



Family and Children

The city of Prague aims to provide its residents with the best possible living conditions.

Leisure Activities for Children

On weekdays after school or kindergarten, on weekends, or during holidays, your children can engage in various extracurricular activities that help develop their talents and make new friends.

Children and Youth Centers (DDM)

Centers offering various clubs and activities: sports, foreign language lessons, painting, ceramics, dance, singing, playing musical instruments, etc. DDMs also organize various trips and summer camps.

 www.volnycaspraha.cz

Elementary Art Schools (ZUŠ)

Schools that help develop talents in music, arts, dance, literature and drama.

 www.seznamskol.cz/zakladni-umelecke-skoly/praha

Scouts

A global movement focused on teaching teamwork, self-confidence, adventure, independence, and fairness to children and young people.

 www.skaut.cz/mapa

Intercultural Activities at Inbáze

Activities that bring together children from different cultural backgrounds in a friendly environment.

 inbaze.cz/programy-pro-deti-a-mladez

Low-threshold clubs for teenagers

These clubs offer leisure activities (art classes, sports, tutoring, etc.) and prevention programs (preventing smoking, substance abuse, bullying, etc.). Any child or teenager can visit the club and use its services for free. These clubs provide a safe environment where children can spend their free time meaningfully.

 streetwork.cz

City districts

City districts offer various leisure activities for residents, such as Children's Day events, activities for seniors, etc.

Leisure Activities for Families

Prague offers numerous options for families to spend time together in a meaningful way, often without having to go far from home. Just look around – you might find a cultural institution nearby with an interesting program.

Community Centers

Spaces that offer cultural programs for local residents and help them meet each other.

 [Community Centers](#)

Kudy z nudy portal

An online search engine for current free time activities (culture, sports, trips, gastronomy).

 www.kudyznudy.cz/kam-pojedete/hlavni-mesto-praha


 [Libraries](#) often prepare interesting cultural or educational programs as well.

Dealing with Family Problems

Sometimes things in the family don't go as they should, or as we would like. In these challenging times, you can turn to specialists who will help you manage the situation and provide professional assistance. All services can remain completely anonymous if you want that.

Safety helpline

A free crisis helpline for children and youth (up to 26 years old). It provides crisis assistance and advice to children and students facing difficult life situations or daily challenges and problems.

 +420 116 111

 www.linkabezpeci.cz

 pomoc@linkabezpeci.cz

 [Chat](#)

 Nonstop

Parental Helpline


Parental Helpline provides crisis intervention and counseling, primarily for parents, grandparents, and other family members.

 +420 606 021 021

 www.rodicovskalinka.cz


Help for Victims of Domestic Violence

Bílý kruh bezpečí

 +420 116 006

 www.bkb.cz


Acorus

 +420 283 892 772

 www.acorus.cz


 nonstop helpline

Rosa


 +420 800 60 50 80 (free helpline)

 www.rosacentrum.cz


ProFem

 +420 608 22 22 77

 www.profem.cz/cs

 Mon-Thu: 09.00–17.00 Fri: 9.00-15.00 Sat, Sun: 9.00-17.00

Charita, Magdala

 +420 737 234 078

 praha.charita.cz/sluzby/magdala

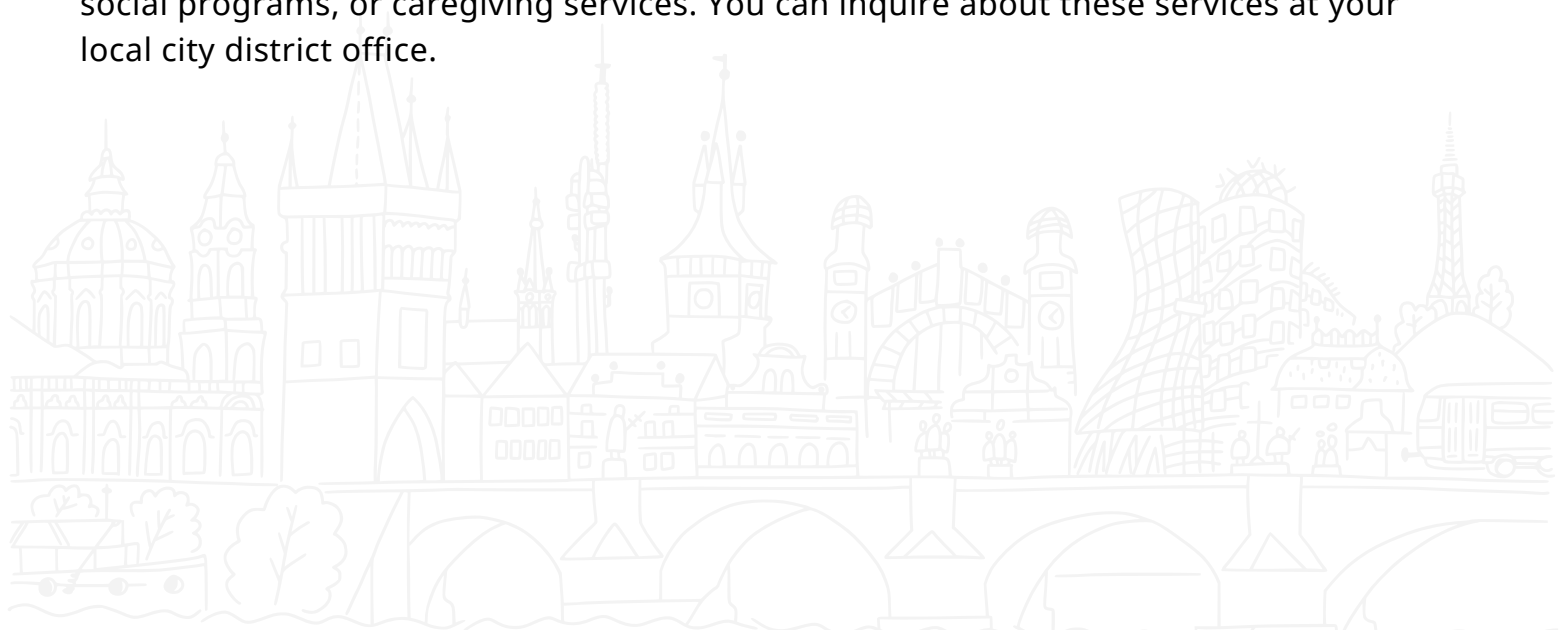
 nonstop helpline

Department of Social and Legal Protection of Children (OSPOD)

OSPOD is a department under the Social Departments at District Offices. It represents the interests of children in proceedings involving minors (e.g., determining custody, the amount of alimony, or regulating parental contact with children).

Care for the Elderly

Old age often limits independence, which need to be addressed. There are various services available to assist you and your loved ones, such as meal deliveries, assistance, social programs, or caregiving services. You can inquire about these services at your local city district office.



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