

Our institution

Our counselling centres



Erzēiungs- a
Familljeberodung

AFP-Solidarité-Famille a.s.b.l.

Authorisation

The counselling service has the official authorisation from the Ministry of Family Affairs and the Ministry of Education for its various activities and is also approved for work in collaboration with the „Office National de l'Enfance“.

Funding

Our work is funded by

- the Ministry of Family Affairs,
- the Ministry of Education, as well as
- through donations.

Depending on household income, a small contribution may apply.

The Parent organisation

„AFP-Solidarité-Famille“ is a non-profit organisation that has been dedicated for decades to the well-being and positive development of children, adolescents, young adults and their families in Luxembourg.

L-9016 Ettelbrück - 1, rue de l'Ecole Agricole

L-1116 Luxembourg - 6, rue Adolphe
(close to Parc de Merl, Tram Hamilius, Busline 15)

L-5532 Remich - 4, rue Enz

Registration and enquiries

**Mondays to Fridays from
9:00 to 12:00 and 13:00 to 17:00
via our joint administrative office**

- **by phone 46 000 41 or**
- **by e-mail: info@efb-afp.lu**

**You can share any feedback via
our homepage.**

Postal Address:

**Erzēiungs- a Familljeberodung
6, rue Adolphe L-1116 Luxembourg**

BCEELULL : LU39 0019 1455 6518 2000

**When things
aren't going well:**

**Discover and use
your strengths!**

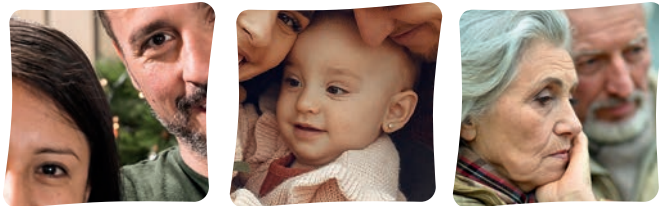


**We support
children, adolescents,
families, young adults
and parents.**

Offer and team

We offer

- **Therapy and consultations**
in the fields of education, psychology, psychotherapy and legal matters.
Sessions can be held in the following languages:
Luxembourgish, German, French, English, Italian, Spanish, Portuguese and Arabic.
- **Information and training**
through courses, conferences and supervisions.
- **Support through:**
stress management programs, Marte Meo,
„No kids in the middle“ and therapeutic groups for children and adolescents.



We are

- **a multidisciplinary team** of qualified professionals specialising in psychology, education and psychotherapy, all with certified additional training, supported by experienced administrative staff.
All our professional team members have many years of experience working with families.
- **politically and religiously neutral**, based on democratic values.

therapy, consultation, courses and group programmes

Our areas of **therapy** and **counselling** include:

- Parenting support and guidance
- Developmental support with Marte Meo
- Couple and Family counselling
- Therapeutic support for children, adolescents, young adults and families
- Psychological developmental assessments as part of the therapeutic work with children
- Therapeutic support for the challenges such as:
Life crises, anxiety, low self-esteem, social insecurities, communication difficulties, eating disorders, traumatic life experiences, boundary-violating behaviour.

**We are bound to
professional confidentiality!**



Courses and group programmes

We offer courses on the topics of parenting, high conflict co-parenting after separation, self-esteem, sleep, social skills for children and young people.
You can find the current list of available courses and group programmes on our website www.efb-afp.lu.

Marte Meo, No Kids in the Middle

Marte Meo - through inner strength

is a method that supports development by promoting respectful and appreciative interactions. We primarily offer Marte Meo in the areas of parenting counselling, family, and couples counselling. Short video clips of everyday situations highlight the existing strengths and abilities of both the child and the parents. The underlying message behind challenging behaviour reveals the child's needs and the next developmental steps. Parents are guided through this process step by step.

We regularly offer recognized trainings for professionals to become Marte Meo Practitioners, Marte Meo Trainer, Trainer+, Marte Meo Therapists or Supervisors. More information and current training opportunities can be found at www.martemeeo.lu



No Kids in the Middle

A program for families facing high-conflict separation. Ongoing conflict can leave children feeling sad, angry, and fearful. As a result, many children develop aggressive, defiant behaviour, become withdrawn, or show signs of depression.

„No Kids in the Middle“ is a group-based program for parents and their children that helps families find a path forward, rebuild a sense of security for the children, and address conflict in a constructive way.