



## YOU'RE STRONGER THAN YOU THINK!

### We give you encouragement!

With our programme "STRONG Together", we are at your side to build you up. We give you the opportunity to be accompanied by a strong woman for six months. We call them our STRENGTHineers. Like a big sister, your STRENGTHineer is your point of contact and advisor in everyday life.

Our offer is aimed at ALL women who need our help – no matter their origin, religion or skin colour. And, of course, completely free of charge!



We are a team of women who have made it our mission to support, strengthen and promote other women in a wide variety of life situations. We'll be happy to accompany you on your way and help you to achieve your goals! Do you still have questions about our programme and would like to know more about the process? Then simply get in touch with us!

## WE'RE HAPPY TO HELP YOU!

**sei STARK!**  
Frauen helfen Frauen.

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Frauen helfen Frauen.



## STRONG TOGETHER.

We are there for you through your everyday life.

gefördert durch



## DO YOU KNOW WHAT YOU ARE **CAPABLE** OF?

**Together, we will find out your strengths!**

Each of us has special abilities and is a truly unique individual – and there is a strong woman inside each and every one of us. We support you in recognising your own strengths and overcoming your fears.



## DID YOU **FLEE** FROM YOUR HOME?

**We'll catch you!**

You fled your home country but would like to integrate into German society. We support you in getting along better here and building a new life for yourself!



## ARE YOU FEELING **OVERWHELMED?**

**We'll make your life situation easier!**

Whether it's handling bureaucracy, finances or even a divorce: you find yourself in a situation that you can no longer handle alone. We stand at your side and, together, we'll work out solutions to your problems.

## ARE YOU A **SINGLE MOTHER?**

**We'll support you!**

You're shouldering so much – because you alone take care of the well-being of your offspring. Together, we will find ways to relieve the burden on you in this situation. So that you have the time to pursue your own goals too!



## ARE YOU LOOKING FOR A **JOB?**

**We will help you with your application!**

You would like to lead a self-determined life, go to work and be financially independent. We'll help you to create appealing application documents and advise you in every respect.

### **GET IN TOUCH!**

Simply drop us an email at:  
[kontakt@seistark-ev.de](mailto:kontakt@seistark-ev.de)