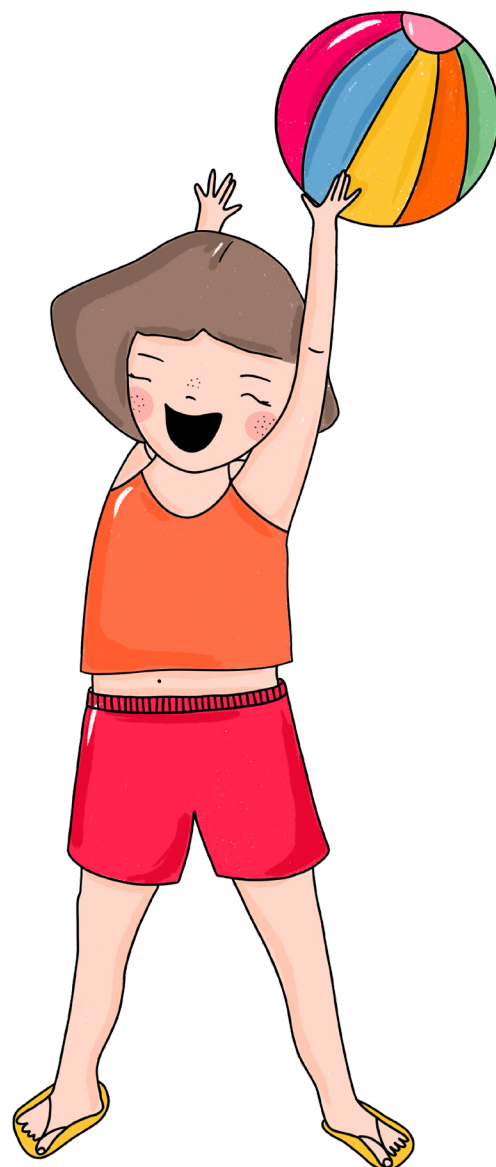
With the family card for 2 adults

and 1 child: €7.30

School and daycare groups: free of charge

Active pass holders: €1.10

Reduced admission: €3.00



## Grottenbahn –

### Märchenwelt am Pöstlingberg

At Pöstlingberg 16, Tel. 0732 3400-7506

[www.grottenbahn.at](http://www.grottenbahn.at)

The Grottenbahn is located in a former fortification tower at Pöstlingberg and takes visitors, young and old, through a colorfully illuminated fairy tale world by dragon train. In the basement, there is a scale model of Linz's main square around the turn of the 19th to the 20th century. In the side streets, scenes from well-known children's fairy tales can be seen. Wheelchair-accessible lift to the Fairy Tale Cellar!

You can arrive via the Pöstlingbergbahn from Linz Main Square.

Opening Hours:

March to May and September to November: 10 a.m. – 5 p.m.

June 1 to August 31: 10 a.m. – 6 p.m.

Advent Sundays and December 8:

10 a.m. – 5 p.m.

December 24: 10 a.m. – 3 p.m.

Admission:

Adults: €6.70

Children (2 to 15 years): €4

Family Ticket (2 adults, 2 children): €18.10

Celebrate a children's birthday party on the Grottenbahn with Dragon Sebastian.

Contact details for registration:

[grottenbahn@linzag.at](mailto:grottenbahn@linzag.at) or

Tel. 0732 3400-7506

## Geiger's Linz City Express -

### Stadtrundfahrten

Main Square – Kiosk

[www.geigers.at](http://www.geigers.at)

Tel. 0732 797 555 or 0664 423 8900

Discover the most beautiful sights of Linz. Listen to information about culture and history accompanied by music.

Departures daily from the Main Square at the full and half hour. Duration approx. 25 minutes. Price: Children aged 3-14 years € 5,-

Adults/Youth from 14 years € 10,-

Reduced with the Upper Austria Family Card, Linz Card, or Culture Card.

## Donau erleben - Hafentour

Lower Donaulände 1, Tel. 0732 783 607

[www.donauschiffahrt.eu](http://www.donauschiffahrt.eu)

On board the MS Linzerin, you will experience the Linz city centre up close, with its stunning blend of modern architecture, historic buildings, cultural sites, and harbours. From the water, enjoy an impressive first view of Europe's largest graffiti gallery – the harbour area features more than 300 partly oversized graffiti artworks and murals by artists from around the world.

Fare: €15 per person; children (6 to 13 years inclusive) receive a 50% discount; children up to 5 years travel free.

## Angebote des Kinder- und

### Jugendservices der Stadt Linz

#### Kinder- und Jugendbüro

Rudolfstraße 18

Tel. 0732 7070-2713

[www.linz.at/jugend](http://www.linz.at/jugend)

The Children and Youth Office serves as the contact point for all children's and youth matters in Linz.

Objectives:

- Support and promote children's and youth culture
- Connect children's and youth concerns with politics, administration, and external providers
- Promote activities for children, youth, and families
- Plan, organize, and conduct events
- Create and maintain play and open spaces
- Sustainable and inspiring play promotion – forward-looking and responsible with regard to future generations
- Implementation of the vision for play space development
- Increased consideration of girls' interests
- Initiate preventive measures

## COUNSELING CENTERS

### Magistrat Linz, Geschäftsbereich Soziales, Jugend und Familie bietet:

Counseling within the framework of child and youth welfare

The specialists in the Parenting Support Department can offer counseling or care in a variety of family situations. Social work counseling addresses educational questions, puberty challenges, behavioral issues in children, questions regarding visitation or custody arrangements related to separation or divorce, as well as delinquency in children and adolescents. It is possible to work purposefully and with a resource-oriented approach with families to find solutions. In individual cases, cooperation takes place with institutions or social services, or referrals are made to specialized social services. As part of parenting support, meaning support for parents' educational work, measures to safeguard the child's welfare (child protection) can be taken. Intervention takes place in cases of neglect or endangerment of children and young people. Any necessary outpatient, day-care, and inpatient measures are supported by qualified social workers.

#### Department of Parenting Assistance

Initial consultation Mon to Fri, 8 a.m. to 12 p.m.

New Town Hall Linz,

Main Street 1-5, Tel. 0732 7070-2830

### Institut für Familien- und Jugendberatung der Stadt Linz

Rudolfstraße 18, 4020 Linz

Tel. 0732 7070-2700

The institute comprises four main areas of service. It operates as:

- Child Psychological Competence Center

The focus is on diagnostics of children combined with psychological parenting and family counseling.

- Child and Adolescent Therapeutic Facility

Following a diagnostic assessment, various further support services as well as individual work with adolescents are offered here.

- Psychological Service for Child and Youth Welfare

To support families during challenging times, this sometimes requires collaboration with the assigned school or district social workers.

- Family and Couple Counseling Center, including the

### First Love Clinic

The facility operates under principles of confidentiality and can also be used anonymously upon request.

### Familienbund Oberösterreich GmbH

#### Familienberatung Linz

Rosenauerstraße 2/E, 4040 Linz

[www.ooe.familienbund.at](http://www.ooe.familienbund.at)

The experts at the Family Counseling Center Linz are pleased to support you with any family-related problems or questions. Solutions are developed through confidential conversations. Most consultations are free of charge. Donations that support ongoing operations are gratefully accepted.

Opening hours: Monday from 3 to 5 pm, in person by appointment and by phone at 0676 9555186. Wednesday 5 to 6 pm by phone only!

### Eltern-Kind-Zentrum der Stadt Linz

#### Ebelsberg-Ennsfeld

Hofmannsthalweg 8, Tel. 0732 301056

[www.linz.at](http://www.linz.at)

In addition to parent/mother counseling, breastfeeding counseling, social counseling, and psychological counseling, support and advice are also available for everyday life, child-rearing, relationship problems, separation or divorce, and questions about children's nutrition.

### Familienzentrum Pichling

Heliosallee 84, Tel. 0732 320071

[www.linz.at](http://www.linz.at)

In addition to parent/mother counseling and breastfeeding counseling, individual or family counseling sessions are also regularly offered by appointment (phone). We support and advise you personally, by phone, or online on the following topics:

Parenting, family, divorce/separation, violence, couple communication, growing up, and identity formation.

## **Kompass- Sozialberatungsstellen Linz Rat & Orientierung bei sozialen Fragen**

Hauptstr. 1-5, Tel. 0732 7070-2745

[www.linz.at](http://www.linz.at)

At the Kompass social counseling centers, general social advice is provided free of charge, confidentially, and anonymously upon request for Linz residents aged 18 and over.

At the three branch offices, you will receive:

- Information about local support services
- Individual counseling for social issues and development of personal solutions
- Advice on impending housing loss and eviction
- Referral to specialized institutions within the social support network
- etc.

### **Kompass Nord**

New Town Hall, Hauptstr. 1-5, 4041 Linz

Tel. 0732 7070-2760, 2766, 2767, 2768, 2770

### **Kompass Ost**

Ing. Stern Str. 15-17, 4020 Linz

Tel. 0732 666272-111,112,113,115,116

### **Kompass Süd**

Flötzerweg 95-97, 4030 Linz

Tel. 0732 370170-12,13,15,16,17 and 18

### **Kompass Wohnraumsicherung**

Hauptstr. 1-5, 4041 Linz

Tel. 0732 7070-2781,2782,2783,2787,2788,2790

## **Diakonie Zentrum Spattstraße gem. GmbH**

Willingerstraße 21, 4030 Linz

[www.diakonie.at](http://www.diakonie.at)

The Diakonie Center Spattstraße offers many programs for parents with their babies:

### **Mum & Baby Meeting**

#### **Empowering mothers in their role**

Here, mothers meet with their babies every two weeks. There is time for shared breakfast, conversation, questions, experiencing role models, and meeting other mothers in similar situations. This provides security and strengthens. At the Mum & Baby meeting, mothers and babies are together in the same room. The group and the interaction hold great importance. The group composition changes because mothers, for example, may return to

work. New participants can join at any time.

## **STEEP-Gruppe**

### **Strengthening the parent-child bond**

The STEEPTM group with Mum-Talk is designed for mothers in challenging situations. When parents themselves face difficulties, they need special support to manage the important tasks of the early years of a child's life. The STEEPTM group with Mum-Talk is a committed and intensive group program combined with home visits. This support is available to mothers from the last third of pregnancy until the child's second birthday. Participation in the groups is free of charge for families.

### **Schatzkiste**

#### **Tagesstruktur für Eltern mit Babys und Kleinkindern**

It is not easy for parents facing multiple challenges to care well for their child on their own. In the Treasure Chest, they will find relief and intensive support.

The Treasure Chest is an offer within the framework of parenting support. Assignment and funding are provided through child and youth welfare services.

## **Sozialpädagogische Familienbetreuung (SFB) Linz**

[Diakonie Zentrum Spattstraße gemeinnützige GmbH](http://Diakonie Zentrum Spattstraße gemeinnützige GmbH)

Tel. 0732 34927123, [www.diakonie.at](http://www.diakonie.at)

We support and strengthen parents so they can manage their tasks independently again. We accompany children and young people to help them develop well.

Contact the child and youth welfare services of your district or city council. Organizations such as Diakonie offer relief and support with parenting. Child and youth welfare services will find the right support for you.

### **Flexible Alltagshilfen (AH)**

Contact: Tel. 0676 5121002

Support for families experiencing stress in daily life.

[Managing the household, organizing daily life with children, establishing a regular routine: Everyday assistance provides coaching for families under stress and helps parents regain the ability to manage life independently.](#)



## FOSTER AND ADOPTIVE FAMILIES

### Adoptionsstelle des Geschäftsbereiches Soziales, Jugend und Familie der Stadt Linz

Hauptstraße 1-5, Neues Rathaus,

Tel. 0732 7070-2850

Public office hours: Mon to Fri, 8:00 a.m. – 12:30 p.m.

Appointments can be arranged outside of public office hours. To avoid waiting times, making an appointment during public office hours is also recommended.

### FOSTER CHILDREN

For children who, for various reasons, cannot grow up in their own family, or who require temporary out-of-home care, the Social, Youth and Family Department at the Linz Magistrate seeks suitable foster families or crisis foster families.

The tasks of the social workers in the Social Pedagogical Care, Foster Children, and Adoption Department include:

- Application process for foster families
- Verification of eligibility requirements
- Issuing foster care approval
- Placement of foster children
- Provision of crisis foster care placements
- Counseling and support for foster families, foster children, and their birth families
- Childcare Supervision

### ADOPTION

For all questions regarding adoption, please contact the Adoption Office of the Department of Social Affairs, Youth and Family of the City of Linz:

- Adoption Application
- Adoption Release
- Adoption Placement
- Counselling and support for adoptive families, adopted children, and their birth families
- Anonymous birth, baby hatch, foundlings

## CRISIS ACCOMMODATION FOR YOUNG PEOPLE

### WAKI – Zufluchtsort für Jugendliche in Krisen

Schubertstraße 17, Tel. 0732 609348

Young people from 12 years old can find advice, help, and accommodation—daily, around the clock.

### Nursery Centres Linz

### UFO Youth Emergency Shelter

[www.soziale-initiative.at](http://www.soziale-initiative.at)

The UFO emergency shelter is available for homeless young people aged 14 to 24. It offers an overnight place to sleep, opportunities to shower, wash clothes, and more, as well as support to find permanent housing and to reorganise their life situation.

Hauptstraße 60, 4040 Linz, Tel. 0732 714058

## CARE FACILITIES FOR CHILDREN

### KRABELSTUBEN DER STADT LINZ [www.linz.at](http://www.linz.at)

The crèche is a service facility. Toddlers in Linz aged from 8 weeks up to 3 years are cared for during the day in agreement with their parents. The childcare program is implemented consistently across all crèches. Care is based on the following elements: MOVEMENT – PERCEPTION – MUSIC – LANGUAGE – PARENTAL INVOLVEMENT.

Morning care in the crèches is free of charge from September 1, 2024, until 1 p.m.

Registration:

[Kinder- und Jugend-Services Linz](#)

[Rudolfstraße 18, Ground floor,](#)

Room E08 and E09

Public office hours:

Monday 8:00 a.m. – 12:30 p.m. and 2:00 p.m. – 6:00 p.m.,

Tuesday to Friday 8:00 a.m. to 12:30 p.m.,

Appointment recommended!

#### Linz-Nord (Urfahr bis Bulgariplatz):

[Frau Melanie Stadlinger](#)

Tel. 0732 7070-2903

[Melanie.stadlinger@mag.linz.at](mailto:Melanie.stadlinger@mag.linz.at)

#### Linz-Süd

#### (Neue Heimat bis Pichling):

[Frau Jasmin Undesser](#)

Tel. 0732 7070-2902

[jasmin.undesser@mag.linz.at](mailto:jasmin.undesser@mag.linz.at)

Registration can be made by phone, in person, by email, or online.

The registration deadline for the toddler group year in which admission is requested is March 31 of the year.

### Toddler groups

- Am Hartmayrgut 12, Tel. 0732 731080
- Anastasius-Grün-Str. 4, Tel. 0732 651572 31  
(Betreuung ab 8 Wochen bis 3 Jahre)
- Auf der Wies 9, Tel. 0732 772441
- Dauphinestr. 56a, Tel. 0732 300996
- Don Bosco Weg 4, 0732 600320
- Freistädter Str. 42, Tel. 0732 731197
- Hessenplatz 12, Tel. 0732 774758
- Humboldtstraße 3a, Tel. 0732 774758-12  
(Betreuung ab 8 Wochen bis 3 Jahre)
- Kreßweg 13, Tel. 0732 330712
- Leonfeldner Str. 100a, Tel. 0732 730817
- Maidwieserstraße 2, Tel. 0732 672133
- Rohrmayrstraße 1, Tel. 0732 380683
- Scharmühlwinkel 11, Tel. 0732 303803
- Schiedermayrweg 11, Tel. 0732 603218
- Schubertstraße 5, Tel. 0664 88302963
- Wallenbergstraße 21, Tel. 0664 6485027

### Toddler groups in kindergartens

- Allendeplatz 2, Tel. 0732 311744
- Bürgerstraße 44, Tel. 0732 606358
- Commendastraße 3, Tel. 0732 250966 oder 0664 4811570
- Dauphinestraße 216, Tel. 0732 382430
- Edeltraud-Hofer-Str. 16, Tel. 0664 88302902
- Garnisonstraße 38, Tel. 0664 8411560
- Glimpfingerstr. 8, Tel. 0732 331189
- Hauderweg 8, Tel. 0732 310626
- Heliosallee 181, Tel. 0732 321166
- Helmholtzstraße 24, Tel. 0732 371361
- Hertzstraße 18, Tel. 0732 349448  
(Betreuung ab 8 Wochen bis 3 Jahre)
- Hofmannsthalweg 10a, Tel. 0732 309231
- Hofmeindlweg 5, Tel. 0732 668770
- J. W. Kleinstraße 60, Tel. 0732 243048
- Leonfeldner Str. 99d, Tel. 0732 733218
- Poschacherstraße 26, Tel. 0732 600524
- Reischekstraße 10, Tel. 0732 778117
- Schiffmannstraße 4a, Tel. 0732 385787 und 0664 3244706
- Schnitzlerweg 4, Tel. 0732 317872
- Sennweg 41, Tel. 0732 315206
- Sintstraße 39, 0732 776926 oder 0664 88340785

- Traundorfer Str. 286, Tel. 0732 321182
- Neufelderstraße 125, Tel. 0732 321755
- Weikerlsee Str. 37-39, Tel. 0732 320782
- Wieneringstraße 16, Tel. 0732 371635

### PRIVATE NURSERY ROOMS

#### Krabbelstube mit Integrationsgruppe NIDO

##### Diakonie Zentrum Spattstraße

Willingerstraße 14, Tel. 0732 349271-37 and 0676 5123815

[www.spattstrasse.at](http://www.spattstrasse.at)

Children under 3 years old are lovingly cared for here in small groups of 6 to 8. INTEGRATION is a top priority, and children with disabilities are warmly welcomed. The name 'NIDO' comes from Italian and means 'nest.' This expresses the central aim of providing children with a sense of security and warmth.

The opening hours are Monday to Thursday from 7 a.m. to 4 p.m. and Friday from 7 a.m. to 2 p.m. Within this schedule, parents can specify the required care times (year-round care).

#### Das Nest

Blumauerstraße 45, Tel. 0699 17150488

[www.das-nest.at](http://www.das-nest.at)

The Nest is a non-profit association offering care for children aged 0 to 3 years. Parents have the opportunity to get to know 'The Nest' together with their children through trial sessions. After obtaining membership with a fee of €18 per month, flexible care is planned and provided for your child based on an agreed number of hours. Opening hours: Mon to Thu 7:30 AM – 3:00 PM, Fri 7:30 AM – 1:30 PM

### KINDERGARTENS

In Upper Austria, kindergarten attendance is compulsory from the completed 5th year of life until school entry. For children from the completed 30th month of life until school entry, who have their Main Residence in Upper Austria, attending kindergarten in Upper Austria until 1 PM is free of charge. Parental contributions have been introduced for afternoon care starting at 1 PM. The maximum contribution for care from 1 PM is €128 per month.

The city of Linz has decided that the “Linz Tariff Model” (applicable to both municipal and private institutions) will be applied in the future. This means that families with very low incomes will continue to pay no fees for afternoon care. The maximum contribution can be up to €72.52!

## Kindergartens of the City of Linz

[www.linz.at](http://www.linz.at)

The kindergartens of the City of Linz are family-supporting institutions where children aged 3 to 6 are cared for pedagogically in mixed-age groups by qualified professionals. Collaboration with parents is of special importance. Learning and practicing social behaviors is a key focus of preschool education. Children are treated as equal partners in kindergarten; their individuality is recognized, and their needs are taken into account with the goal of supporting their overall development and independence. Playing and learning, as well as exploring the environment, are part of the offerings in kindergarten, along with promoting communication skills, establishing and following rules, and support in all areas of development. If needed, the integration of children with disabilities into kindergarten groups is provided.

Opening Hours:

Morning operation: Mon to Fri 6:30 am – 12:30 pm

Full-day operation: Mon to Fri 6:30 am – 5:00 pm

Extended opening hours:

Mon to Fri 6:00 am – 8:00 pm

The meal contribution is socially scaled for children from Linz and amounts to 1.4 percent of the household's gross income. Children can be registered by phone, in person, by email, or via an online form.

The registration deadline is March 31. of the year in which the child is to start kindergarten.

Kindergarten registration by district!

**Children and Youth Services Linz**

Rudolfstraße 18, Ground floor,

Room E08 and E09

Public office hours:

Mon 8:00 a.m. – 12:30 p.m. and 2:00 p.m. – 6:00 p.m.

Tue to Fri 8:00 a.m. – 12:30 p.m.

Appointment recommended!

## Linz-Nord /Mitte (Urfahr bis Bindermichl/Spallerhof):

Ms. Melanie Stadlinger

Tel. 0732 7070-2903

[melanie.stadlinger@mag.linz.at](mailto:melanie.stadlinger@mag.linz.at)

## Linz-Süd

### (Neue Heimat bis Pichling):

Ms. Jasmin Undesser

Tel. 0732 7070-2902

[jasmin.undesser@mag.linz.at](mailto:jasmin.undesser@mag.linz.at)

## Kindergartens

- Allendeplatz 2, Tel. 0732 311744
- Am Hartmayrgut 12, Tel. 0732 731080
- Anastasius-Grün-Str 4a Tel. 0732 65157210
- Auwiesenstraße 130, Tel. 0732 315293
- Auwiesenstraße 22 - 24, Tel. 0732 317760
- Auwiesenstraße 60, Tel. 0732 312751
- Breitwiesergutstraße 7, Tel. 0732 665151
- Brucknerstraße 40, Tel. 0732 602607
- Bürgerstraße 44, Tel. 0732 606358
- Commendastraße 3, Tel. 0732 250966
- Cremeristraße 10, Tel. 0732 654336
- Darrgutstraße 16, Tel. 0732 661692
- Dauphinestraße 216, Tel. 0732 382430
- Dornacher Straße 7, Tel. 0732 243506
- Edeltraud-Hofer-Straße 16, Tel. 0732 770183 und 0664 88302902
- Freistädterstraße 135b, Tel. 0732 717587
- Garnisonstraße 33a, Tel. 0732 602656
- Garnisonstraße 38, Tel. 0664 8411560
- Glimpfingerstr. 8, Tel. 0732 331189
- Hauderweg 8, Tel. 0732 310626
- Hebenstreitstraße 4, Tel. 0732 675543
- Heliosallee 181, Tel. 0732 321166
- Helmholtzstraße 24, Tel. 0732 371361
- Hertzstraße 18, Tel. 0732 349448 und 0664 9459403
- Hofmannsthalweg 10a, Tel. 0732 309231
- Hofmeindlweg 5, Tel. 0732 668770
- Holzstraße 20, 0732 790111
- In der Auerpeint 5, Tel. 0732 382623
- J.W. Kleinstraße 60, Tel. 0732 243048
- Kraußstraße 8, Tel. 0732 601667
- Langgasse 13, Tel. 0732 610552

- Leonfeldner Str. 3a, Tel. 0732 701342
- Leonfeldner Str. 99d, Tel. 0664 88302906
- Leonfeldner Str. 102a, Tel. 0732 730236
- Ludlgasse 8a, Tel. 0732 773032
- Marienberg 51, Tel. 0732 252061 und 0664 4016574
- Minnesängerplatz 12, Tel. 0732 608663
- Neufelderstraße 125, Tel. 0732 321755
- Pestalozzistraße 84, Tel. 0732 307516
- Pestalozzistraße 96, Tel. 0732 304103
- Poschacherstraße 26, Tel. 0732 600524
- Posthofstraße 50, Tel. 0732 776130
- Reischekstraße 10, Tel. 0732 778117
- Rohrmayrstraße 1, Tel. 0732 380684
- Römerstraße 92, Tel. 0732 790600
- Scharmühlwinkel 11, Tel. 0732 305186
- Schiedermayrweg 2, Tel. 0732 663622
- Schiffmannstr. 4a, Tel. 0732 385787 und 0664 3244706
- Schnitzlerweg 4, Tel. 0732 317872
- Sennweg 41, Tel. 0732 315206
- Sintstraße 39, Tel. 0732 776926 und 0664 88340785
- Traundorfstraße 286, Tel. 0732 321182
- Tungassingerstr. 13, Tel. 0664 9459403
- Webergasse 5, Tel. 0732 700051
- Weikerlseestr. 37, Tel. 0732 320782
- Werndlstraße 30, Tel. 0732 330656 21
- Wieningerstraße 16, Tel. 0732 371635
- Wieningerstraße 19, Tel. 0664 8437962
- Zierfeldstraße 50, Tel. 0732 320212

### **Kindergärten der Linzer Kinderfreunde**

[www.kinderfreunde-linz.at](http://www.kinderfreunde-linz.at)

For children today, it is increasingly important to experience living together with others, to feel part of a community, and to manage conflicts in everyday interactions and coexistence. We create conditions that help children engage with and understand their world. There are four Kinderfreunde kindergartens in Linz. All four facilities have company holidays during Christmas, Holy Week, and August. Registration is done directly at the kindergarten.

[Edisonstraße 30, Tel. 0732 772632-21](http://Edisonstraße 30, Tel. 0732 772632-21)

Opening hours: 6:30 a.m. to 5 p.m., Fridays until 3 p.m.

[kiga.edisonstrasse@kinderfreunde-linz.at](mailto:kiga.edisonstrasse@kinderfreunde-linz.at)

[Einfaltstraße 8, Tel. 0732 772632-31](http://Einfaltstraße 8, Tel. 0732 772632-31)

Opening hours: 7:00 a.m. – 4:30 p.m., Fridays until 2:30 p.m.

[kiga.einfaltstrasse@kinderfreunde-linz.at](mailto:kiga.einfaltstrasse@kinderfreunde-linz.at)

[Ing. Stern Straße 35, Tel. 0732 772632-51](http://Ing. Stern Straße 35, Tel. 0732 772632-51)

Opening hours: 6:00 a.m. – 5:00 p.m., Fridays until 2:00 p.m.

[kiga.franckviertel@kinderfreunde-linz.at](mailto:kiga.franckviertel@kinderfreunde-linz.at)

[Zaunmüllerstraße 4, Tel. 0732 772632-61](http://Zaunmüllerstraße 4, Tel. 0732 772632-61)

Opening hours: 7:00 a.m. – 5:00 p.m., Fridays until 3:00 p.m.

[kiga.zaunmuellerstrasse@kinderfreunde-linz.at](mailto:kiga.zaunmuellerstrasse@kinderfreunde-linz.at)

### **Caritas Kindergartens**

[www.caritas-linz.at](http://www.caritas-linz.at)

The kindergarten educators in Caritas-owned and church-run kindergartens promote the development of children's identity and practical skills through their work. As Caritas, serving children and young people, they consider it an important mission to support families in their educational and parenting efforts from the very beginning. Besides Caritas, parishes are the main providers of facilities. Information for parents: 0732 7610-2081, 2082, 2084

### **Caritas for Children and Youth,**

#### **Department of Kindergartens & After-School Care**

[kindergarten@caritas-linz.at](mailto:kindergarten@caritas-linz.at)

- Am Steinbühel 29, Tel. 0732 381289
- Aubrunnerweg 11, Tel. 0676 87765905
- Blütenstraße 15, Tel. 0732 733368
- Fadinger-Platz 7, Tel. 0732 307742
- Falterweg 35, Tel. 0732 320724
- Händelstraße 30, Tel. 0732 652096
- Hölderlinstraße 24, Tel. 0732 715735
- Landgutstraße 31a, Tel. 0732 736193
- Losensteinerstraße 1, Tel. 0732 670111
- Neubauzeile 68, Tel. 0732/325018
- Peuerbachstraße 14, Tel. 0732 710494
- Pillweinstraße 11, Tel. 0732 655976
- Salzburgerstraße 22, Tel. 0732 346379
- Schubertstraße 5, Tel. 0676 87765926
- Schumpeterstraße 1, Tel. 0676 87765912
- St. Margarethen 47a, Tel. 0676 87765901
- Straßlandweg 22, Tel. 0732 201879
- Uhlandgasse 3, Tel. 0732 343163

- Wallenbergstraße 21, Tel. 0732 330210
- Wieneringerstraße 14, Tel. 0732 374070

## OTHER KINDERGARTENS

### Integrativer Heilpädagogischer Kindergarten

#### Kompetenzzentrum für Hör- und Sehbildung

Kapuzinerstraße 40, Tel. 0676 8776 7064

[www.caritas-linz.at](http://www.caritas-linz.at)

In the special education and integrative special education kindergartens, children are the focus, considering their individual abilities. They are supported and guided individually—according to their own rhythm and needs—based on the latest insights in pedagogy and special education. In addition, cooperation is maintained with therapists, psychologists, doctors, and schools. Opening hours:

Mon to Thu 7 am–5 pm, Fri 7 am–3 pm

#### Expositur Röntgenstraße

Röntgenstraße 1, Tel. 0732 779095

[www.caritas-linz.at](http://www.caritas-linz.at)

### Integrations- und heilpädagogischer Kindergarten für Dich und Mich

Diakonie Center Spattstraße

Willingenstraße 21, Tel. 0732 349271-37

[www.diakonie.at](http://www.diakonie.at)

In three small integration groups with 15 children each and two special education groups with eight children each, we support the emotional, social, and motor development of the children. One of the three integration groups is specialized in children on the autism spectrum (ASS).

The kindergarten is the first integrative movement kindergarten in Upper Austria. Fixed movement sessions are scheduled daily.

- Opening hours: Mon to Thu 7:00 am – 4:00 pm, Fri 7:00 am – 2:00 pm
- Company holidays: Christmas and Easter holidays, August, and bridge days



### Internationale Kinderbetreuung MOSAIK

Volkshilfe Linz, Raimundstraße 21,

Tel. 0732 3405-810 or 811

[www.volkshilfe-ooe.at](http://www.volkshilfe-ooe.at)

At the International Childcare MOSAIK, children aged 18 months to 6 years are cared for in three different groups. Children are lovingly and respectfully supported on their journey to becoming socially competent, independent individuals.

Cultural diversity offers opportunities and possibilities to learn from and with one another. Singing, playing, creating together... The International Childcare Mosaik provides a living environment full of play, fun, warmth, and security for children from different cultures and languages. We view multilingualism as a valuable resource that enriches our childcare facility! Spanish play sessions and targeted language support are offered for children whose first language is not German. Opening hours: Mon to Thu 7 am – 5 pm,

Fri 7 am – 3 pm. Closed: 24.12.–6.1. and weeks 31–35

### Übungskindergarten d. Kreuzschwestern

Kroatengasse 9, Tel. 0732 664871-2316

[www.kigalinz.kreuzschwestern.at](http://www.kigalinz.kreuzschwestern.at)

The holistic development of the children in our care is central to our educational and caregiving work.

- Child-friendly, spacious play and movement areas
- Garden with diverse play opportunities
- Lunch served in a family atmosphere (in-house kitchen)
- Individual development support provided by a special education kindergarten teacher
- Full-day, high-quality educational and caregiving services

#### Öffnungszeiten:

Vormittags:	7:30 - 11:45 Uhr
Verlängerter Vormittag:	11:45 - 12:45 Uhr
mit oder ohne Mittagessen	
Nachmittags:	
Mo - Do:	12:00 - 16:00 Uhr
Verlängerter Nachmittag:	16:00 - 16:30 Uhr
Fr:	12:00 - 16:00 Uhr
Betriebsferien: wie Schulferien	



### Praxiskindergarten der BAfEP Linz

Lederergasse 32a, Tel. 0732 770244

[www.praxiskindergarten-bafep-linz.at](http://www.praxiskindergarten-bafep-linz.at)

A typical feature of the PKG is the 'Open House' concept; this means that within the daily schedule, there is a period during which children can use learning activities and movement spaces, the auditorium, garden, and more throughout the entire building. Educators, assistants, and students of the BAfEP take on various activities during the open phase throughout the house and supervise learning spaces.

Opening hours: Monday to Friday, 8 a.m. to 5 p.m. (early service from 7 a.m. if required)

Company holidays: aligned with the holiday schedule at BAfEP

## PRIVATE KINDERGARTENS AND CHILDREN'S GROUPS

### Kindergruppe Kunterbunt

Pulvermühlstraße 6, Tel. 0732 757872

[www.kindergruppekunterbunt.at](http://www.kindergruppekunterbunt.at)

Children's Group Kunterbunt is a parent-run association offering loving care for children aged between 1.5 and 6 years in two age-separated groups. The children's group is located in a converted farmhouse with a spacious garden. The children's development is at the heart of their work. Traditions and rituals that provide a sense of security, along with respectful interactions, are highly valued. The team aims to empower children for everyday challenges in a playful, creative, and musical manner.

Opening hours: Monday to Friday, 7 a.m. to 5 p.m.

### Kindergarten für Alle

Humboldtstr. 19, Tel. 0660 4521788

[www.kindergartenfueralle.at](http://www.kindergartenfueralle.at)

The centre sees itself as a family-supporting institution and companion to children during a highly formative phase of life. It is important to be a place for all children, whether with or without disabilities, regardless of nationality or background. A place for growing up, playing, and learning together. A centre with gender-sensitive pedagogy, where children experience both female and male role models.

- Opening hours: Monday to Thursday, 7 a.m. to 4 p.m.; Friday until 2 p.m.

- Closed for operating holidays during Holy Week, three weeks in August, and Christmas holidays.

### Kindergruppe Rasselbande

Haselgrabenweg 30

[www.rasselbande-linz.org](http://www.rasselbande-linz.org)

Contact: [vorstand@rasselbande-linz.org](mailto:vorstand@rasselbande-linz.org)

The Children's Group Rasselbande in Linz is a parent-run association kindergarten that provides year-round care for up to 19 children aged 2 years until school entry in a mixed-age group.

- Small group size
- Year-round care (only a two-week summer break in August and Christmas holidays)
- Educational concept based on various (reform) pedagogical approaches
- Thoughtful settling-in process
- Extended opening hours (adjusted to needs)

### Waldorfkindergarten

NORD

Hölderlinstr. 23, Tel. 0732 738138

[www.fwsl.at](http://www.fwsl.at)

The Waldorf Kindergarten is privately run and self-managed within the framework of the Association for the Promotion of Waldorf Education. Regular exchanges, celebrating festivals together, crafting, attending lectures, and sharing everyday life – parents are always part of the kindergarten. Here, children play barefoot in the grass, climb trees, dig in the sand, and let the feather-light snowflakes melt on their faces. Here, people from very diverse backgrounds meet – and most often, they have bright eyes and smiles on their lips. Friendships are formed through working together, building, gardening, and crafting, often lasting many years. Here, creativity and ingenuity are allowed to grow.

For children from 3 years of age.

Opening hours (adjusted annually based on demand): Mon to Thu 7 am–4 pm, Fri until 2 pm.

Closed periods: similar to school holidays, usually with journal operation.



## Waldorfkindergarten

SOUTH, [www.fwsl.at](http://www.fwsl.at)

Gutenbergstraße 3, Tel. 0732 77625980

The single-group kindergarten in the southern district of Linz is a friendly and cheerful place—a place that offers protection and care.

The yearly cycle is planned and experienced together. Meals are prepared on-site using only organic ingredients. A pleasant garden enables children to play outdoors every day.

Each child is a special, unique individual who wants to grow and flourish. By doing this and receiving help and encouragement, children learn social interaction.

- Opening hours are adjusted annually based on a needs survey and are set at the beginning of the kindergarten year.
- Closed in August; holiday periods are announced in autumn.

## Kindergruppe Zwergerl Atelier

Hafnerstraße 2, Tel. 0650 466 22 00

[www.reggiobildung.at/atelier/kindergruppe](http://www.reggiobildung.at/atelier/kindergruppe)

Contact person: Barbara Moser

The children's group at Zwergerl Atelier is a privately run childcare facility for children aged 9 months to 4 years, following the innovative Reggio approach.

In our cozy rooms with an atelier character (centrally located behind the new cathedral), up to 8 children under 4 years old engage in a creative and stimulating learning environment, accompanied and supported by experienced early childhood educators.

Playing and exploring in the children's group is a valuable learning resource for every child. The quiet, green courtyard provides space for outdoor activities right in the city center. Creativity, aesthetic and artistic education, appreciation, and the development of each child's potential are very important to us. Our child-centred and caring approach supports every child's personal growth.

Opening hours: Tuesday to Thursday from 8:00 am to 4:00 pm, Friday until 2:00 pm. Other services: family brunch, play atelier, baby atelier, garden toddlers, and much more.

Closed during school holidays, except in July.

## Englische Spielschule

Spittelwiese 15, Tel. 0732 775855

[www.playschool.at](http://www.playschool.at)

Following the motto 'Learning by playing', play and fun are the main focus. The kindergarten is organized into five groups, with individual attention given to each child's developmental stage. Children aged 3 to 6 years are cared for in full-day groups.

Educational professionals and native speakers support children playfully in all areas of development, bilingually and individually, within a family-like atmosphere.

- Opening hours: Monday to Thursday, 7:15 a.m. to 5 p.m., Friday until 3 p.m.

School holidays: as in schools; however, still open in July.

## AFTER-SCHOOL CARE CENTERS

[www.linz.at](http://www.linz.at)

After-school care centers provide children of primary school age with comprehensive care, education, and learning opportunities outside school hours. They are especially designed for children of single parents, working parents, and those who want supplementary education and learning support alongside family and school.

Educational professionals work daily to support the personal development of each child entrusted to them. They offer children a variety of social and cognitive learning experiences and focus on targeted, individual education, care, and support. Opening hours: Monday to Friday, 11 a.m. to 6 p.m., and on school-free days, 8 a.m. to 6 p.m. Facility closures occur during Holy Week and between Christmas and New Year. Alternative facilities are offered in August. In August, three alternative facilities are available. You can register your child directly at the after-school care center at any time. The attendance fee is based on the family's monthly income.

Many facilities have integration groups where educators provide care for children with disabilities. Integration after-school care centers with additional social-pedagogical small groups include the Karlhof and Rennerschule after-school care centers.

Further information about the municipal after-school care centers:

**Astrid Mittermayr**

Rudolfstraße 18, Room 210

Tel. 0732 7070-2895

[astrid.mittermayr@mag.linz.at](mailto:astrid.mittermayr@mag.linz.at)

- Allendeplatz 2, Tel. 0732 311743
- Biesenfeld, Dornacher Str. 33,  
Tel. 0732 750706
- Coulinstraße 18, Tel. 0732 650550
- Dorfhalleschule, Füchselstraße 9a,  
Tel. 0664 8437923
- Edlbacherstraße 13, Tel. 0732 650632
- Edmund Aigner, Händelstraße 42a,  
Tel. 0732 601347
- Stefan-Fechter-Weg 5, Tel. 0664 806517707
- Goetheschule, Südtirolerstraße 15,  
Tel. 0732 662047
- Harbach, Keplerstr. 13, Tel. 0732 710046
- Hauderweg 8, Tel. 0732 311402
- J.-W.-Klein-Straße 60, Tel. 0732 243076
- Karlhofschule, Teistlergutstraße 23a,  
Tel. 0732 734125
- Keferfeld, Thürheimerstraße 2,  
Tel. 0732 673932
- Khevenhüllerstraße 19, Tel. 0732 655756
- Koref, Werndlstraße 28,  
Tel. 0732 33065612
- Löwenfeld, Franz-Kurz-Str. 3  
Tel. 0732 315209
- Mozartschule, Mozartstraße 30,  
Tel. 0664 806516822
- Pichlingschule, Rathfeldstraße 69,  
Tel. 0732 321302
- Raimundstraße 17, Tel. 0732 653741
- Rennerschule, Flötzerweg 63,  
Tel. 0664 1416587
- obinson, Kaltenhauserstr.4,  
Tel. 0732 708075
- Rohrmayrstraße 1, Tel. 0732 380682
- Römerbergschule, Ritzbergerstraße 2,  
Tel. 0732 781985
- Schärfschule, Resselstraße 10,  
Tel. 0732 316522
- Scharmühlwinkel 11, Tel. 0732 305185

- Siemensschule, Siemensstraße 58,  
Tel. 0732 371230
- Solar City, Heliosallee 140,  
Tel. 0732 32119016
- Sonnenstein, Jahnstraße 7,  
Tel. 0732 737890
- Spallerhofschule, Tungassingstraße 23,  
Tel. 0732 330108
- Spaunstraße 63, Tel. 0732 344808
- Stadlerstraße, Ramsauerstr. 74,  
Tel. 0732 330614
- Straßlandweg 16, Tel. 0664 88340771
- Weberschule, Webergasse 1,  
Tel. 0732 731447
- Wieneringerstraße 16, Tel. 0732 382626

## OTHER AFTER-SCHOOL CARE CENTERS

### Kinderfreunde Linz

[www.kinderfreunde-linz.at](http://www.kinderfreunde-linz.at)

Kinderfreunde Linz operates an after-school care center at:

- Ziegeleistraße 17, Tel. 0732 772632-41

Opening hours: Mon to Thu 10:00 a.m. to 5:30 p.m.,  
Friday until 4:30 p.m.

If you are interested in registering your child for after-school care, please arrange an appointment with the after-school care manager for a visit and consultation.

The attendance fee is based on a social tiering system.

Closed on public holidays.

### Caritas für Menschen mit Behinderung

Kompetenzzentrum für Hör- und Sehbildung

[www.caritas-ooe.at](http://www.caritas-ooe.at)

Kapuzinerstraße 40, Tel. 0676 87767060 (Hort1)  
0676 87767054 (Hort 2)

0676 87767054 (After-school Care 2)

- Special education after-school care for visually impaired and blind students
- Integrative special education after-school care for hearing impaired and deaf students

After school lessons, children and young people with and without disabilities are supported and accompanied in the two integrative special education after-school care centers, both in academic areas and in their personal development and growth.

Some private schools also operate after-school care centers, but only for students attending their own school.

## CHILD IN HOSPITAL

Please observe the current visiting hour regulations in all facilities!

### Kepler Universitätsklinikum

Med Campus IV

Clinic for Pediatrics and Adolescent Medicine

Krankenhausstraße 26-30,

Tel. 05 7680 84-0

[www.kepleruniklinikum.at](http://www.kepleruniklinikum.at)

Here you will find concentrated expertise across a wide range of specialized outpatient clinics, as well as extensive knowledge in preventive care, emergency treatment, and infections – all under one roof. Despite the necessary multidisciplinary care for complex, chronic, and rare diseases, the patient and their family remain the focus. Every effort is made to care for your child competently, responsibly, and with empathy. All doctors and nurses always act solely in the best interest of the child.

### Ordensklinikum Linz GmbH

#### Barmherzigen Schwestern

Seilerstätte 4,

Tel. 0732 7677-7655 (Children's Ward),

Tel. 0732 7677-7325 (Infant Ward)

[www.bhslinz.at](http://www.bhslinz.at)

Depending on age and illness, the young patients are accommodated in:

- Infant Ward (babies and toddlers from 0 to 2 years). There are 20 beds available, including 14 mother-child rooms. Mothers and fathers may visit their little ones at any time. Other family members, friends, and acquaintances are kindly asked to observe the general visiting hours.
- Newborn Monitoring Unit (IMCU). Six monitored beds are available. Mothers and children receive individual care here, newborn follow-up care is offered, and contact persons are available for any questions about breastfeeding.
- Children's Ward On Ward 5F, children and adolescents aged 2 to 18 years are cared for. There are 26 beds available for this purpose, including 15 mo-

ther-child beds (6 mother-child rooms, each with 2 children's beds and 2 beds for an accompanying person, as well as 3 special class rooms).

Children's/Infant Outpatient Clinic:

Tel. 0732 7677-7211, Monday to Thursday, 8:00 a.m. to 3:30 p.m.

Friday, 8:00 a.m. to 1:00 p.m.

### KH Barmherzige Brüder Linz

Seilerstätte 2, Tel. 0732 7897-2600

[www.bblinz.at](http://www.bblinz.at)

Primarily, children undergoing surgical procedures in the specialties of ENT, orthoptics, and ophthalmology are cared for. There are still exceptions to the visiting hours for children.

### Kepler Universitätsklinikum

Med Campus III (formerly AKH)

Krankenhausstraße 9, Tel. 05 7680 82-0

[www.kepleruniklinikum.at](http://www.kepleruniklinikum.at)

Med Campus III does not have its own pediatric department; however, children of all ages are admitted to specialist departments.

Visiting hours: (as of 2025) Up to four visitors are allowed per day from 2 p.m. to 6 p.m.

### Tages-/Klinik Diakonissen Linz

Weißewolfstraße 15, Tel. 0732 7675-0

[www.linz.diakonissen.at](http://www.linz.diakonissen.at)

No dedicated children's department, but children receive surgical treatment. Visiting hours: 8 a.m. to 7 p.m.

There are many ways to access the clinic's services: outpatient, day clinic, and inpatient care.

### Unfallkrankenhaus,

Garnisonstraße 7, Tel. 05 9393-42000

[www.ukhlinz.at](http://www.ukhlinz.at)

No dedicated children's department. The Linz Accident Hospital is always accepting patients! It provides care for all types of injuries — from life-threatening multiple injuries to minor ones.

Parent-child centers serve as counseling facilities, meeting places, and centers for communication and events. Their extensive programs make them indispensable resources for mothers and fathers raising their children.

## PARENT-CHILD CENTERS

### Eltern-Kind-Zentrum Linz

Figulystraße 30 Tel. 0732 669611

[www.ekiz.at](http://www.ekiz.at)

The Parents-Child Center Linz is a nonprofit, nonpartisan, and non-denominational organization. Since 1983, it has been dedicated to meeting the needs of parents.

EKIZ is a meeting place for all families—in every form and shape. Besides its comprehensive programs and numerous events, it also provides a space for non-judgmental experience exchange with other parents and information about everyday life with babies and children.

- Open meeting and information office with library and lending service: Mon to Fri 9 a.m. to 12 p.m. and Mon to Thu 2 p.m. to 5 p.m.
- Services related to pregnancy and childbirth
- Midwives' consultation and advice
- Baby time
- Playgroups & events
- Open groups
- Children from 3 years old
- Father-child breakfast
- Father group
- Movement activities
- Parent education
- Parent information on separation and before an amicable divorce
- Individual counseling before an amicable divorce according to § 95
- etc.

As an EKIZ member, you support our work and enjoy many benefits. The membership fee is €35 and covers the entire family for one year.

**In the south of Linz, there are two municipal parent-child centers: Ebelsberg/Ennsfeld and the Pichling Family Center. They offer comprehensive, professional counseling services free of charge. The parent and mother counseling service integrated within the centers provides information on nutrition, child development, vaccinations, and social matters.**

Eltern-Kind-Zentrum Ebelsberg-Ennsfeld

Hofmannsthalweg 8, Tel. 0732 301056

[www.linz.at/ekiz-ebelsberg.asp](http://www.linz.at/ekiz-ebelsberg.asp)

The Ebelsberg/Ennsfeld Parent-Child Center has long been a meeting place for parents with young children and a decentralized advisory service for families in Linz-South. In addition to ongoing year-round counseling services, the EKIZ team organizes special thematic lectures and workshops for interested parents.

- Open meetings on Mondays and Fridays from 8:30 am to 12:00 pm,

Wednesdays from 1:30 pm to 5:00 pm

- Parent and mother counseling:

Mondays from 9:00 am to 11:30 am and Wednesdays from 2:00 pm to 4:30 pm,

Tel. 0732 301056-30

- The first time with the baby
- Workshops in cooperation with the ÖGK
- Parent courses – sharing experiences
- Mothers' network
- Meetings for single parents
- Private initiatives
- Play, fun, and physical activity
- Parent groups with a psychologist
- Workshops in cooperation with VHS Linz

Also offered are playgroups, creative activities, puppet shows, parent courses, cooking classes, and much more.

Office hours: Mon to Thu 8:30 am – 2:00 pm,

Fri 8:30 am – 12:00 pm

### Familienzentrum Pichling

Heliosallee 84, Tel. 0732 320071

[www.linz.at/famiz-pichling.asp](http://www.linz.at/famiz-pichling.asp)

The family center of the City of Linz in solarCity is a place for children, young people, parents, mothers, fathers, guardians, women, men, aunts, uncles, grandmothers, and grandfathers. A place for people with or without worries, in crisis, or simply to talk, play, and get information. We support the success of being a parent, being a child, being a woman, being a man, being a human being.

Offers at the Family Centre:

- Open meetings: Tue 8:30 am–12 pm, Tue 1:30–5:30 pm
- Thu 8:30 am–12 pm
-

- Tuesday of the month, 2–4:30 pm
- Preparation for childbirth
- Workshops in cooperation with the ÖGK
- Baby and toddler groups
- VHS playgroups
- Parent workshop
- Open parent groups with a psychologist
- Especially for mothers / women
- Especially for fathers
- Outdoor events
- Play and creativity
- etc.

Further information can be found in the programme brochure, which is available free of charge.

Tel. 0732 320071

Registration times: Mon, Tue, Thu 8 am–12 pm

Tue 14:00–17:00

**The parent-child centers of the Family Academy of Kinderfreunde Upper Austria are places for meeting, counseling, networking, and support. Their goal is to assist and accompany parents in the many tasks of raising children. Counseling, education, and leisure activities for parents, children, and families are the main focus areas.**

### **EKiZ Bulgariplatz**

Zaunmüllerstraße 4, Tel. 0699 16886 316

[www.kinderfreunde-linz.at](http://www.kinderfreunde-linz.at)

Services offered include:

- Open meeting Fri 9:00–11:00
- Experience exchange for parents of children with special needs
- Dad's group
- Sensory World Minis & Maxis
- Parent-child dance
- Morning movement workshop
- Various riding programs in cooperation with St. Isidor Integrative Riding Center
- Kidsmix painting studio for everyone
- Robot Workshops Mon and Tue
- Participatory Circus
- Dance Classes for Children
- Kasperle Theatre
- Pelvic Floor Training

- Yoga and Pilates for Adults
- etc.

Program brochures and information about various events are available in person at EKIZ: Wed 3–5 pm, by phone: 0699 16886 316, Tue to Fri 9 am–12 pm

### **EKiZ Dornach**

Johann-Wilhelm-Kleinstraße 70

Tel. 0699 16886 314

[www.kinderfreunde-linz.at](http://www.kinderfreunde-linz.at)

Services offered include:

- Open Meeting Thu 3–5 pm
- Dad's Breakfast
- Single Parent Meetups
- Craft Activities
- Forest Adventures for Minis & Maxis
- Musical Early Training for Minis & Midis
- Musical & More – for Minis to Maxis
- Guided Tour of the Children's Research Laboratory (AEC)
- Guided tour at the observatory for parents and children
- Dungeons & Dragons
- Bee tour
- Active parenting seminars
- and much more...

Program brochures and information about various events are available in person at EKIZ: Thu 8–9 a.m. and 1–5 p.m., by phone: 0699 16886 314, Tue and Thu 12–4 p.m.

### **EKiZ Franckviertel**

Ing. Stern Str. 35, Tel. 0699 16886 312

[www.kinderfreunde-linz.at](http://www.kinderfreunde-linz.at)

Services offered include:

- Open meeting Tue 9–11 a.m.
- Open house afternoon at EKIZ
- Baby playgroup
- Seasonal playgroup in the afternoon
- Splashing, squelching, and pouring
- Experiments for young and old

- Dance Kids
- Soap bubble party at EKIZ
- Dad Active: bike park tour
- Workshop: first aid for emergencies with children
- BLW – Baby Led Weaning
- etc.

Program booklets and information about various events are available in person at EKIZ: Tue 9–11 am, by phone: 0699 16886 312, Tue to Fri 9 am – 12 pm

### **EKiZ Hartmayrgut**

Rieglstraße 10, Tel. 0699 16886 310

[www.kinderfreunde-linz.at](http://www.kinderfreunde-linz.at)

Services offered include:

- Open meeting Wed 3–5 pm
- Breakfast gathering for the whole family
- Mami-Stroll
- Great music for little ears
- Letting-go group
- Various crafting and dance courses
- Storytime with classical music
- Camel rides, photographer visits EKIZ, Kasperl puppet show
- Workshops to educate children aged 10 and up
- Parent active seminars
- etc.

Program booklets and information about various events are available in person at EKIZ: Mon and Thu 9–11 am and Wed 3–5 pm, By phone: 0699 16886 310, Mon to Thu 9–11 a.m. and Wed 3–5 p.m.

### **EKiZ Oed**

Schiffmannstraße 4b, Tel. 0699 16886 317

[www.kinderfreunde-linz.at](http://www.kinderfreunde-linz.at)

Services offered include:

- Open meeting Wed 3–5 pm
- Family café in the morning
- Open house day
- Infant care course
- Baby meetup in the afternoon
- Various craft and creative activities
- Making carnival masks
- Meeting in Strawberry Land

- The photographer comes to EKIZ
- Kasperl: Easter in the Fairy Tale Forest
- Play: Ratatouille – the story of the little kitchen mouse
- Parent active seminars

Yoga for beginners: indoors

Mon 2:30–5 p.m., Fri 9–11:30 a.m.

Program brochures and information about various events are available in person at EKIZ: Wed 3–5 p.m.

By phone: 0699 16886 317, Mon to Thu 9 a.m.–12 p.m. and Wed 3–5 p.m.

**Family association centers are popular meeting places for parents and children. Families receive advice and support in a warm atmosphere, along with a broad range of courses, training programs, parent-child groups, and childcare options. Unforgettable moments await you and your children.**

### **FBZ Linz-Kleinmünchen**

Schickmayrstraße 16, Tel. 0664 8524354

[www.ooe.familienbund.at/kleinmuenchen](http://www.ooe.familienbund.at/kleinmuenchen)

The following are offered:

- Open meeting Thu 8:30–11:30 am
- Programs for pregnancy and birth
- Programs for babies and toddlers (0–3 years)
- Programs for children and youth (4–14 years) focusing on movement, creativity, or music
- Programs for adults. Get fit, explore your creativity, or receive helpful parenting advice.
- Courses and Outings
- etc.

Branch Office at Bindermichl:

Am Grubbichl 4, 4030 Linz

Office Hours: Tue to Fri, 8:30–11:30 AM

### **FBZ Linz-Centre**

Kainzweg 10, Tel. 0660 8350453

[www.ooe.familienbund.at/linz](http://www.ooe.familienbund.at/linz)

Services offered include:

- Open Meeting: Mon, 9:00–11:00 AM
- Offers for Pregnancy & Childbirth. Varied courses to support you during pregnancy and prepare you well for childbirth.
- Baby and Toddler Groups



- Offers for Children, Youth, Adults, and Families
- Swimming Courses
- Excursions and Trips
- and much more.

Office Hours: Mon to Thu, 8:30–11:30 AM

### **FBZ Linz-Urfahr**

Biesenfeld Shopping Center

Dornacher Straße 17,

Tel. 0664 8262736

[www.ooe.familienbund.at/urfahr](http://www.ooe.familienbund.at/urfahr)

Services offered include:

- Open meeting Mon 1:30–4:30 p.m.
- Programs for pregnancy and birth
- Offers for babies and toddlers
- Parent-Baby Groups
- Offers for children and adolescents focusing on movement, creativity, or music
- LosLass groups, music groups, wobble gymnastics
- Celebrate birthdays at the FBZ
- Offers for adults
- Trips and excursions
- etc.

Office hours: Mon, Wed, Thu, and Fri 8 a.m.–12 p.m.

### **IGLU Eltern- / Mutterberatungsstelle**

Grestenbergerstraße 32, Tel. 0732 65 45 41

[www.linz.at/service](http://www.linz.at/service)

Mothers, fathers, grandmothers, grandfathers, and others caring for an infant or toddler up to the age of three are warmly invited to visit IGLU. In a cozy, child-friendly atmosphere, you can meet other parents and share experiences, play with your baby or toddler, try new activities, find relaxation and variety, and receive information and advice. Your child can interact with peers, make friends, and gain new experiences. In good weather, the IGLU garden with a sandbox, slide, and more is available.

These services are free and can be attended without prior registration.

Regular offerings:

- Baby meet-up: Monday and Wednesday, 9:00–11:30 a.m.
- Playroom/Parent meet-up: Tuesday, 9:00 a.m.–12:00 p.m.  
Thu 2:00–4:30 p.m.
- Parent/Mother counseling: Monday and Thursday, 9:00–11:30 a.m.

- Breastfeeding group: 1st and 3rd Thursday of the month, 9:30–11:30 a.m.
- Breastfeeding hotline: Mon to Fri, 8:30–9:30 am  
0732 30 10 56 23
- Counseling by a psychologist or social worker is available during the sessions; appointments can also be scheduled.

- Additional services:

Babywearing consultation, dental health, baby massage, parent groups (setting boundaries, sleeping and waking, etc.), nutrition groups, child safety, cooking meetups: homemade complementary foods

The additional services are also free of charge but require registration:

Tel. 0732 654541 or

[karin.sipos@mag.linz.at](mailto:karin.sipos@mag.linz.at)

### **Grünschnabel-Remisenhof**

Landgutstraße 13, Tel. 0676 949 20 71

[www.gruenschnabel.at](http://www.gruenschnabel.at)

Opening hours: Tue and Thu, 9 am to 12 noon

The community centre aims to support parents in meeting the many challenges of family life. At Grünschnabel-Remisenhof, events and initiatives focus on helping both young and old reconnect with nature. Families also have space available for birthday parties, family celebrations, or play afternoons.

Grünschnabel-Remisenhof offers the following for:

- Celebrations: fully equipped (small) kitchen, dishes for 20 people
- Playing: play corner with toys for children aged 3 to 10 years
- Meetings: approximately 100 m<sup>2</sup> event room, plus about 50 m<sup>2</sup> terrace in good weather
- With many events during the summer months, occasional childcare is also available during the summer holidays.

In addition to other offerings, you can find a large information portal on topics such as climate protection, nature and children, everyday family life, and activities on the homepage.

## Familienzentrum kidsmix

Zaunmüllerstraße 4

[www.kinderfreunde-linz.at](http://www.kinderfreunde-linz.at)

The Bulgariplatz Family Center has much to offer: under its roof, you will find a kindergarten, a parent-child center, the VJF 'Teenie Club,' and, of course, a local group. But 'kidsmix' can do even more!

Many interesting events take place at kidsmix, and the rooms – the hall with stage, the seminar room, and the youth room – can also be booked for external events such as seminars, lectures, conferences, and private occasions. For information, call 0699 16886 300 or email [birgit.ertl@kinderfreunde-linz.at](mailto:ertl@kinderfreunde-linz.at)





# THIS IS US KINDERFREUNDE

The Kinderfreunde was founded in 1908 to provide children with community, education, and fun. Empowering children has been our goal then and now. We stand up for a more child-friendly society! Let's give children new perspectives!

- Local groups
- Group sessions
- Holiday camps
- Company holiday programs
- Parent-child centers
- Parent education
- Family Academy
- Play.Fun.Mobile
- Campaign Work
- Educational Training
- Crèche, kindergarten, after-school care
- School afternoon care



## JOIN THE KINDERFREUNDE!

Everyone is welcome here. Become part of Austria's largest and most diverse family organization today and help us change the world.

BECOME  
A  
MEMBER!







# PARENT-CHILD CENTERS THE CHILDREN'S FRIENDS

The parent-child centers of the Kinderfreunde Family Academy are places for connection and advice, the networking and support of families. The aim of the parent-child centers is to assist and support parents in their various child-rearing tasks. Counseling, education, and leisure activities for parents, children, and families are the main focus areas.

Our facilities offer a family-friendly atmosphere. Our programs are open to all interested individuals, regardless of their financial situation or background. The program brochures are published once a year and provide a wide range of services.



**OUR  
PARENT-  
CHILD CENTERS**



 kinderfreundeoberoesterreich

 kinderfreunde\_ooe

**www.kinderfreunde-ooe.at**

Austrian Children's Friends, Upper Austria Regional Organisation | Europaplatz 4, 4020 Linz  
info@kinderfreunde-ooe.at | 0732 / 77 30 11 -0



Die Kinderfreunde

Kinderschutz

