

Our Family Centre invites you!

01.01.2024 – 31.07.2024



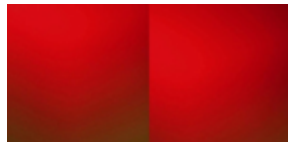
**Familienzentrum NRW Am Schlosspark /
Städt. Kindertageseinrichtung**

Almering 57

33104 Paderborn

Phone: 05254 / 7715

E-Mail: famz-schlosspark@paderborn.de



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Invitation for children

Cooking for children aged 4 to 6 years

Lead by: Nutritionist Jenny Förster

Date: 22.02.2024-19.03.2024
always Tuesdays

Time: 3 – 4pm

The aim of the cooking session is for the children to prepare their own little snacks. They have the opportunity to experience and try new and healthy food options.

During the last session we are inviting the parents and children to prepare something yummy together

Location: Familienzentrum NRW Am Schlosspark

Fee: free

Number of children: 7

Please register your interest until the 25th January 2024.

We will be in touch until the 13th February 2024 to let you know if you successfully got a place or not.

Invitation for children

Music for children aged 4 to 6 years

Lead by: *Rana Kutz*

Date: **09.01.2024-27.02.2024**
always Tuesdays

Time: **2 – 2.45 pm**

Musical education is a wonderful way to enhance your child's creativity, social development, speech and language skills.

The children will explore different instruments, songs and rhythms through play.

Location: Familienzentrum NRW Am Schlosspark

Fee: free

Number of children: 12

Unfortunately, the last music course had to be cancelled, therefore the children who were previously selected for this course will now have the chance to participate. No new children can be added. We apologise for any inconvenience this may cause.

Invitation for children

Physical training for children aged 3 to 4 years

Lead by: ASC Paderborn e.V. trainers

Date: **Monday, 08.04.2024**
Monday, 29.04.2024
Monday, 06.05.2024
Monday, 13.05.2024
Monday, 27.05.2024
Monday, 03.06.2024
Monday, 10.06.2024
Monday, 24.06.2024

Time: 2.30 – 3.30pm

Children love to move and be active. On a daily basis we experience how different children can be once they had the opportunity to be out and about. The aim of these sessions is for the children to have a better understanding of themselves and their surroundings. The children's needs and desires are the guiding force for the trainer to build on and create interesting and challenging PE sessions.

Location: Familienzentrum NRW Am Schlosspark

Fee: free

Number of children: 10

Please register until the 25th January 2024. We will be in touch until the 13th February 2024 to let you know if you successfully got a place or not.

Invitation for parents and children

Family Hiking Day

Lead by: Members of staff of the Family Centre

Date: Saturday, 08.06.2024

Time: 9.30am till about midday

We would love to spend a fun day outdoors together with you and your children. Some interesting activities along the way make the whole hike even more fun. The children can explore nature around them and collect many interesting items. At the end we will all get together to have a picnic.

Starting point: Familienzentrum NRW Am Schlosspark

Fee: free

Number of participants: open

Please register your interest till the 24th May 2024.

Invitation for parents and children

Baby massage inspired by Leboyer

Lead by: *Midwife Dorothe Franke*

Date: **Monday, 08.01.2024**
Monday, 15.01.2024
Monday, 22.01.2024

Time: **9:15 till 10:15am**

We are offering a peaceful and warm surrounding with relaxing music where Mums and Dads are invited to massage their naked baby with oils under the guidance of an experienced midwife. The massages are a bonding opportunity for you as new parents with your baby. Massages are also benefitting the babies breathing, circulation, digestion, the nervous system and glands. Your baby will learn to relax through the massages.

Location: Familienzentrum NRW Am Schlosspark

Fee: free

Number of participants: 6 Mums/Dads with their newborns

Aged at least 6 weeks till 6 months. Babies older than 6 months can't participate.

Please register till the 18th December 2023

We will be in touch until the 21st December 2023 to let you know if you successfully got a place or not.

Invitation for parents and children

Baby massage inspired by Leboyer

Lead by: Midwife Dorothe Franke

Date: Monday, 15.04.2024
Monday, 22.04.2024
Monday, 29.04.2024

Time: 9:15 till 10:15am

We are offering a peaceful and warm surrounding with relaxing music where Mums and Dads are invited to massage their naked baby with oils under the guidance of an experienced midwife. The massages are a bonding opportunity for you as new parents with your baby. Massages are also benefitting the babies breathing, circulation, digestion, the nervous system and glands. Your baby will learn to relax through the massages.

Location: Familienzentrum NRW Am Schlosspark

Fee: free

Number of participants: 6 Mums/Dads with their newborns

Aged at least 6 weeks till 6 months. Babies older than 6 months can't participate.

Please register till the 28th March 2024.

We will be in touch until the 4th April 2024 to let you know if you successfully got a place or not.

Invitation for parents and children

ElternstartNRW

Lead by: *Tanja Wischer*

Date: every Wednesday from the
03.01.2024 till the 20.03.2024
 (This could be extended.)

Time: 9 till 10.30am

This course is aimed at parents with children under the age of 2 years. During the ElternStartNRW sessions, parents have the opportunity to experience their child's development in much more depth and have the chance to chat to other parents. Parents will receive suggestions, tips and tricks for family life with a baby and/or small child.

Location: Familienzentrum NRW Am Schlosspark

Fee: free

Number of participants: open

Please register until the 3rd January 2024.

We will be in touch until the 4th January 2024 to let you know if you successfully got a place or not.



Grandparents and their grandchildren

A morning with Oma and Opa

Lead by: Members of staff of the FamZ

Date: Saturday, 13.04.2024

Time: 9 till 11.30am

For this event we are inviting the grandparents and their grandchildren into our setting for a morning of arts and crafts, playing, looking at books and much more.

Together you can discover every area of our wonderful Kindergarten.

Obviously if no grandparents are available other senior members of the community and friends and family are welcome to spend some time with your child at our Kindergarten.

Location: Familienzentrum NRW Am Schlosspark

Fee: free

Number of participants: open

Please register till the 28th March 2024.

We will be in touch until the 4th April 2024 to let you know if you successfully got a place or not.

Invitation for parents

Parenting Cafè for the parents of our Kindergarten and from the surrounding area of Schloss Neuhaus

These events are led by members of staff of our Kindergarten

Dates: **18.01.2024**
 15.02.2024
 14.03.2024
 11.04.2024
 16.05.2024
 13.06.2024
 11.07.2024

Time: **1.30 – 2.45pm**

All parents are welcome to come along for a chat and some tea and coffee. We will all meet in the entrance area of the Kindergarten.

There is no need for you to tell us beforehand that you will be joining us. Just show up! We are looking forward to having you.

Location: **Familienzentrum NRW Am Schlosspark**

Fee: **free**

Numbers of participants: **unlimited**

Invitation for parents

Rucksack-Kita-Program

Lead by: *Michaela Krupa*

Date: **from the 04.09.2023 for about one year**

Time: **9:30 - 10.30am**

This program is aimed at families with a multicultural background and their children aged 4 to 6 years old. The aim of the Rucksack-Kita-Program is to enhance and develop the children's speech and language skills, not just in their native language but also in German. The whole course is led by one of our mothers (parent helper) and one of our qualified members of staff.

Please register your interest with us as soon as possible.

Location: **Familienzentrum NRW Am Schlosspark**

Fee: **free**

Numbers of participants: **unlimited**

Invitation for parents

Postnatal Gymnastics

Lead by: Midwife Elisa Düchting

Dates: 06.02.2024
13.02.2024
20.02.2024
27.02.2024
(always Tuesdays)

Time: 9.15 – 10.15am

The aim of the course is to rebuilt stomach muscles, strengthen the pelvic floor and train the muscles in the back. After some warming up exercises our experienced midwife will lead you through the different exercises. New mothers should re-gain better control over their pelvic floor which can suffer with every pregnancy and birth. At the end of the course the women should feel much better and regain some of their self-confidence.

Please register till the 25th January 2024.

We will be in touch until the 31st January 2024 to let you know if you successfully got a place or not.

Location: Familienzentrum NRW Am Schlosspark

Fee: free

Number of participants: 10 mum's and their newborns

Invitation for parents

Postnatal Gymnastics

Lead by: *Midwife Jennifer Grein*

Dates: 09.04.2024
16.04.2024
23.04.2024
30.04.2024
(always Tuesdays)

Time: 9.15 – 10.15am

The aim of the course is to rebuilt stomach muscles, strengthen the pelvic floor and train the muscles in the back. After some warming up exercises our experienced midwife will lead you through the different exercises. New mothers should re-gain better control over their pelvic floor which can suffer with every pregnancy and birth. At the end of the course the women should feel much better and regain some of their self-confidence.

Please register till the 21st March 2024.

We will be in touch until the 27th March 2024 to let you know if you successfully got a place or not.

Location: Familienzentrum NRW Am Schlosspark

Fee: free

Number of participants: 10 mum's and their newborns

Invitation for parents

Clothing Bazaar

Date: Saturday, 09.03.2024

Time: 9.30 - 11.30am

We are offering free spring/summer clothing and shoes for children, teens and adults.

If you would like to donate any appropriate clothing, please drop it off to us during our regular opening times until the 1st March 2024. Our opening times are Monday to Friday 7.15am till 4.30pm.

Every adult and every child can take up to 8 pieces of clothing home with them.

Location: Familienzentrum NRW Am Schlosspark

Fee: free

Number of participants: unlimited

Invitation for parents

Single parent meet-up

Date: Saturday, 24.02.2024

Time: 9.30 – 11.30am

With a separation and/or divorce comes lots of legal issues that need to be clarified, especially when children are involved. At the single parents meet-up you will have the opportunity to ask questions around the topic of separation/divorce and dive deeper into everything regarding being a single parent. A local lawyer Mrs Schmitz will be there to answer any questions to the best of her abilities.

First of all, there will be a breakfast where you will have the opportunity to get to know each other and chat. Afterwards you will have the chance to ask Mrs Schmitz anything regarding separation, divorce and single parenting.

While you're busy with the lawyer and chatting with the other lone parents, your children will be looked after by our qualified members of staff.

Please register your interest until the 9th February 2024.

Location: Familienzentrum NRW Am Schlosspark

Fee: free

Number of participants: unlimited

Invitation for parents

Parents evening – „Truths and lies about treating children homoeopathically

Speaker: *Alternative Practitioner Susanne Ewald*

Date: **Monday, 22.01.2024**

Time: **7.30 till 9pm**

During this evening you will get an insight into treating your children homoeopathically. There will be room to get a better understanding of what homoeopathic is, how it can be used as an acute ailment and as a treatment for chronic conditions. Furthermore, the risks of self-medication and acceptable self-medication will be discussed. There will be an opportunity to discuss the topic and ask questions.

Please register till the 17th January 2024.

Location: **Familienzentrum NRW Am Schlosspark**

Fee: **free**

Number of participants: **unlimited**

Invitation for parents

Parents evening – Childhood Sexuality; everything you always wanted to know and should really know!

Speaker: Sexual educator *Manuela Wohlgethan*

Date: Thursday, 14.03.2024

Time: 7 till 9pm

We would like to invite you all to this parents evening about sexual education of children. This topic is a bit of a taboo in today's society but it definitely shouldn't be. Once the children start with their doctor games many questions are raised, like; What's normal? What's part of a child's sexual development? What about our sense of shame? When do I need to have the chat with my child? What's the best way to deal with the topic of childhood sexuality? All these questions and of course your own questions will be answered during this evening. We will offer a range of different books which are all related to this topic.

Please register your interest with us until the 17th January 2024.

Location: Familienzentrum NRW Am Schlosspark

Fee: free

Number of participants: unlimited

Invitation for parents

Parents evening – A journey of discovery at the dinner table, there's more than Nutella and pasta

Speaker: Nutritionist Jenny Förster

Date: Wednesday, 17.04.2024

Time: 7.30 till about 9.30pm

Once children outgrow the stage of purees a journey of discovery begins. Discovering likes and dislikes and starting to form habits lasting a lifetime. Parents are acting as role models during this process. We are looking at the impact of the child's culture and family on their likes or dislikes when it comes to food. However, every child can learn to eat right. Help your child choose the right path.

During this parents' evening you will receive a variety of tips and tricks how you can introduce your child to a variety of different foods. There will also be the opportunity to ask questions and discuss the topic further in the community.

Please register your interest for this event until the 17th January 2024.

Location: Familienzentrum NRW Am Schlosspark

Fee: free

Number of participants: unlimited

Invitation for parents

Parents evening “Digital media for children”

Organiser: Stadtbibliothek Paderborn (City Library)

Date: Tuesday, 11.06.2024

Time: 7pm

Staff of the city library are introducing you to the world of digital media for children. You get to know a variety of different medias and roboters which can help stimulate your children’s development. You have the opportunity to try out several of the introduced medias.

Please register for this event until the 4th June 2024.

Location: Familienzentrum NRW Am Schlosspark

Fee: free

Number of participants: at least 7 participants are needed for this event to go ahead

Open consultation hour

MiCado – Specialist for Integration and Migration

Contact person: *Frau Bröckling, Frau Dembowski,
Frau Bartmann*

Date: always Wednesdays

Time: 11 – 12pm

No previous registration necessary!

Contact person: *Frau Bröckling, Frau Dembowski,
Frau Bartmann*

These consultation hours are aimed at people with escape experiences. This specialist service can help and accompany you with the following topics:

- **Asylum laws and the rights of residency**
- **Family reunification, allocation and redistribution**
- **Social benefits**
- **Accommodation and housing problems**
- **School, daycare and leisure time**
- **Work permits and job search**
- **Health problems, pregnancy, psychological stress and trauma**
- **Voluntary travel and return advice**
- **Education, family and relationships**

Open consultation hour

Social Advice Centre - AWO & Diakonie

Date: 09.01.2024
06.02.2024
05.03.2024
09.04.2024
07.05.2024
04.06.2024

No previous registration necessary!

Time: 8.30 till 10am
Location: Familienzentrum NRW Am Schlosspark
Cost: none

Contact person: Melanie Schwede & Jörg Witton

We can support you with:

- **Various application (ALG ½, housing benefits, child benefit, child allowance, education and participation, residence permit)**
- **Personal and family concerns (e.g. financial worries, parenting issues, etc)**
- **Questions regarding career choices and starting to work (application, CVs, preparing for job interviews)**
- **Needs based placement with other specialist services and institutions.**

Open consultation hour

Caritas – Educational Advice Services

This consultation hour is offering advice, support and assistance when it comes to questions and family problems; e.g. on any of the following topics:

- Questions about raising children and their development
- Problems and crises in family life
- Separation and divorce
- Behavioural problems, psychological and psychosomatic problems
- Problems in relationships

No registration necessary!

Dates: Please ask us! We can let you know when the Caritas is visiting us next.

Location: Familienzentrum NRW Am Schlosspark

Open consultation hour

Agentur für Arbeit

Employment agency

This advisory service is aimed at adults,

- who want to start a new career or want to reorient themselves professionally,
- who do not yet have any qualifications and/or have limited professional qualifications,
- who are finishing their training or studies in the next 12 months and would like advice on their career prospects,
- who would like to trips and tricks for the applications process.

Date: 04.03.2024

Time: 8.30 – 10.30am

Location: Familienzentrum NRW Am Schlosspark

Please register with us for this consultation.

Contact person: Mrs Dunsche

Other family centres you might be interested in

Familienzentrum NRW Schloß Neuhaus

Connected Kindergarten and their contact person:

Kita Lippekinder Carolin Dierk 05251/8815401

Kita Spielwiese Christina Bokelmann 05254/3335

Kita Waldblick Christin Kringel 05254/9312560

Residenzstraße 4, 33104 Paderborn

Mail: famz-sn@paderborn.de

Familienzentrum NRW - städt. Kita Sande

Contact person: Birgit Hericks 05254/806160

Karl-Korthaus-Straße 45, 33106 Paderborn

Mail: famz-sande@paderborn.de

Familienzentrum NRW St. Christophorus Sennelager

Contact person: Doris Potthast 05254/4204

Sennelager Straße 181, 33104 Paderborn

Mail: familienzentrum@caritas-pb.de

REGISTRATION FORM



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Almering 57

33104 Paderborn

Phone: 05254 / 7715

E-Mail: famz-schlosspark@paderborn.de

REGISTRATION FORM

I would like to register myself and/or my child for the following event:

at the Familienzentrum NRW Am Schlosspark an.

Surname: _____

Name: _____

Child's surname: _____

Child's name: _____

Child's birthday: _____

Address: _____

Phone number: _____

E-Mail: _____

Date

Signature

Notice: *In case the course/event won't be happening, you will be notified.*

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