



CHILDREN, TEENAGERS AND FAMILIES
INFORMATION AND SERVICES
IN THE USTER AREA



Doctors

Telephone advice for child, teenager and adult emergencies: **0800 33 66 55**
The advice line is staffed 24 hours a day, 365 days a year.

For life-threatening cases:
emergency ambulance **144**



Hospitals

Spital Uster • Brunnenstrasse 42, 8610 Uster • 044 911 11 11
Kinderspital Zürich • Steinwiesstrasse 75, 8032 Zürich • 044 266 71 11

Paediatricians

Kinderpraxis Uster

Winterthurerstrasse 18a, 8610 Uster • 043 444 23 33
Dr Daniel Grün, Dr. med. Stephanie Stücheli-Herlach,
Dr Katharina Müller-Weber

Quellenpraxis AG

Loren-Allee 22, 8610 Uster • 044 940 25 00
quellenpraxis@hin.ch
Dr med. Irmela Heinrichs

Flor Gesundheitszentrum für Kinder und Eltern

Loren-Allee 20, 8610 Uster • 044 940 55 51
info@flor-gesundheitszentrum.ch
Dr Regula Neidhardt, Dr Alexia Moser
Dr Susanne Dürst

Kinderarztpraxis

Florastrasse 10, 8610 Uster • 044 940 89 11
joerg.ersch@bluewin.ch
Dr med. Jörg Ersch

DEAR FAMILY,

We are delighted to present our brochure of services for children, teenagers and families.

Here you will find information about services in Uster, such as childcare, advice and support. This brochure also contains information on various leisure activities and community life in Uster.

If you have any questions or issues you would like clarifying, the Childhood, Youth and Inclusivity department is happy to help.

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POINTS OF CONTACT AND ADVICE FOR FAMILIES

Childhood, Youth and Inclusivity department

The Childhood, Youth and Inclusivity department supports the residents of Uster. We offer a variety of services for children, teenagers and families and serve as a general point of contact for any questions.

044 944 72 06 • kindheit@uster.ch

FABEL – Family guidance for parents

FABEL is a point of contact available to families and parents for any questions and topics relating to everyday family life and transitions (e.g. starting school). Addressing the concerns and needs of the parents is paramount here.

Childhood, Youth and Inclusivity department, Seraina Hostettler
079 876 72 92 • kindheit@uster.ch
www.familienzentrum-uster.ch/fabel

Uster Primary School

The focus of primary school is the joy of learning and teaching. Around 800 nursery-age children and 2,200 pupils are taught in nine school buildings. The education and support offered covers the needs for school children in the town and the region.

044 944 73 30 • ps@uster.ch

Uster Children's and Youth Support Centre (kjz)

Parenting guidance

The parenting counsellors at the Uster kjz will help you to better understand your child or teenager's behaviour and resolve any conflicts. Parents often feel more confident in their parenting after just a few conversations.

043 258 48 00

Advice for parents

The counsellors for parents will discuss any topic that is important to you and affects the development, care, nutrition and upbringing of your child. At the advice centre, you can weigh and measure your child, find out about a variety of family services in your area and meet other parents. The advice centre services are free and confidential.

Schulweg 4, 8610 Uster

043 259 76 70 • www.zh.ch/kjz-uster

Pro Juventute – parental guidance

Taking care of and raising children and teenagers is not always easy, because your child is not like any other. And no family is the same as any other. The Pro Juventute parental guidance service answers questions from parents and carers individually and professionally, and offers support in emergency situations. The telephone advice line is staffed 24 hours a day, 365 days a year.

058 261 61 61 • www.elternberatung.projuventute.ch



FAMILY CENTRE

The Family Centre is an independent association, operated on behalf of the town of Uster, with financial support from the Office for Youth and Careers Guidance. The individual services are provided by a wide variety of organisations, often with the support of highly dedicated volunteers.

Parents and children come together at the Uster Family Centre to take advantage of the various services and events on offer. The Family Centre is a popular meeting place for parents, but it also offers guidance services and courses. Other external specialists also provide services in the Family Centre. New residents can also learn German here through ABC Deutschkurse.

Have a coffee while the kids play:

Monday to Friday (all day)

Zentralstrasse 32, 8610 Uster

044 994 57 47 · info@familienzentrum-uster.ch

www.familienzentrum-uster.ch

OTHER SERVICES

Kinder-4

Here you will find short films and information about early childhood learning in everyday life: **www.kinder-4.ch**.

Their motto is: "We promote language skills for all children and young people. This gives everyone the same opportunities at school, at work and in society."

Parentu App

The app for well-informed parents – helping with the development and upbringing of children up to 16 years old (in 13 languages). This app can be downloaded for free from the App Store or from Google Play.

Boutique Jailhouse

The Boutique Jailhouse is the number-one destination for affordable children's clothes and toys in Uster. In addition to a large selection of second-hand items, you will also find new branded products from Helly Hansen and rukka.

Freiestrasse 47, 8610 Uster

043 540 74 75 • info@jailhouse-uster.ch • www.jailhouse-uster.ch



POINTS OF CONTACT AND ADVICE FOR CHILDREN AND TEENAGERS

Childhood, Youth and Inclusivity department

The Childhood, Youth and Inclusivity department supports the residents of Uster. We offer a variety of services for children, teenagers and families and serve as a general point of contact for any questions.

044 944 72 06 · jugend@uster.ch

Addiction prevention

The Addiction Prevention Unit helps to promote health and prevent and tackle addiction.

www.sucht-praevention.ch

Pro Juventute – Advice + Help 147

The Pro Juventute emergency line helps children and teenagers with questions, problems and in emergency situations. Specialists are on hand to answer any questions relating to family, violence, addiction, school, jobs, love, friendship and sexuality. As well as the **phone number 147**, Advice + Help 147 is also available by text message, chat and email.

This means that children and teenagers who prefer to get in touch in writing than by phone also have access to this free service from Pro Juventute. At **www.147.ch**, children and teenagers can find more answers to their questions, as well as numerous links and addresses of specialist departments. The advice line is staffed 24 hours a day, 365 days a year.

147 · beratung@147.ch · www.147.ch

BIZ career advice

Career advice, preparing to start work, transitional or 'bridging' programmes for secondary school pupils

BIZ supports young people and their parents in choosing a career. Their interests, skills, wishes and ideas are explored together in the search for a training opportunity or an interim solution. Any special requirements that the training might have will be compared with what your child wants. Tests are also used, where necessary.

SOS counselling for young people – emergency support:

Career counsellors provide guidance to young people who haven't found an apprenticeship by the end of their time at school. The service is called "No apprenticeship – what should I do?". Other services are also available. Consultations: Monday to Friday, by appointment

Brunnenstrasse 1, 8610 Uster
043 258 49 00 · www.zh.ch/biz-uster

USTER PUBLIC WORK FOR CHILDREN AND TEENAGERS

Youth work is available to young people in Uster for any issues they might have. There is a Youth Shop where young people can get support, advice and information on life issues, and on putting their own projects and events into practice.

Youth workers are available to help and advise young people during opening hours. They will discuss ideas, wishes and plans. Youth work is also available to parents, schools and specialist institutions.

Freiestrasse 19, 8610 Uster
044 941 14 50 · jugend@uster.ch

frjz - Uster Leisure and Youth Centre

The Leisure and Youth Work Association of the Uster region, VFJRU, was founded in 1965 and has no political or religious affiliations. The association is active in youth and community work. It runs the frjz Leisure and Youth Centre in Uster.

Zürichstrasse 30, 8610 Uster
044 941 14 49 · info@frjz-uster.ch · www.frjz.ch



USTER PLAYMOBILE

The Playmobile is a brightly coloured bus – packed with toys, fun toys on wheels and handicrafts. It comes to children in their local neighbourhood, the municipal park and in the outer districts. The Playmobile offers children and adults a chance to work creatively. In this way, children can learn in a playful way and without pressure.

The Playmobile is a relaxed meeting point for everyone: young and old, rich and poor, Swiss people and people from all over the world. It makes an important contribution towards integration. The Playmobile makes children happy and enriches the town and its cultural life.

When does the Playmobile come?

The Playmobile is out and about in various Uster neighbourhoods, in the municipal park and in neighbouring villages every Wednesday and Saturday from 1.30pm to 5pm, between April and October in term time. In winter, it offers its services from sports halls.

Exciting themed weeks are held in the spring, summer and autumn holidays. There is a holiday programme that anyone can take part in from 10am to 12pm and from 1.30pm to 5pm Monday to Friday. The Playmobile can be found in the Uster municipal park or out on adventurous excursions.

The current dates and locations can be found on the timetable:

www.spielmobil-uster.ch/fahrplan

The programmes are open to everyone free of charge and take place whatever the weather – except continuous rain and storms. There is no need to register in advance.

Arbeitsgestaltung Foundation

Berchtoldstrasse 3, 8610 Uster

076 418 81 99 - spielmobil@arbeitsgestaltung.ch

www.spielmobil-uster.ch



USTER HOLZWURM ADVENTURE PLAYGROUND

Holzworm adventure playground gives children the space they need to play. In today's highly structured world, that freedom is so important. The playground offers: an adventure island, a space for imagination, a place for creativity. It is a place for spontaneity, change, innovation, and fun and games in natural surroundings. Holzworm offers space for communal activities, games and the opportunity for children to be who they are. Children are free to try things out here without any pressure to perform or meet expectations. The playground promotes independence, teamwork and opportunities to recognise boundaries. It also offers room for creativity. The support team are there to help in the event of conflict and support the children in putting their own ideas into action.

Children and teenagers should be able to structure their free time on their own initiative, as far as possible. Holzworm therefore aims to be a public place where children can come and go as they please and leave their mark, free from any expectations or pressure to perform. The adults at Holzworm provide the space, room, material, tools and, if necessary, support, that the children need. It's important for children to realise their own ideas without having to meet adults' demands.

The large area offers plenty of opportunities to play, climb, build huts, make fires, play in the sand and much more. The adventure playground is open on:

Tuesday afternoons for children up to nursery age
(accompanied)

Wednesday afternoons for school children
(incl. programmes such as welding, handicrafts and woodwork)

Thursday and Friday afternoons for everyone
(small children need to be accompanied)

Hinterwiesenweg 3, 8610 Uster
077 449 72 44 • info@holzworm-uster.ch
www.holzworm-uster.ch

abenteuer
spielplatz
**HOLZ
WURM**



POINTS OF CONTACT AND ADVICE ON CHILDCARE

There is a wide variety of playgroups in Uster (with or without special language support), nurseries and crèches. Below you will find a large selection of options for looking after your children. The Family Centre or the Childhood, Youth and Inclusivity department are happy to answer any questions you may have.

Uster Family Centre

044 994 57 47 · info@familienzentrum-uster.ch

Childhood, Youth and Inclusivity department

044 944 72 06 · kindheit@uster.ch

USTER FAMILY CENTRE – EMERGENCY CHILDCARE SERVICE

Sometimes you really need a babysitter. An unemployed father might suddenly have to suddenly start work. A single mother may not want to leave her unwell child at home on their own.

The Uster Family Centre's emergency childcare service is the ideal solution for situations like these. They can help with quick and hassle-free childcare by a trained carer in emergency situations.

- Children from **0 to 12** can be looked after.
- The care takes place **at your home**.
- The aim is to provide care **within 2 hours**, but this depends on carers' availability.
- Childcare can be provided **Monday to Friday** between 7am and 7pm.
- Childcare can last between **2 and 8 hours**.

Zentralstrasse 32, 8610 Uster
076 498 99 82 - info@familienzentrum-uster.ch
www.kinder-notfall-betreuung.ch

FEB – SUPPLEMENTARY CHILDCARE

The FEB is the service group for supplementary childcare. It agrees contracts with private crèches and daycare centres. These contracts are known as service agreements and determine what crèches and daycare centres may offer and at what price. The various childcare providers belong to what is known as the FEB Group.

Uster pays a contribution to parents who have their children looked after by an FEB Group childcare provider. These contributions are based on the parents' taxable income and assets. If the parents live outside the Uster, they will not receive any contributions from the town. Parents have to apply for the contributions via their crèche.

Uster does not arrange any childcare places itself. You need to register directly with the individual childcare providers for a free place.

The following are part of the FEB Group:

- Kinderkrippe Beluga
- Kinderkrippe Heusser Staub
- Hort im Lot
- Kinderkrippe Muulwurf
- Kinderkrippe und Hort Ramba Zamba
- Kinderkrippe Schatzkiste
- KiTa Seegarten
- Tagesfamilienverein Zürcher Oberland

Stadt Uster, Bahnhofstrasse 17, 8610 Uster
044 944 71 82 - feb@uster.ch - www.uster.ch/feb

NURSERIES/CRECHES

Chinderhuus im Werk • Im Werk 3, 8610 Uster
info@chinderhuusimwerk.ch • www.chinderhuusimwerk.ch

Verein Kinderhaus Mary Poppins • Zentralstrasse 36, 8610 Uster
info@kinderkrippe-uster.ch • www.kinderkrippe-uster.ch

Hort im Lot • Im Lot 11, 8610 Uster
mail@hortimlot.ch • www.hortimlot.ch

KiTa Chinderkram • Apothekerstrasse 18, 8610 Uster
info@kita-chinderkram.ch • www.kita-chinderkram.ch

KiTa Seegarten • Seefeldstrasse 4a, 8610 Uster
info@kitaseegarten.ch • info@kitaseegarten.ch

KiTa Zipfelchappe • Uster West 30, 8610 Uster
mail@kita-zipfelchappe.ch • www.kita-zipfelchappe.ch

KiTa Muulwurf • Industriestrasse 23, 8610 Uster
info@muulwurf.ch • www.muulwurf.ch

Kinderkrippe Schatzkiste • Lorenweg 1, 8610 Uster
info@krippeschatzkiste.ch • www.krippeschatzkiste.ch

Kinderkrippe Ramba-Zamba • Weiherallee 3, 8610 Uster
info@ramba-zamba.ch • www.ramba-zamba.ch

Kinderkrippe Heusser-Staub • Florastrasse 26, 8610 Uster
info@kinderkrippeheusserstaub.ch • www.kinderkrippeheusserstaub.ch

Integrative Kinderkrippe Beluga • Asylstrasse 24, 8610 Uster
beluga@wagerenhof.ch • www.wagerenhof.ch

«Fugu» Kinderkrippe Uster • Braschlergasse 8, 8610 Uster
uster@kitafugu.ch • www.kitafugu.ch/uster

TAGESFAMILIEN ZÜRCHER OBERLAND

The Tagesfamilien Zürcher Oberland (TFZO) association arranges family-based and individual childcare within qualified daycare families. Childcare hours are agreed according to individual needs. The TFZO office offers specialist advice, placement and support for the parents leaving their children in childcare, as well as for the carers.

Office hours:

Monday – Friday, 9am – 12pm and 1.30pm – 4pm

Spitalstrasse 29, 8630 Rüti ZH

076 348 86 20 • info@tfzo.ch • www.tfzo.ch



PLAYGROUPS

Playgroups with special language support

BiLiKiD

The BiLiKiD playgroup offers a space for children from 3 to 5 years old where they have the opportunity to play in their mother tongue and learn Swiss German, too. This means that their mother tongue will be strengthened, which supports their linguistic and intellectual development. At the same time, they learn important terms and keywords in Swiss German, which is an advantage when they go on to nursery. The aim is to make it easier for children to start school and continue their education. This will give them better opportunities right from the start. BiLiKiD in Uster offers its programme in Swiss German and Turkish.

Familienzentrum Uster, Zentralstrasse 32, 8610 Uster
052 534 58 91 · info@bilikid.ch · www.bilikid.ch

Glüehwürmli

Glüehwürmli is a playgroup with language support where small children learn Swiss German in a playful way. The group is led by two well-trained group leaders. Children from the age of around 3, and up until they start nursery, can gain their first experience outside of their families in this playgroup. Children of the same age can build friendships here and benefit from a varied programme. Glüehwürmli offers freedom to play, handicrafts, singing, listening to stories, creating and experimenting. Children will be able to learn and practise German here. The playgroup trains, expands and promotes the children's language skills.

Im Werk 8, 8610 Uster
044 212 14 41 · petra_imseng@hotmail.com · www.gluehwuermli.ch

kidin.ch

The best possible early education, care and support is at the heart of this playgroup. It supports every child in their development process. The playgroup offers a varied and challenging environment where your child can learn in an individual way.

It incorporates the philosophical principles of Maria Montessori and Rudolf Steiner, with a lot of movement, freedom to play, creative activity and healthy eating being key elements. Stories, poetry and songs during the mid-morning snack time are also part of everyday playgroup life. Your child should feel at home so groups are kept small, creating a family atmosphere.

Since 2011, the playgroup has been following the 'early language development' concept. This aims to encourage linguistic development as early as possible.

Turicaphonstrasse 31, 8616 Riedikon
076 366 88 11 · info@kidin.ch · www.kidin.ch

WACkelöhrli

WACkelöhrli is a playgroup that attaches great importance to language development (Swiss German – English) and creates a lot of fun games around this. The playgroup welcomes all children from 2 to 5 years old who enjoy playing, singing, making crafts and listening to stories, learning what it means to get along with other children of the same age at the same time. This playgroup is a service offered by the Women's Activity Club (WAC), an organisation in Uster managed by volunteers.

Winterthurerstrasse 18, 8610 Uster
043 305 92 50 · ltcschool@wac.ch · www.wac.ch

Other playgroups

Spanische Spielgruppe Lindos Matices

Familienzentrum Uster, Zentralstrasse 32, 8610 Uster
Miriam Baumann ▪ 079 816 96 31 ▪ migucha2001@yahoo.com

Spielgruppe Summervogel ▪ Aathalstrasse 38A, 8610 Uster
vgalvao@bluewin.ch ▪ www.spielgruppesummervogel.ch

Spielgruppe Chindernäscht M.A.Schumacher

Schwerzistrasse 21, 8606 Nänikon ▪ Werrikon ▪ chindernaescht@gmx.ch

Spielgruppe Ameisinäscht ▪ Tännbergstrasse 1, 8610 Uster
info@ameisinaescht.ch ▪ www.ameisinaescht.ch

Spielgruppe Lukiluks

Gerichtsstrasse 8, 8610 Uster ▪ www.lukiluks.ch

Rudolf Steiner Spielgruppe Sonnenberg

Wildsbergstrasse 22, 8610 Uster
info@spielgruppe-sonnenberg.ch ▪ www.spielgruppe-sonnenberg.ch

Spielgruppe Spielchishte Uster ▪ Asylstrasse 2, 8610 Uster
info@spielchishte-uster.ch ▪ www.spielchishte-uster.ch

Spielgruppe Trückli ▪ frjz Uster, Zürichstrasse 30, 8610 Uster
trueckliuster@gmx.ch ▪ www.trueckliuster.jimdofree.com

Waldspielgruppe Wurzeln ▪ Murggenstrasse 32, 8606 Nänikon
hanne.grimm@gmx.ch ▪ www.waldspielgruppe-wurzeln.ch

Waldkinder Uster

An verschiedenen Orten im Wald, 8610 Uster
info@waldkinderuster.ch ▪ www.waldkinderuster.ch

Claudia's Chinder-Stübli ▪ Haberweidstrasse 33, 8610 Uster
078 606 65 13 ▪ www.claudias-chinderstuebli.ch



CLUBS/SOCIETIES

Clubs and societies are a fundamental part of Uster's sporting, cultural and social life. We would like to thank all volunteers who are involved in a club or society for making a significant contribution to Uster's quality of life and identity.

An up-to-date list of Uster's clubs and societies can be found on the Uster website.

www.uster.ch/vereinsliste

Below you will find a list of some clubs and societies that actively work with young people in their associations and promote young talent.

Sports clubs

Judo Club Uster

www.judo-club-uster.ch ▪ 079 829 8891 ▪ info@jcu.ch

Boxclub Uster

www.boxclubuster.ch ▪ 079 103 14 16 ▪ kontakt@boxclubuster.ch

Chin Woo Kung Fu

www.chinwoo-uster.ch ▪ 044 905 87 77

FC Uster

www.fcuster.ch ▪ 079 583 67 78 ▪ sekretariat@fcuster.ch

FC Rot Weiss Winikon

www.fc-rw.ch ▪ 044 941 44 19 ▪ info@fc-rw.ch

Footrebel SOCCER Uster

www.footrebel.com ▪ play@footrebel.com

Unihockey Club Uster

www.uhcuster.ch ▪ info@uhcuster.ch

CESIU (Italienischer Ski- und Exkursionsclub Uster)

www.cesiu.ch ▪ 079 335 46 56 ▪ info@cesiu.ch

TV Uster Leichtathletik und Volleyball

www.tvuster.ch ▪ 079 358 08 35 ▪ praesident@tvuster.ch

TV Uster Handball

www.tvu.ch ▪ 079 770 01 36 ▪ walter.flessati@cosb.ch

Frauenturnverein

www.ftv-uster.ch ▪ praesidentin@ftv-uster.ch

Sportclub Satus Uster Kunstturnen

www.satus-uster.ch ▪ 044 932 63 06 ▪ praesident@satus-uster.ch

Sportclub Nänikon

www.scn.ch ▪ 044 941 06 67 ▪ praesident@scn.ch

Schwimmclub Uster

www.scu.ch ▪ 079 405 44 45 ▪ philippe.walter@scuw.ch

Squash-Club Uster

www.squash-arena.ch ▪ 044 515 95 77 ▪ info@squash-arena.ch

Tennisclub Uster

www.tcuster.ch ▪ 079 409 73 63 ▪ peter.leemann@tcuster.ch

Voltige-Club Harlekin

www.voltige-harlekin.ch ▪ info@voltige-harlekin.ch

Kunstradfahrer Uster

www.kunstradfahrer-uster.ch ▪ 079 314 91 83 ▪ katrin_gubler@hotmail.com

Other clubs and societies**Musikschule Uster Greifensee**

www.msug.ch ▪ 044 940 78 00 ▪ msug@musikschule-msug.ch

Pfadi Uster-Greifensee

www.pfadi-uster-greifensee.ch ▪ 076 423 71 85 ▪ al@pfadi-uster-greifensee.ch

CEVI Uster

www.cevi-uster.ch ▪ 044 942 00 77 ▪ stephan.goeldi@cevi.ch

JuBla Uster

www.jubla-uster.ch ▪ 076 442 59 55 ▪ mibad@bluewin.ch

Modellfluggruppe Uster

www.mg-uster.ch ▪ 079 632 04 41 ▪ martin@wunderli.ch

OTHER LEISURE ACTIVITIES

Uster City and Regional Library

Uster City and Regional Library has around 50,000 media items: books, magazines, newspapers, films, games and much more. It also has a café, computer stations and WiFi.

Bankstrasse 17, 8610 Uster
044 944 77 50 • info@stadtbibliothek-uster.ch
www.stadtbibliothek-uster.ch

Toy Library

Uster Toy Library has games and toys for all ages. Even adults will find something fun here. There are different categories of games: board games, building and design, electronics, movement games and more.

Tannenzaunstrasse 8, 8610 Uster
044 940 05 81 • info@ludothek-uster.ch • www.ludothek-uster.ch

Dorfbad Uster

The Dorfbad is in the town centre. But it is still a place of calm that helps bring about relaxation. It is therefore an ideal place to escape hectic everyday life for a few hours. There is a swimming pool (25m), a pool for small children, a snack bar with lunch menus, a barbecue area and a children's play area.

Florastrasse 22, 8610 Uster
044 943 59 20 • dorfbad@uster.ch • www.uster.ch/dorfbad

Uster indoor pool

Switzerland's largest indoor pool has an Olympic-sized pool (50m), 2 swimming pools (25m), a slide (55m), a large area for small children, a spa area and a bistro.

Hallenbadweg 3, 8610 Uster
044 943 59 10 • hallenbad@uster.ch • www.uster.ch/hallenbad

Strandbad Uster

The Strandbad is in an idyllic location, right on the lake. It has a sports pool (50m), a paddling pool, a children's play area, two beach volleyball courts and a restaurant.

Uferweg 7, 8610 Uster

044 943 59 25 · strandbad@uster.ch · www.uster.ch/strandbad

Griffig climbing and squash hall

This facility has over 3,800m² of climbing space, 7 squash courts, a café, a climbing shop and a seminar room.

Hallenbadweg 2, 8610 Uster

044 515 95 77

Climbing hall: **www.griffig.com**

Squash hall: **www.squash-arena.ch**

Outdoor tracks

The outdoor tracks cater to many different tastes and allow you to practise individual sports activities. The Helsana-Trails and the Zurich Vitaparcours are for everyone to use – for fast racers as well as for leisurely joggers, and for young and old alike.

Helsana-Trail start: **Chalchtarenweg, 8615 Uster**

Mühliholzweg beim Findlingsgarten, 8610 Uster

Vitaparcours start: **Hallenbadweg, 8610 Uster**

www.uster.ch/anlagen

City of Uster

Childhood, Youth and Inclusivity department

Bahnhofstrasse 17

8610 Uster

044 944 72 06

079 876 72 92 (WhatsApp)

Email

Family and early-life support: **kindheit@uster.ch**

Children and young people: **jugend@uster.ch**

Clubs and societies: **vereine@uster.ch**