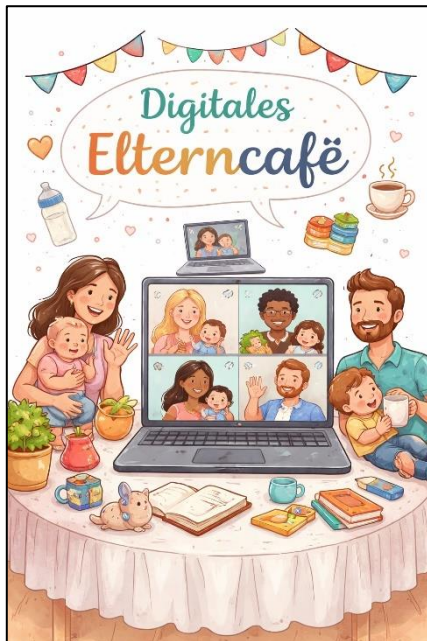




## Invitation to the Digital Parents' Café for Students and Doctoral Candidates



Dear students and doctoral candidates with child(ren),

Balancing studies and family life often brings up similar questions:

**How do other parents organise their daily routines?  
What helps when things get stressful? Am I the only one  
who feels this way?**

That is exactly why we offer our **student Parents' Café** – a welcoming space for open exchange, mutual support, and new ideas for everyday life with child(ren) and studies.

Here, you can connect with other student and doctoral parents of all genders and cultural backgrounds, **share experiences, and learn from one another**. Many parents leave with helpful ideas for their daily routines – or simply with the **reassuring feeling that they are not alone with their challenges**.

I will guide the meeting as a moderator and offer support, creating a relaxed and respectful atmosphere where everyone can participate comfortably – without pressure and without fixed expectations. Your topics are at the centre: whether it is organising family life, balancing studies and parenting, or anything else that is currently on your mind.

Whether you have just become a parent or have been studying with children for some time – **you are warmly welcome!**

This time, the Parents' Café will take place **online for the first time**, making participation easier for everyone.

**Date:** Monday, 27 April 2026

**Time:** 2:00 – 3:00 pm

**Location:** Online via Zoom

**Access link:** <https://zoom.us/j/97156562857?pwd=bR75fyIs5W4kNjpwGelpvg6urvzlhA.1>

**Host:** Jennifer Beder, Social Counsellor at Studentenwerk Magdeburg

Participation is simple and does not require registration – you can just join using the link. Your children are of course welcome to be present in the background.

**Even if you do not feel fully confident speaking German, you are very welcome to join.** We will make sure that everyone feels included and comfortable.

I am looking forward to meeting you and creating a respectful and supportive exchange together.

**Warm regards**  
**Jennifer Beder**

Social Counsellor at Studentenwerk Magdeburg