



## **Information and counselling for expats and their family members**

**For individuals, couples and families**

**frabina offer legal information and psychosocial counselling for foreigners who have moved to Switzerland for work or study**

### **Our field of experience**

- Work and employment
- Social integration and well-being in Switzerland
- Foreigners' law (family reunification, right of residence, work permits)
- Social security
- Couple relationship
- Parenthood and family
- School, care and leisure activities for children
- Leaving Switzerland again

### **Our specialists give advice**

- in German, French, Italian, English, Spanish and Arabic

## Consulting offers



### Face-to-face counselling

By appointment at our centrally located counselling centers in:

**Bern:** Kapellenstrasse 24 | **Tavannes:** Rue F.H. Sandoz 14  
**Solothurn:** Westbahnhofstr. 12 | **Olten:** Marktgasse 34



### Counselling by phone

**0900 81 27 01** (CHF 2.20/min.)

Tuesday and Thursday 11am–1pm  
and Wednesday 4–6pm.



### E-Mail counselling

SSL encrypted. Response to initial enquiry within two working days. Login at [www.frabina.ch](http://www.frabina.ch).



### Individual chat consultation

SSL encrypted. By appointment.  
Login at [www.frabina.ch](http://www.frabina.ch).



### Video counselling

SSL encrypted. By appointment.  
Login at [www.frabina.ch](http://www.frabina.ch).

## Contact

**frabina** Kapellenstrasse 24, 3011 Bern  
**031 381 27 91** (Mon–Fri 10am–12pm served)  
[expats@frabina.ch](mailto:expats@frabina.ch) / [www.frabina.ch](http://www.frabina.ch)



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