



A Better Man & Intimate Partner Violence

“A Better Man documents a personal experiment for me and my abusive ex-partner — a step towards understanding and accountability. By getting closer to the truth of what survivors experience, and of why men choose to use violence, we can help stop the abuse. I hope that sharing my personal search for justice and healing will contribute to the struggle to end domestic violence.”

– Attiya Khan, Co-Director

For the screening of *A Better Man* we would like to provide a list of associations available for help in cases of domestic/sexist violence to share with our audience.

Counseling for Women and Families

National Telephone Helpline for Violence Against Women

08000 116 016

Telephone Service for Women in Crisis

030 6157596 • emailberatung@frauenkrisentelefon.de

Frauenraum

Counseling and domestic violence intervention center.

frauenraum.de • beratung@frauenraum.de • 030 448 45 28

Frauenzimmer

Non-profit organization that focuses on domestic violence, prevention and services. Operates 7 shelters for at least 27 women and their children, in Berlin-Kreuzberg, Schöneberg, Tiergarten and Wilmersdorf.
frauenzimmer-ev.de • frauenzimmer-zuflucht@web.de • 030 787 50 15

Lara

Rape Crisis and Counseling Centre.

Offering free legal advice from female lawyers.

lara-berlin.de • beratung@lara-berlin.de • 030 216 88 88

LGBTQIA+ Anti-Violence Support

LesMigraS

Anti-discrimination and Anti-violence Project of the Lesbian Counseling Service of Berlin. For women and trans*persons, especially those under multiple discriminations. lesmigras.de • info@lesmigras.de • 030 215 20 00 • beratung@lesbenberatung-berlin.de

GLADT

Independent organisation for and by Black and of Color Lesbians, Gays, Bisexuals, Trans* people, Queers (LGBTQ) and LSBTQ people with migratory history. Fighting against racism, sexism, trans- and homophobia, ableism and other forms of discrimination. With our project "Treffpunkt" we offer initial counselling on topics like Coming Out, family, addiction/drugs, health, anti-violence/anti-discrimination.

gladt.de • info@gladt.de • 030 26556633 • 0152 1185 9839

Mann-O-Meter e. V.

Maneo, an anti-violence project for gay men.

mann-o-meter.de • webmaster@mann-o-meter.de • 030 216 8008

Schwulenberatung Berlin gGmbH

Gays counseling gays – supporting everyone from the senior gay community, people with HIV/Aids as well as trans and intersex people.

schwulenberatungberlin.de • info@schwulenberatungberlin.de • 030 233 690 70

Lesben- und Schwulenverband Berlin-Brandenburg e.V.

Lesbian and Gay Association Berlin-Brandenburg.

For lesbians, gay men, bisexual and trans* persons, especially rainbow families.

berlin.lsvd.de • constanze.koerner@lsvd.de • 030 22 50 22 15

Preventative Measures**Berliner Zentrum für Gewaltprävention**

Regular information evenings.

bzfg.de • office@bzfg.de • 030 – 95 61 38 38

Program for Men: The Berlin Center for Violence Prevention offers men who are violent the opportunity to learn new behavior strategies.
bzfg.de/programm-fuer-maenner

Program for Women: The only facility of its kind in Berlin, the BZFG offers a program for women to learn non-violent behavior strategies.
bzfg.de/programm-fuer-frauen

Volkssolidarität

Counseling for men – against violence.

volkssolidaritaet.de/berliner-volkssolidaritaet • 030 7859825

BIG e.V.

Berliner Initiative gegen Gewalt an Frauen.

Berlin Initiative Against Violence Towards Women.

big-praevention.de • 030 6110300

Safe Spaces**International Women Space Berlin**

Berlin-based feminist political group of migrant and refugee women—and women without this experience—who are active in the fight against racism, sexism and other intersecting power structures.

iwspace.de • iwspace.wordpress.com • iwspace@iwspace.de • 0152 1485 5720

Women's Welcome Bridge

Website by women for women. Women from Berlin and refugee women meet here, support and learn from each other.

womens-welcome-bridge.de • kontakt@womens-welcome-bridge.de

Box 66

The intercultural meeting centre for women and families at Ostkreuz
box66berlin.com • leitung-box66@via-in-berlin.de • 030 817 005 40