



Fibel-Open discussion in English Mental Health and Resilience for Single Parents

Wednesday, December 3rd 2025
4.00 to 6.00 pm

Online – via ZOOM

Link will be sent after registration

VEREIN
FIBEL
Fraueninitiative
Bikulturelle Ehen und
Lebensgemeinschaften



This online event offers a space to reflect on challenges single parents face—limited time, multiple responsibilities, and high levels of stress. Together, we will explore practical approaches to self-care, effective stress management, and resilience in daily life. The session will provide supportive input, helpful tips, and room for exchange with others in similar situations.

Our open discussion evenings provide a space to share experiences and discuss the challenges and opportunities of living in binational and intercultural single-parent families. Exchange ideas and benefit from useful tips and information shared by our moderators.

Moderation:

Antonia Hautum, psychologist, and counsellor at FIBEL

Moderation:

Antonia Hautum

Registration/Booking:

Verein Fibel

Telephone 01-21 27 664

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Website: www.verein-fibel.at

1030, Traungasse 1/3/9

Participation free of charge!

Registration required – Link will be sent after registration.



**Stadt
Wien**

Integration
und Diversität

ÖPA
Österreichische Plattform
für Alleinerziehende



Bundesministerium
Soziales, Gesundheit, Pflege
und Konsumentenschutz