



Familienzentrum Mariengarten
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Overview of offers FZ Mariengarten until December 2024

Regular offer in the FZ Mariengarten

Singing circle for children with Margherita Kravina!

Singing takes place **every Wednesday from 3.15 pm - 4 pm** at the Mariengarten Family Centre! So, if you would like to sing along, then get in touch with us!
We look forward to welcoming lots of little singers!

Toddler group in the FZ Mariengarten / **Every tuesday from 9.30 am - 11.00 am**

New: Back gymnastics / with Zlatka Schuknecht

Tuesday, from 5.30 - 7 p.m. in the St. Bruno daycare centre, Stommelerbusch

Tibetan healing yoga in the FZ Mariengarten / with Anja Nogaitzig

Tuesday from 5.30 pm - 7 pm

and

Tuesday from 19.30 pm - 20.45 pm in the St. Bruno daycare centre, Stommelerbusch

Cafe International in the Mariengarten Family Centre

Thursday 4 to 6 pm, in the Mariengarten Family Centre, Christian-Klausmann-Str. 12, Pulheim Stommeln

Everyone is welcome - mums, dads, grandads and grannies, with children and without children - simply anyone who wants to meet and chat. We look forward to seeing everyone!

Parent-child gymnastics with Uschi Bonberg

Thursdays 3.15 to 4.00 p.m. Children aged 3 and over

Thursdays 16.15 to 17.00 Children from 2 - 3 years

Gymnastics with music with Uschi Bonberg

Thursdays 17.15 to 17.45 Children from 4 - 6 years

Dance fitness and fascia training with Bianca Breiter

Thursdays from 7 - 8 p.m. in the family centre



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Yoga for adults with Gitta Wawers

Mondays from 6.00 p.m. to 7.30 p.m. Course 1

Mondays from 19.30 to 21.00 Course 2

Wednesdays from 6.00 pm to 7.30 pm

The fee is payable to the course organiser and amounts to 15 euros for individual lessons. Course prices are staggered and must be agreed with Mrs Wawers.

QiGong with Sybille Schlüppen

At St. Bruno - Stommelerbusch day care centre

Adult course every Monday at 7 pm in the St. Bruno day care centre...

Kamishibai - The storytelling theatre

in the public library St. Martinus Stommeln, Hauptstr. 55

every first Thursday of the month (except during the holidays)

The next dates are: 05.09.*07.11.*05.12.2024

Further offer in the FZ Mariengarten until December 2024

Saturday, 07.09. from 10 am - 1 pm at FZ Mariengarten

The little medicine chest with Sylvie Côté / experiential educator, costs €10 per participant

Healing herbs from nature! In this workshop we will rediscover the healing power of some plants that we encounter in everyday life. We will make a small medicine chest for the little aches and pains of everyday life. A workshop for adults.

Saturday, 14.09. from 10 am - 1 pm in the FZ Mariengarten

Experiments around the penguin! Early research / in cooperation with Bildungswerk Rhein-Erft / costs €6 per child

An offer for children aged 4 - 7 with parents

In this course, participants learn a lot about the black and white Antarctic inhabitants through simple experiments and fun movement games, e.g. how do they protect themselves from the cold? Why do they waddle? Can penguins fly and what are their 'wings' for?



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From Friday 27 September, two FENKID courses (Minis/Maxis) will start at the St. Bruno daycare centre in Stommelerbusch / with Marelina Hüls / trained FenKid course instructor / 10 course units cost €30

FenKid® stands for: supporting the early development of children

Further information is available at: mail-famz-mariengarten@katholische-kirche-pulheim.de

From Tuesday, 01.10. from 15.30 - 16.30 FZ Mariengarten
Strong like a superhero / with Julia Deutsch / trained assertiveness and resilience trainer / for children aged 5 - 7 years / 4x / costs: €40

In a mix of role-playing games, movement units and discussion rounds, the children learn how to resolve conflicts confidently and non-violently, how to communicate clearly and how to stay calm and relaxed in difficult situations.

From Friday, 04.10. from 13 - 14.30 in the FZ Mariengarten
Baby massage / with Marelina Hüls / certified by DGBM e.V. / 6 x /
Cost € 10 per participant

Escape the stress of everyday life for a short time, enjoy time together and learn the techniques of baby massage.

Wednesday, 09.10. from 19.30 - 21 o'clock in the FZ Mariengarten
Parents' evening: Never go with a stranger! with Tamara Wasserkordt / trained prevention counsellor / costs €5 per participant / in cooperation with Bildungsforum Rhein-Erft.
How we make our children strong....

Saturday, 12.10. from 10 - 12.30 am at the FZ Mariengarten
All about snails! With Sylvie Côté / adventure educator / cost: €3 per participant
Snails are everywhere - but we don't really know much about these little animals. Become a snail expert at the FZ Mariengarten!

Saturday, 26.10.24 from 10 a.m. - 2 p.m. at FZ Mariengarten
First aid refresher course / organised by Emetra - Cologne / costs: €25 per participant

Was your FIRST AID course a few years ago? Here you have the opportunity to refresh your old knowledge and, if necessary, learn new important measures. The course is organised in cooperation with EMETRA: www.emetra.de.

Saturday, 02.11.24 from 3 - 6 pm in the FZ Mariengarten
The scary workshop! Organised by Frühem Forschen / An offer for accompanied children aged 4 - 7 years / Costs €6



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The scary workshop conducts scary experiments with us to scare, amaze and have fun!

From Friday, 15.11.24 from 3 - 3.45 pm / 4x / always Fridays / in the FZ Mariengarten

The horse workshop! With Natalie Herzogenrath / para-athlete / An offer for children aged 4 - 7 years / Costs: one-off €5

In our 4-week, inclusive workshop, all horse enthusiasts will learn a lot about horses. What breeds of horses are there, what do horses eat and do horses freeze in winter? And what do I actually need if I want to ride a horse?

Saturday, 16.11.24 from 10 a.m. - 2 p.m. at FZ Mariengarten

First aid for children course / organised by EMETRA Cologne / cost: €25 per participant

The 'First Aid for Children' course is aimed specifically at parents, grandparents, carers and anyone who has anything to do with children. The first aid for children course familiarises you with the most common child emergencies. You will receive concise background information and simple instructions for emergencies involving children.

ON SATURDAY, 14.12. FROM 10 AM - 12.30 PM

IT'S CHRISTMAS TIME AT THE FAMILY CENTRE!

WE WILL MAKE A COT IN A SHOE BOX / WITH SYLVIE CÔTÉ / cost: € 5 per participant

A WORKSHOP FOR CHILDREN AGED 4 - 7 ACCOMPANIED BY AN ADULT

Christmas is just around the corner and it's time for the nativity scene. Make a nativity scene out of natural materials with Sylvie Côté. Mum, dad or grandpa and grandma will help you with the crafting and provide assistance.

**Further information/registration for all courses at:
mail-famz-mariengarten@katholische-kirche-pulheim.de**