



Familienzentrum Mariengarten
Annette Guntermann
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Overview of offers FZ Mariengarten in the 1st KitaHJ 2025/26

Regular offer in the FZ Mariengarten

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

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

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.



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Further offer in the FZ Mariengarten until January 2026

Wednesday, 3 September, from 4 to 5.30 p.m. at Martinushaus in Stommeln
Power of attorney with Andrea Wüsten / SkF Sozialdienst Katholischer Frauen Rhein-Erftkreis e.V.

Accidents, illness or old age can leave any of us in a position where we are no longer able to take responsibility for important matters in our lives. What does this mean in concrete terms? What things do I need to decide/determine in advance, also for the sake of my relatives, before such a situation arises?

Ms Wüsten from SkF Sozialdienst katholischer Frauen Rhein-Erft-Kreis e.V. will explain the most important points of power of attorney and answer your questions.

The event is free of charge, but registration (by email or at the library) is required.

Thursday, 4 September, 3.30–4.30 p.m.

KAMISHIBAI storytelling theatre at St. Martinus Public Library, Hauptstr. 55, Pulheim-Stommeln

Register at the library!

Starting Tuesday, 9 September, from 4 to 5 p.m. at FZ Mariengarten

Strong like a superhero / with Julia Deutsch / trained self-assertion and resilience coach / for children aged 5 to 7 / 4 sessions / cost: €40

Through a mix of role-playing, movement exercises and discussion groups, children learn how to resolve conflicts confidently and non-violently, how to communicate clearly and how to remain calm and relaxed in difficult situations.

Saturday, 20 September from 10 a.m. to 12 p.m. at FZ Mariengarten

Summer blossoms for the skin! / with Sylvie Côté / nature educator

A workshop for adults / Cost: €10

In summer, nature provides us with a variety of flowering plants that are not only beautiful to look at, but also have healing, soothing and nourishing properties. Whether marigold, chamomile, lavender or rose – many summer flowers contain special active ingredients that can soothe, regenerate and protect the skin. In this workshop, we will make various products – including an anti-ageing product!



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On Saturday, 27 September, from 10 a.m. to 1 p.m. at FZ Mariengarten
The Balloon Workshop / Run by Frühem Forschen / For children aged 4–7
accompanied by an adult / Cost: €5

It's going to be exciting, because today we're going to learn that air isn't nothing. We'll be working with colourful balloons and different gases. Many amazing experiments in which children learn about many physical and chemical phenomena in a playful way. As a highlight, each child will build their own aeromobile, which is powered by a balloon.

On Wednesday, 1 October, from 2:30 p.m. to 4:30 p.m. at Martinushaus
Living safely – not only in old age / With Guido Kümpel / Chief Inspector, Crime Prevention, Victim Protection

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 you to pay a supposed bill. All these tactics are designed to get hold of people's possessions.
The offer is free of charge, but registration (by email or at the library) is required.

On Thursday, 2 October, from 3:30 to 4:30 p.m.
The KAMISHIBAI storytelling theatre at the St. Martinus Public Library, Hauptstr. 55, Pulheim-Stommeln
Register at the library!

On Saturday, 11 and 12 October 2025, from 9 a.m. to 4 p.m. at FZ Hand in Hand, Von Bodelschwingh-Str. 25 in 50259 Pulheim
Certified babysitting course / Cost: €20 (€10 will be refunded upon successful completion).

An offer for young people between the ages of 14 and 18
The training course teaches young people the basic knowledge and skills they need to look after children safely and responsibly. The course covers the following topics: basics of childcare, communication, legal issues, first aid for children, safety in the home, nutrition and care, and dealing with difficult situations
Registration: by 1 October 2025 by email to: familienzentrum@hih-pulheim.de

Wednesday, 15 October, 7.30–9 p.m. at FZ Mariengarten
Parents' evening: Boundary-violating behaviour among children! with Tamara Wasserkordt / trained prevention consultant / cost €5 per participant / in cooperation with Bildungsforum Rhein-Erft

In this lecture, we will address the important topic of boundary-violating behaviour (hitting, biting, pushing) among children. What are the causes behind such behaviour and how can we respond appropriately? We will develop strategies for dealing with challenging behaviour in a loving and understanding way. Our goal is to strengthen the children's emotional competence, show them alternative strategies for dealing with situations and help them to regulate their feelings better.



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On Thursday, 6 November, from 3:30 to 4:30 p.m.

The KAMISHIBAI storytelling theatre at the St. Martinus Public Library, Hauptstr. 55, Pulheim-Stommeln

Register at the library!

Saturday, 22 November, 10 a.m. to 2 p.m. at FZ Mariengarten

First aid refresher course / conducted by Emetra - Cologne / Cost: €25 per participant

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

Saturday, 29 November 2025, 10 a.m. to 1 p.m. at FZ Mariengarten

The Spooky Workshop! Conducted by Frühem Forschen / For children aged 4-7 accompanied by an adult / Cost: €6

The Spooky Workshop will guide us through scary experiments that will give us the creeps, amaze us and show us how to have fun!

Wednesday, 3 December, from 4 to 5.30 p.m. at Martinushaus in Stommeln

Living wills with Andrea Wüsten / SkF Sozialdienst Katholischer Frauen Rhein-Erftkreis e.V.

What happens if I am no longer able to express my wishes? A living will allows you to make medical decisions in advance for emergencies - clearly, bindingly and in accordance with your personal values. What happens if I am no longer able to express my wishes? A living will allows you to make medical decisions in advance for emergencies - clearly, bindingly and in accordance with your personal values. Ms Wüsten from SkF Sozialdienst katholischer Frauen Rhein-Erft-Kreis e.V. explains the most important points of a living will and answers your questions.

The event is free of charge, but registration (by email or at the library) is required.

On Thursday, 4 December, from 3.30 p.m. to 4.30 p.m.

The KAMISHIBAI storytelling theatre at the St. Martinus Public Library, Hauptstr. 55, Pulheim-Stommeln

Register at the library!

On Saturday, 13 December, from 10 a.m. to 12.30 p.m. at the FZ Mariengarten

Christmas crafts! with Sylvie Côté / nature educator / Cost: €5

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

Christmas crafts at the FZ Mariengarten. The final programme has not yet been finalised! Mum, Dad or Grandma and Grandpa will help you with the crafts and give you guidance.



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Saturday, 31 January 2026, from 10 a.m. to 2 p.m. at FZ Mariengarten
First aid for children course / run by EMETRA Cologne / Cost: €25 per participant
The 'First Aid for Children' course is aimed specifically at parents, grandparents, educators 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 on what to do in an emergency involving a child.

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