



START BOX

by Laura & Stanislava

LAURA'S STORY

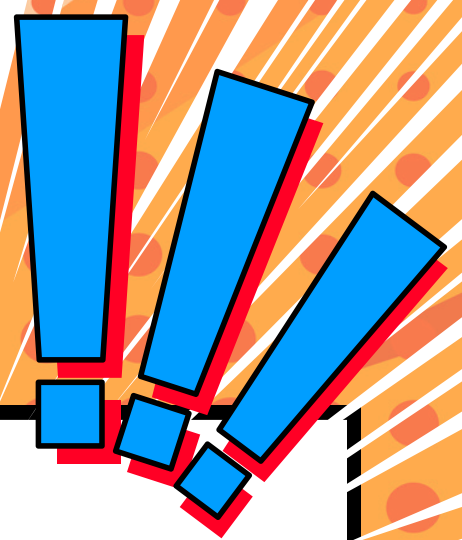


LAURA IS 16 YEARS OLD. SHE HAS GREAT FRIENDS AND SUPPORTIVE FAMILY.

SHE HAS TO CHOOSE A CAREER AND SHE IS NOT SURE ABOUT THE FUTURE. SHE STARTED EXPERIENCING ANXIETY A FEW MONTHS AGO AND SINCE TWO WEEKS SHE IS HAVING PANIC ATTACKS.

SHE SEES THE INSTAGRAM OF **START BOX** AND DECIDES TO WRITE TO **CHAT BOX**.





START BOX

STAFF MEMBERS – COUNSELLING AND THERAPY

14 SOCIAL WORKERS
4 PSYCHOLOGISTS
1 PSYCHIATRIST EVERY 2 WEEKS

NO DIAGNOSIS NEEDED

MAX. 2 YEARS

OPEN HOURS AND OPEN SPACE ACTIVITIES

AGE 14-29

WARM LUNCH

NO VIOLENCE
NO DRUGS



DAILY PROGRAM

Wochenplan <small>ab 10/2024</small>					
	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Vormittag 09:00 – 13:00 Uhr	Journal dienst 9:00 – 12:00 Opens pace 09:30 – 13:00	Geschlossen Wir starten ab 13 Uhr	Journal dienst 09:00 – 12:30 09:30 – 13:00 Opens pace / Kochen & Werk statt	Journal dienst 09:00 – 12:00 Keine Tages - struktur, nur Einzel - termine Ein Workshop/ Monat	Keine Tagesstruktur, nur Einzeltermine
Nachmittag 13.00 – 18 Uhr	Fachärztin f. Psychiatrie 11:00 -16:30 Alle 2 Wochen	Journal dienst 13:00 – 16:00 Open space 13:30 – 16:00	Journal dienst 12:30 – 16:00 Keine Tages - struktur, nur Einzel - termine Ein Workshop/ Monat	Journal dienst 13:00 – 16:00 Lernerei 13:00 – 18:00	Keine Tagesstruktur, nur Einzeltermine
Psychotherapie-Termine finden nach individueller Terminvereinbarung statt					
Offene Beratungstermine bieten wir von Montag bis Freitag an					

LAURA CHOOSES COUNSELING AND THERAPY. SHE STILL HAS TO AGREE ON THE FREQUENCY WITH THE THERAPIST. SHE DOESN'T WANT FAMILY TO INTERVENE TOO MUCH AND THEY RESPECT THAT.

stanislava's story



STANISLAVA IS 18. SHE HAS NO FRIENDS OR PEER SUPPORT. SHE LIVES WITH HER MOM WHO WORKS ALL DAY LONG. SHE DOESN'T EAT PROPERLY AND SHE IS VERY SAD AND LONELY SOMETIMES.

THE SOCIAL SERVICES KNOW HER AND THEY TOLD HER THAT SHE SHOULD GO TO **START BOX**.

NOW SHE GOES TO **START BOX** AND LOVE LEARNING HOW TO COOK AND HAVING LUNCH WITH THE OTHERS. SHE MET KARL AND THEY WORK ON SOME PROJECTS TOGETHER.



LATELY SHE FEELS LESS LONELY .



what is start box for you?

PLACE TO GET TO KNOW EACH OTHER

GOOD COFFEE

CONTACT POINT

LIGHTNESS IN THE HEAVINESS

WHERE I BELONG

HOME

CHALLENGE OR DEMAND

TOGETHERNESS

A PLACE THAT YOU CAN BE WHO YOU ARE

APPROVED BY :

WE SHOULD HAVE
MORE PLACES LIKE
THIS!





**THANK
YOU**

