

## This is your perspective!

You would like to talk to other women?  
You would like to know, what you can achieve?  
You want to learn German?

**MeTime** supports you in your language!  
We will communicate together in Arabic, English, Kurdish, Russian, Turkish and Ukrainian.

With you we will find out the best possible steps for you:

- Whether you want to have your professional qualifications recognised or want to start learning a new profession?
- How to find a place in day care for your children?
- How you can find a job?

**MeTime** helps you develop a good job and career perspective and is based on your needs and wishes.

The topics we consider are the topics you would like to talk about. In MeTime you have place to talk with others about your needs and desire, for example questions regarding daily life, health, school attendance, neighborhood, culture or religion.

We dedicate ourselves to the wishes and needs of you and the other women participating in MeTime.

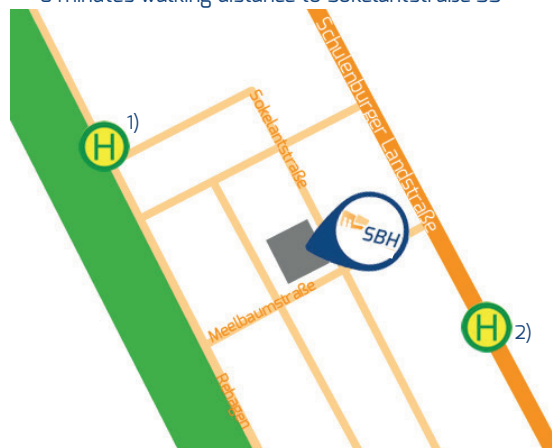


### Education, Advice, Support and Placement...

...are the cornerstones of SBH Nordost. Language, work life and integration, this is the essence of our success stories. We help people finding meaningful work and contributing more fully to society by overcoming their obstacles and difficulties - in a truly human, fair and individual way.

### How to find us!

- 1) **bus stop Mogelkenstraße:** Bus 135 to Mogelkenstraße, 3 minutes walking distance to Sokelantstraße
- 2) **bus stop Krepfenstraße:** U6 to Krepfenstraße, 6 minutes walking distance to Sokelantstraße 33



### Brief portrait of Jobcenter Region Hannover

Since 2005 the Jobcenter Region Hannover supports people from the region, who receive unemployment benefit II. In the region as a whole around 112,000 people receive support from the Jobcenter. More than 1,700 employees are on site at 20 locations. Its task is to counsel and encourage people individually and personally. The overall objective is to empower employable customers through obtaining work to secure their livelihood on their own.

In cooperation with



**SBH Nordost GmbH**, Sokelantstr. 33, 30165 Hannover

## MeTime - Time for my perspectives



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Stand: September 2022

## Our offer for you

### Your future, created by you.

Test your skills in various professions.

Perhaps in the field of sales?  
Or housekeeping, or nursing?

Or something different?

### For whom is this offer?

MeTime is for women with different nationalities.

### Support

MeTime is (financially) supported by the Jobcenter Region Hannover.

## What we offer...

You will have a personal jobcoach, who speaks your language.

We will support you in writing job applications and will practice with you job interview situations. You will also get the opportunity to learn German.

In our „culture cafe“ you can have a chat with other women drinking tea, coffee or table water. Feel free to share your experiences and help at the same time others and us.

During the day you can - if you wish - bring your child to MeTime, so that your child can play in our „mother-and-child room“ then. Also older children are welcome.



With us you will find  
your new perspective!



## Time for MeTime

The dates and times for MeTime will be agreed with you and the Jobcenter Region Hannover. It is also possible to join online.

## You want to participate?

From 15<sup>th</sup> September 2022 you can reach us daily at our office, from Monday to Friday from 07:30 am to 16:00 pm and Fridays to 15:15 pm.

Simply stop by.

It will be a pleasure for us to welcome you, we gladly introduce you to our people and show our premises.

Please feel free to contact us.