



# LeTRa

Counselling Centre  
for lesbian woman

089 - 725 42 72

## Counselling & meeting centre



### Contact

info@letra.de - www.letra.de

### Events and Groups

LeTRa Centre, Angertorstraße 3, 80469 München

### Personal Counselling

Blumenstraße 29, 80331 München

Please call us on Mondays and Wednesdays 2:30pm - 5:00pm  
to arrange a counselling date.

Phone number: 089 - 725 42 72

### Other

Our counselling centre is wheelchair accessible. The meeting  
centre is reachable with wheelchair. Please ask in the office.

If you are deaf, please write us an e-mail for further information.

If you need special requirements to visit LeTRa, please contact us.

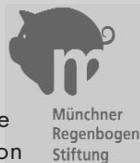
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# Imprint

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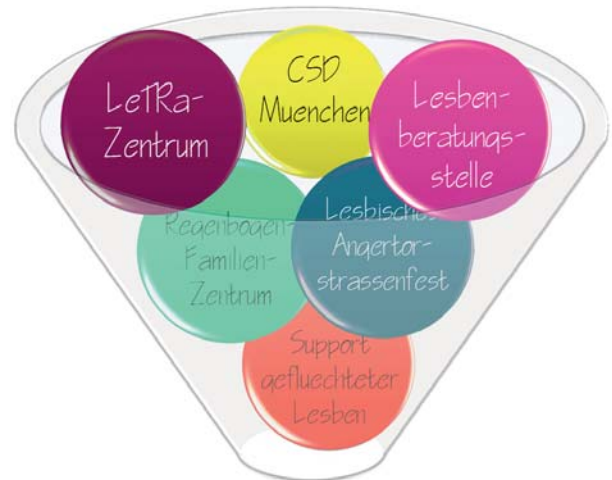
With friendly support of the  
Munich Rainbow Foundation



# Lesbentelefon e.V.

The registered organization behind telephone counselling for lesbian woman "Lesbentelefon e.V." has been the sponsoring organization for LeTRa since 1997 and includes the Counselling Centre for Lesbians, the meeting point "LeTRa-Zentrum" and the Specialist Department for Further Education and Training.

Since 1998 it has been one of the four big sociopolitical organizations that responsibly organize the CSD Munich. In addition, the "Lesbentelefon e.V." is a founding member of Munich's Rainbow Foundation "Münchner Regenbogenstiftung" and has a permanent seat on the foundation's advisory board.



Since 2016 "Lesbentelefon e.V." is also responsible for the Specialist and Counselling Centre for Rainbow Families: [www.regenbogenfamilien-muenchen.de](http://www.regenbogenfamilien-muenchen.de)

Funded by the City of Munich



Landeshauptstadt  
München  
**Sozialreferat**  
Stadtjugendamt

Member of the social  
services organisation



# 4 The Organisation

## Philosophie

Part of our statute: „We advocate the change and improvement of social conditions that range from tabooing, ignorance and concealment to discrimination and violence against lesbians. Regard, respect and appreciation for lesbians in society and absolute equality are our goals. We promote solidarity and togetherness of all people, regardless of their cultural background, religious denomination and their geographic origins.“



## Support "Lesbentelefon e.V."

Your donation helps the "Lesbentelefon e.V." to fulfill its important duties. Please see our Homepage [www.letra.de](http://www.letra.de)

## Voluntary Work

There are many ways you can support "Lesbentelefon e.V.", for example at one of our events, such as the Lesbian Angertor Street Festival, the Christopher Street Day Munich or tending bar on the LeTsBar evenings. Whether you would like to help only once, sporadically or on a regular basis, your help is always welcome.

Please contact us via telephone 089-7254272 or e-mail [info@letra.de](mailto:info@letra.de) in case you would like to help.

# 5 Join us as a member

Yes, I want to join Lesbentelefon e.V. as member and pay an annual contribution

First & Family Name .....

Street & Number .....

Zip Code, Town .....

Phone .....

Date & Signature .....

## Contribution form

The regular contribution is 50 € annually / if you want, pay more / if needed reduce to 30 € annually

I will pay (please check)

- via direct debit
- via credit transfer

Bank account: Lesbentelefon e.V.

IBAN: DE64701500000013138540 / BIC: SSKMDEMM

## Direct debit mandate

I hereby authorize the organisation Lesbentelefon e.V. to make periodic withdrawals from my account.

Cancellation is possible at any time.

Amount in € .....

IBAN .....

BIC .....

Bank .....

Date & Signature .....

# 6

## Counselling Centre

We provide our services to ...

Lesbian women, bisexual women, women coming out, lesbian couples, parents, family members and friends of lesbian women, propagators and people who would like to learn more about this topic.

We welcome lesbians and women of varied cultural backgrounds, different origins, people of color, trans lesbians and transwomen, MtFs, trans\* and intersexual people, lesbians with handicaps and/or psychological illnesses.



We offer personal one-on-one, couples' and family counselling.

In addition, we offer counselling via telephone or e-mail.

You may visit us for a one-time consultation or a series of consultations.

We counsel in a protective environment, confidentially and, upon request, anonymously.

Counselling is free of charge, although donations to our organization are welcome.

The counsellors are lesbian or bisexual themselves.

# 7

## The Diversity of Lesbian Topics and Life Situations

- How can I determine whether I am a lesbian woman?
- What could a happy lesbian life look like for myself?
- I am on my own and do not know any lesbians; how can I get in touch?
- How can I explain to my children and my husband that I have fallen in love with a woman?
- What can I do in case my parents do not accept the fact that I am a lesbian?
- I am discriminated on the job because I am a lesbian.
- My partner has left me and I cannot cope with that.
- My partner and I do not share the same sexual cravings.
- My partner always terrorizes me psychologically when I want to go out on my own.
- My neighbor is insulting me since he has seen me with my girl-friend.
- I am from foreign country or another city and want to get to know Munich's lesbian scene.
- I have fled a foreign country because I was prosecuted there for being a lesbian.
- My partner and I are constantly fighting.

# 8 Counselling Centre

## *Counselling & Support for Lesbian Refugees*

As part of our counselling services we offer aid and support for lesbian refugees (and their children) during the process of applying for asylum and beyond. We work together with experts from other organizations and provide case management. In addition, we offer practical support in everyday life, provide individual aid and connect you with the local LGBTIQ\* community.

You can help directly with earmarked donations to our Lesbentelefon e.V. account – DE64701500000013138540 – heading: "Lesbian Refugees". A 100% of your donation will be used for our clients.



# 9 Refugees welcome!

Are you a lesbian, bisexual or transgender woman and seeking for asylum in Germany? Are you living in a refugee accommodation somewhere in Bavaria? Are you facing problems in the asylum procedure or in your camp? Do you want to meet other lesbians?



The advisory centre LeTRa in Munich is a safe place for lesbians, bisexual or transgender women and supports women who came as refugees to Germany. We help you to understand German asylum laws and the asylum procedure. We can establish contacts with lawyers, doctors, therapy centres or other advisory services. Also, we can put you in touch with the lesbian community in Munich/Bavaria.

On a political level, we fight for the right to stay and for the recognition of the special need for protection of homosexual refugees.

We provide counselling in English and French. For all other languages we work together with female translators.

# Counselling Centre

## Coming Out Groups

Twice a year we coach a group of about 12 participants for 10 evenings regarding coming out.

For a list of our current activities, please check our website [www.letra.de](http://www.letra.de)



The team of the Counselling Centre LeTRa

Foto: Bethel Fath



Anita Augspurg  
Preis München

LeTRa is winner of the Anita Augspurg Award 2007

## Specialist Department for Further Education



When working with lesbian girls and women, gay boys and men, as well as with rainbow families, uncertainties and a lack of knowledge frequently occur.

We would love to share our knowledge and experience with you and want to support you in the development of a professional knowledge base and standards and strategies for yourself and your organization.

Our colleagues' expert advice provides you with information and contact persons that can help you dealing with individual clients or their families.

Of course we can visit your team for an expert talk in order to discuss any questions you and your team may have in regard to dealing with your clients, their families or other visitors. In addition, we can support you implementing open-mindedness for your lesbian clients' or visitors' issues into your public relations work.

In course of our trainings<sup>1</sup> you learn about the basics of same-sex lifestyles. Together we develop ways you can incorporate the cross-sectoral issue into your field of work and a professional and adequate approach for yourself as an employee.

<sup>1</sup> The training "Basic Information about Same-Sex Lifestyles" is constructed modularly and can thus be adapted to your individual needs. We organize these trainings for municipal facilities, as well as for free market companies. The trainings are conducted in cooperation with the counselling centres for lesbians and gays in Munich, LeTRa and Sub e.V. and Munich's Coordinating Office for Same-Sex Lifestyles. This guarantees a high professional standard. In course of the training you receive an information pack with detailed background knowledge compiled by us.

# 12 Public Relations

*The key objective of LeTRa / Lesbentelefon e.V.'s public relations work is to make lesbian ways of life visible.*

We achieve that with the help of trainings, panel discussions, press work, social media efforts, participation in the organization of the CSD Munich and hosting the event "Lesbian Angertor Street Festival" and we

promote the legal, social and personal equality of lesbians,

contribute to a positive self-image and self-perception of lesbians,

strengthen the culture of lesbian, gay, bisexual and trans\* people

and promote a city/society free of violence and prejudice.



# LeTRa Centre | 13

*The LeTRa Centre is a meeting place and event venue for lesbian, bisexual, trans and other interested women – transgender, gays & friends welcome. We offers*

- D – Diverse opportunities to work voluntarily
- I – Information about lesbian life in Munich
- V – Various recreational and group activities
- E – Evenings with an open bar "LeTsBar"
- R – Rooms are free of charge for use of our LGBTI groups
- S – Search for english books in our lesbian lending library
- E – Events, exhibitions, films, brunch, discussions ...

All events, leisure and group activities are listed on our website [www.letra.de](http://www.letra.de), in our program booklet and on Facebook page, "LeTRa Lesbenberatung". In case you want to found a new group, feel free to ask our staff for support.

We welcome volunteer work, e.g. at LeTRaktiv, the LeTsBar evenings and when we organize leisure activities or other events.

## LeTRaktiv

The LeTRaktiv group is responsible for the bar at the gay centre, Sub, every second Wednesday of the month. On the third Friday of every month they host the LeTsBar evening at the LeTRa Centre. In addition, they organize leisure activities, such as hiking. In case you would like to join this group you are very welcome. Please contact: [letraktiv@web.de](mailto:letraktiv@web.de)

## LeTsBar

The Bar Duty women support and accompany the groups organizing the LeTsBar evenings on the 1st and 3rd Friday of the month, from 7.00 pm to 11.00 pm They organize and support the LeTsBar evenings around and behind the bar. In case you would like to join this group you are very welcome. Please contact: [info@letra.de](mailto:info@letra.de) – Subject: Bar Duty