



samowar

Jugendberatungsstelle für den Bezirk Horgen

samowar - youth counseling centre in the district of Horgen

Finding your own path

Adolescents and young adults are in search of their own path. In this situation questions may arise or even personal crises or conflicts with the social environment. Therefore, it is important for youths, parents and other responsible adults to have trustable professionals they can contact.

The samowar youth counseling centre provides support to adolescents and young adults from the age of 13 to 25 as well as their parents, teachers and apprenticeship mentors in the search for answers and solutions in difficult situations or in finding suitable contacts.

The samowar youth counseling centre is bound to professional discretion. This means that no information shared in a counseling session will be passed on to a third party without the prior knowledge and agreement of the person seeking advice.

The consultations and therapies are free of charge.

They are addressed to people with residence, doing an apprenticeship or at school in the district of Horgen.

What we offer

- Counseling and therapy for individual youths, parents or families and other responsible adults
- Telephone or Email counseling
- Counseling apprentices and their mentors when problems occur during the apprenticeship (our service AHAA! Contact point for questions about the apprenticeship in the district of Horgen)
- Group therapy settings
- Providing information about puberty and adolescence as well as further offers of help
- Information library with brochures, books and videos to borrow

Our service does not include

- Long-term parent therapy or long-term family therapy
- Acute emergency and crises intervention

Counseling topics

- Difficulties and conflicts within the family, with friends, in school and at the workplace
- Personal problems, crises, stressful situations and mental-health problems
- Drugs, addiction and violence
- Problems and questions relating to housing situation, work, money, leisure and sexuality

The Counseling Team

Psychologists (women and men) form the team of the samowar youth counseling. Each of them has an additional psychotherapeutic qualification as well as several years of experience in the work with youths.

In their work as therapists they use modern and diverse therapy methods involving the family and the close social environment of the youths. There is also collaboration with relevant institutions in the district of Horgen.

Registration and counseling procedure

- After contacting us by phone or email we will respond within a week and arrange an appointment for an initial consultation.
- The initial consultation is devoted to gaining an understanding of the current situation. Then the youth and/or the parents decide at this point if they only require information or wish more intensive counseling.
- In a longer-term counselling and/or therapy we define the goals with the person seeking help and can go deeper into questions and problems. Using the existing resources of the person and encouraging independent problem solving processes is important to us.

Sponsorship

The samowar youth counseling centre is financed through contributions from the protestant and catholic parish and also the local council from the district of Horgen. They form in the 'association for questions about youth' («Verein für Jugendfragen») the sponsorship of samowar.

samowar Jugendberatungsstelle Bezirk Horgen

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