**Furniture and clothing**

Brauchbar & Co.
Caritas-Sozialkaufhaus (charity and thrift shop)
Birkenallee 151, 48432 Rheine
Phone: 05971 80829-66

Kleeblatt Rheine e.V.
Hemelter Str. 57-61, 48429 Rheine
Phone: 05971 8019617

**Provisions and meals**

Brauchbar & Co
Rheiner Tafel
Birkenallee 151, 48432 Rheine
Phone: 05971 80829-66
Opening hours: Tuesdays and Thursday from 2:00 P.M. to 4:30 P.M.

Suppenküche (soup kitchen) Caritas
Lingener Str. 11, 48429 Rheine
Opening hours: daily from 12:00 P.M. to 2:00 P.M.
Costs: 1,50 € for one meal

**Further counselling centers:**

Caritasverband Rheine
Special department for Migration and Integration
Interkulturelles Begegnungszentrum
Centro S. Antonio
Ludwigstr. 9, 48429 Rheine
Phone: 05971 809018
E-Mail: migration@caritas-rheine.de

Flüchtlingshilfe (refugee assistance) of Rheine e.V.
Marktstr. 10, 48431 Rheine
Phone: 05971 8014686
Opening hours:
Mondays to Fridays from 3:00 P.M. to 5:00 P.M.
Saturdays from 10:30 A.M. to 1:00 P.M.

Salzstreuer e.V. (left of the river Ems)
Breite Str. 32A, 48431 Rheine
Opening hours:
from Tuesday 10:00 A.M. to 12:00 P.M.
Fridays from 3:30 P.M. to 5:30 P.M.

Sozial-Punkt (right of the river Ems)
Osnabrücker Str. 34, 48429 Rheine
Opening hours:
Tuesdays from 10:00 A.M. to 12:00 P.M.
Fridays from 3:30 P.M. to 5:30 P.M.

You will receive further information concerning your life situation and the listed facilities at one of our urban district offices in your vicinity.

How do you find your urban district office?
Please consult your additional sheet!

Fachbereich Soziales, Migration und Integration
Team Begleitung und Beratung von Zuwanderern
Klosterstraße 14 • 48431 Rheine • Tel. 05971 939-375

www.rheine.de
Further offers:

- Public and network work
- International cooking groups for women
- Integration into sports clubs
- Suburb parties
- Bicycle safety training

These offers take place in different suburbs and urban districts. When doing so, we also cooperate with other institutions.

Counselling can also be done in Turkish, Arabic, Polish, Russian, English and French.

Do you need supplementary assistance?

There are voluntary and committed locals in the City of Rheine who will assist you, free of charge, in case of need with your integration process.

There are different areas of assistance:

- Sponsors (mentors) for families and individuals
- Language assistants in addition to the language courses
- School sponsors (mentors) (assistance in the afternoon)
- Selective (ad hoc) assistance with short-term issues
- Guidance, escort to the doctor and interpreting.

Are you interested in one volunteer?

Would you like to help yourself?

Please report to the competent contact persons:

Mrs. Jessica Stallmann
Gartenstr. 40, 48431 Rheine
Phone: 05971 8014722

Mrs. Viktoria Schwarz
Catenhorner Str. 12, 48431 Rheine
Phone: 05971 8003133

E-Mail: ehrenamt.migration@rheine.de