



Familienzentrum Mariengarten
Annette Guntermann
Christian-Klausmann-Str. 12
50259 Pulheim
Telefon 02238 305451
E-Mail: mail-famz-mariengarten@katholische-kirche-pulheim.de

Overview of offers FZ Mariengarten in the 2st KitaHJ 2024/25

Regular offer in the FZ Mariengarten

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

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



Familienzentrum Mariengarten
Annette Guntermann
Christian-Klausmann-Str. 12
50259 Pulheim
Telefon 02238 305451
E-Mail: mail-famz-mariengarten@katholische-kirche-pulheim.de

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: 06.02. / 06.03. / 03.04. / 08.05. / 05.06. / 03.07.

Further offer in the FZ Mariengarten until July 2025

Wednesday, 05.02. from 19.30 - 21.30 in the FZ Mariengarten

Prevention evening: Child sexuality and doctor games with Tamara Wasserkordt / prevention officer, costs €5 per participant / in cooperation with Bildungsforum Rhein Erft

Children discover their bodies and the differences between the sexes in a playful way. Sexual curiosity, touching and looking at each other, trying out how the body works and countless questions about love and sexuality are completely normal. Uncertainties about appropriate answers as well as cultural or institutional taboos stand in the way of a relaxed approach to sexuality. What is the difference between children's sexual curiosity, sexualised behaviour and sexual boundary violations? The aim is to sensitise children to sexuality and to achieve confidence in dealing with children's sexuality.

Saturday, 08.02. from 10 a.m. - 12 noon at FZ Mariengarten

The DINO workshop with Sylvie Côté / experiential educator, costs €5 per participant

The DINO workshop at the Mariengarten Family Centre offers interesting facts for young and old! You will learn more about dinosaurs and their lives at various stations. There will be a quiz, crafts and lots of new things to discover about dinosaurs - and a researcher's diploma awaits you as a reward at the end!

From Friday 14 February, three FENKID courses (Minis/Midis/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 Wednesday, 05.03. from 11.30 - 13.00 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.



Familienzentrum Mariengarten
Annette Guntermann
Christian-Klausmann-Str. 12
50259 Pulheim
Telefon 02238 305451
E-Mail: mail-famz-mariengarten@katholische-kirche-pulheim.de

Saturday, 08.03. from 10.00 - 12.00 at the FZ Mariengarten

Fit for spring with Sylvie Côté / Nature educator / Costs €5 per participant / An offer for adults

After a winter full of colds and unwanted kilos that have accumulated after Christmas and carnival, our body and mind need a little cleansing. This is called a detox cure or detoxification! Plants can be a great help here. In this workshop, we will make natural products to help us detoxify our bodies and get ready for spring.

Friday, 14 March from 4 - 6.15 p.m. in the FZ Mariengarten

Carve so that the chips fly! With Petra Hölter / Cost: €3 per participant

An offer especially for fathers/grandfathers with children/grandchildren

We will get to know the basic techniques of carving and practise them. Afterwards, everyone can create their own work of art, such as pendants, kitchen whorls, forest goblins or magic wands. There are no limits to your imagination and we will support each other in realising your ideas. We will also learn about the life of trees, the forest and wood as a material.

Wednesday, 27 March from 3 - 5 p.m. in the Martinushaus, Venloer Str. 546, Pulheim Stommeln
Living safely - not only in old age! With KHK Guido Kümpel / Rhein Erft District Police Authority / Crime Prevention, Victim Protection / The event is free of charge.

The dangers that people can be exposed to in everyday life are manifold:

Trick theft by people who want to get into your home. The grandson or the 'fake' police officer who tells a story in a phone call. But also a message in Messenger or a text message from an apparent daughter or son who ultimately wants to settle a supposed bill. All these methods are designed to get hold of people's belongings.

Saturday, 29 March 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.

From Friday 16 May, three FENKID courses (Minis/Midis/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: accompanying the early development of children

Further information is available at:

mail-famz-mariengarten@katholische-kirche-pulheim.de

Saturday, 17.05.25 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 works 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.



Familienzentrum Mariengarten
Annette Guntermann
Christian-Klausmann-Str. 12
50259 Pulheim
Telefon 02238 305451
E-Mail: mail-famz-mariengarten@katholische-kirche-pulheim.de

Monday, 26.05.25 from 19.30 - 21.00 in the FZ Mariengarten

Children are guests who ask about food / Eating education - eating relationship with Edith Gätjen / ecotrophologist, family therapist / cost: €5 per participant

In this lecture, these aspects will be explained so that a family meal is not only a time for feeding, but also a time for relationships and education.

From Wednesday, 06.06. - 11.07.2025 from 11.30 - 13.00 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.

On Saturday, 12.07. from 10 a.m. - 1 p.m. in the FZ Mariengarten

Criminalistics for kids / early research / cost: €5

A workshop for children aged 4 - 7 accompanied by an adult

Today we're going after the criminals, because we want to find out who robbed the jeweller Klunkergold's safe. In our little (fictitious) criminal case, the children will investigate the traces left behind at the crime scene, such as footprints or a mysterious white powder. We go on an exciting chemical and biological search for the perpetrator, which of course also requires a talent for deduction. The forensic scientists in the laboratory are on hand to help us systematically analyse and reconstruct our little crime.

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