



SOS  
KINDERDORF

Dortmund

SOS-Kita und Familienzentrum

# Krönchen

A joint offering within the **ZEBRA**,  
centre for encounter, advice and exchange

Agenda  
1st half  
of 2024 -  
english  
version



SOS-Kita  
Krönchen

FAMILIEN  
ZENTRUM  
NRW.

**ZEBRA**  
ZENTRUM FÜR BEGEGNUNG,  
RAT UND AUSTAUSCH

**Dear reader,**

**welcome** at our **"Familienzentrum Krönchen" - family centre „Krönchen“!**

We are excited to present the agenda for the first half of 2024 under a new name, as the **ZEBRA** (centre for encounter, advice and exchange) and the daycare **„Kita Krönchen“** come closer together. We are currently in the process of becoming a **family centre**, which is expected to be completed in summer 2024.

As you will see on the upcoming pages, for you not much is going to change: we remain your **reliable and professional point of contact** in the **„Kaiserstraßenviertel“**-neighbourhood – **for you, your children and your entire family.**

The **agenda for the first half of 2024** starts on January 8 and ends with the beginning of the summer holidays on July 5. A holiday program is planned for the easter and summer holidays. Once the plans are finalised, we will announce the respective holiday program through posters at the ZEBRA and on our website. You can also access the relevant page through the **QR-code** on the back of this program booklet.

Warm regards and **see you soon at the Familienzentrum Krönchen,**

**Klaudia Klamann-Yildiz** (ZEBRA-coordinator) und **Sinah Weiland** (Head of the daycare centre Kita-Krönchen)



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# Monday

## Open Café

Young and elderly, alone or accompanied by your friends and families - you are all welcome to visit the open café at our ZEBRA, where you can enjoy a cup of coffee and a piece of cake every Monday from 2 PM to 4 PM and every Wednesday from 3 PM to 5 PM. Socialize with friends, acquaintances, and other members of the community while enjoying music and games. Everything in a cosy atmosphere!

## Open for everyone

### Dates

Every Monday, 2 PM – 4 PM

Every Wednesday, 3 PM – 5 PM

### Location

ZEBRA – Zentrum für Begegnung, Rat und Austausch  
Kronprinzenstraße 89  
44135 Dortmund

### Information

If you have any question about the agenda, please contact our ZEBRA -coordinator, Klaudia Klamann-Yildiz.

Phone: 0231 5347199-40

Mail: [Klaudia.klamann@sos-kinderdorf.de](mailto:Klaudia.klamann@sos-kinderdorf.de)

# Monday

## Parents and Baby playgroup

In this offering you have the opportunity to be aware of your child at every stage of their development during their first year and to stimulate them through play and movement. Childrens make their first experiences in interacting with peers.

This course is led by a freelance motor skills therapist. Please bring your own blanket for crawling.

**Offer for: Infants (4 months - 1 year) and at least one parent.**

**Fixed group with registration for ten sessions. Register by phone or email with Klaudia Klamann-Yildiz.**

### Dates

Every Monday, 10:00 AM - 11:00 AM,  
starting from 8th January (Note: does not take place during school holidays!)

### Course Fee

11 Euro per session (total of 10 sessions = 110€)

### Course Instructor

Sabine Jücker-Lerch

### Contact Person

Klaudia Klamann-Yildiz

Phone: 0231 5347199-40

Mail: [klaudia.klamann@sos-kinderdorf.de](mailto:klaudia.klamann@sos-kinderdorf.de)

### Location

„Bewegungsraum“ / gymnasium of  
Kita Krönchen  
Kronprinzenstraße 89  
44135 Dortmund



## Tuesday

### Open Consultation by „Lokal Willkommen“

The integration network 'Lokal Willkommen' provides open consultations in German and Arabic for refugees and immigrants living in the city's eastern and western districts. The staff is available once a month to assist with questions regarding local offerings, voluntary engagement, or participation in projects. Furthermore, they provide assistance with everyday problems to facilitate integration in the district. This includes support for communication with authorities or explaining official documents.

#### Dates

Starting in January, every third Tuesday of each month:

- 16th January, 1 PM - 4 PM
- 20th February, 1 PM - 4 PM
- 19th March, 1 PM - 4 PM
- 16th April, 1 PM - 4 PM
- 21st May, 1 PM - 4 PM
- 18th June, 1 PM - 4 PM

#### Contact Person

Klaudia Klamann-Yildiz

Phone: 0231 5347199-40

Mail: [klaudia.klamann@sos-kinderdorf.de](mailto:klaudia.klamann@sos-kinderdorf.de)

#### Location

ZEBRA - Zentrum für Begegnung, Rat und Austausch  
Kronprinzenstraße 89  
44135 Dortmund



## Tuesday

### Handicraft Afternoon for Young and Old

This offering brings together individuals of all ages in the neighbourhood. It is intended for younger and older people who want to meet and spend time together. The handicraft afternoon includes painting, handicrafts and the use of our workroom in the basement.

**Craft materials are provided free of charge, and drinks and cake are available at affordable prices.**

**Open offering with registration for everyone (Klaudia Klamann-Yildiz requests registration due to limited space. Contact details below.)**

#### Dates

Starting from January, every second Tuesday of each month (Note: does not take place during school holidays!)

- 9th January, 3 PM - 5 PM
- 13th February, 3 PM - 5 PM
- 12th March, 3 PM - 5 PM
- 9th April, 3 PM - 5 PM
- 14th May, 3 PM - 5 PM
- 11th June, 3 PM - 5 PM

#### Course Instructors

Sarah Spataro, Andreas Weiß and Constanze Wiemann

#### Contact Person

Klaudia Klamann-Yildiz

Phone: 0231 5347199-40

Mail: [klaudia.klamann@sos-kinderdorf.de](mailto:klaudia.klamann@sos-kinderdorf.de)

#### Location

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Kronprinzenstraße 89  
44135 Dortmund

## Tuesday

### Postpartum Gymnastics (without children)

The postpartum gymnastics course aims to restore balance to the muscles that were stressed during pregnancy and childbirth, with special attention given to the oblique abdominal muscles and the pelvic floor muscles. Each class concludes with a brief relaxation session. The postpartum gymnastics are led by the experienced midwife Kati Tiegel. Please remember to bring a gymnastics mat, towel, blanket, and a drink.

**Offer for: Women after pregnancy and 2 - 6 months after childbirth.**

**Fixed group** with registration for eight sessions.  
**Register by phone or email with Klaudia Klamann-Yildiz.**

#### Dates

every Tuesday, 6 PM - 7:15 PM,  
starting from January 9th

#### Course Fee

The costs for the course are usually covered by health insurance. Information will be provided before the start of the course by midwife Kathi Tiegel.

#### Course Instructor

Kati Tiegel

#### Contact Person

Klaudia Klamann-Yildiz

Phone: 0231 5347199-40

Mail: [klaudia.klamann@sos-kinderdorf.de](mailto:klaudia.klamann@sos-kinderdorf.de)

#### Location

„Bewegungsraum“ / gymnasium of Kita Krönchen  
Kronprinzenstraße 89  
44135 Dortmund



# Wednesday

## Open Café

Young and elderly, alone or accompanied by your friends and families - you are all welcome to visit the open café at our ZEBRA, where you can enjoy a cup of coffee and a piece of cake every Monday from 2 PM to 4 PM and every Wednesday from 3 PM to 5 PM. Socialize with friends, acquaintances, and other members of the community while enjoying music and games. Everything in a cosy atmosphere!

## Open for everyone

### Dates

Every Monday, 2 PM – 4 PM

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### Location

ZEBRA – Zentrum für Begegnung, Rat und Austausch  
Kronprinzenstraße 89  
44135 Dortmund

### Information

If you have any question about the agenda, please contact our ZEBRA -coordinator, Klaudia Klamann-Yildiz.

Phone: 0231 5347199-40

Mail: [Klaudia.klamann@sos-kinderdorf.de](mailto:Klaudia.klamann@sos-kinderdorf.de)

# Wednesday

## Open Language Café

The Open Language Café would like to invite you to join us for a weekly coffee meeting every Wednesday morning in our offices. This is an opportunity to enhance your German language skills, expand your network, and receive any necessary support in the form of advice and information, all in a relaxed and welcoming atmosphere.

### Open course for adults

**This offering is free of charge!**

#### Dates

Every Wednesday, 10 AM - 11 AM,  
starting from January 10th

#### Course Instructor

Barbara Reil

#### Contact Person

Klaudia Klamann-Yildiz

Phone: 0231 5347199-40

Mail: [klaudia.klamann@sos-kinderdorf.de](mailto:klaudia.klamann@sos-kinderdorf.de)

#### Location

ZEBRA

Kronprinzenstraße 89

44135 Dortmund



# Wednesday

## Reading Session at ZEBRA

Whether alone or together, big or small, old or young – reading is fun! Because we all love good stories. (Pre-)Reading is not only enjoyable but also supports children's development in various ways: It helps children to expand their vocabulary, stimulates their imagination, and promotes the development of their brain, curiosity, and emotions. Reading is essential for learning and the entire educational pathway. When children are read to regularly, they develop a positive connection to reading and books. That's why elementary school teacher Henrike Kleischmann offers a regular reading session at ZEBRA

**Open offer for: Children and their parents.**

**This offering is free of charge!**

### Dates

Every last Wednesday of each month, 3 PM - 4 PM  
(except during holidays)

- 31st January, 3 PM - 4 PM
- 28th February, 3 PM - 4 PM
- 24th April, 3 PM - 4 PM
- 29th May, 3 PM - 4 PM
- 26th June, 3 PM - 4 PM

### Course Instructor

Henrike Kleischmann

### Contact Person

Klaudia Klamann-Yildiz

Phone: 0231 5347199-40

Mail: [klaudia.klamann@sos-kinderdorf.de](mailto:klaudia.klamann@sos-kinderdorf.de)

### Location

ZEBRA

Kronprinzenstraße 89

44135 Dortmund

## Wednesday

### Children's Yoga (Course I and Course II)

Yoga is an excellent way to enrich children's lives. The sessions focus on the joy of movement and self-discovery, allowing children to learn relaxation exercises that they can apply independently in their daily lives.

The children should wear comfortable, sporty clothing and bring a drink.

**Offer for: Children between the ages of 4 and 10.**

**This offering is free of charge!**

**Fixed group with registration. Register by phone or email with Klaudia Klamann-Yildiz, contact details below.**

#### Dates

Course I (4 - 6 years) from 7th February to 13th March, every Wednesday from 4 PM to 5 PM (6 sessions)

Course II (7 - 10 years) from 10th April to 22nd May, every Wednesday from 4 PM to 5 PM (6 sessions)

#### Course Instructor

Marie Vedder

#### Contact Person

Klaudia Klamann-Yildiz

Phone: 0231 5347199-40

Mail: [klaudia.klamann@sos-kinderdorf.de](mailto:klaudia.klamann@sos-kinderdorf.de)

#### Location

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Kronprinzenstraße 89

44135 Dortmund

# Wednesday

## Yoga for Adults

Our partner Strahlkraft Dortmund (formerly Cool Yoga) offers Vinyasa Yoga classes for adults (beginners and advanced). Vinyasa Yoga synchronizes movements with breath, creating a dynamic flow that challenges the body and calms the mind.

Please wear comfortable, sporty clothing and ideally, bring your own mat.

### Offer for: Adults

**Fixed group** with registration. Register by phone or email with Klaudia Klamann-Yildiz, contact details below.

#### Dates

Every Wednesday, 7 PM to 8:15 PM, starting from 10th January

#### Course Fee

15 Euro per Session (total of 8 sessions = 120€)

#### Course Instructor

Luisa Kern, Strahlkraft Dortmund

#### Contact Person

Klaudia Klamann-Yildiz

Phone: 0231 5347199-40

Mail: [klaudia.klamann@sos-kinderdorf.de](mailto:klaudia.klamann@sos-kinderdorf.de)

#### Location

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Kronprinzenstraße 89  
44135 Dortmund

# Thursday

## Open Consultation

During the open counselling session, you have the opportunity to discuss daily and parenting issues, administrative matters or any other concerns you may have. We are also happy to provide advice and support regarding educational topics and participation.

Social worker Klaudia Klamann-Yildiz is available to assist you with advice and action or simply lend a listening ear. If the regular time does not suit you, you are welcome to schedule an appointment with Klaudia Klamann-Yildiz outside of these fixed consultation hours.

**This offering is open for everyone and free of charge!**

### Dates

Every Thursday, 10 AM - 11 AM, starting from 11th January. (Note: Unfortunately, the sessions on 28th March, 4th April, and 4th July had to be cancelled.)

### Contact Person

Klaudia Klamann-Yildiz

Phone: 0231 5347199-40

Mail: [klaudia.klamann@sos-kinderdorf.de](mailto:klaudia.klamann@sos-kinderdorf.de)

### Location

ZEBRA

Kronprinzenstraße 89

44135 Dortmund



## Thursday

### Children's Dance (Course I and Course II)

This offering is for children between the ages of 4 and 10 who enjoy dancing. Here, they will playfully learn their first dance movements and practice simple choreographies. It promotes body awareness, posture, and coordination. There are two courses, divided by the age of the children, each taking place twice a month. Children should wear comfortable, sporty clothing and bring a drink.

**This offering is free of charge!**

**Fixed group** with registration for the period from January to June. Registration possible until 22nd December, by phone or email with Klaudia Klamann-Yildiz, contact details below

#### Dates

Course I (4 - 6 years):

starting from 18th January, every first and third Thursday of each month, 3:30 PM - 4:15 PM

Course II (7 - 10 years):

starting from 11th January, every second and fourth Thursday of each month, 3:30 PM - 4:15 PM

#### Course Instructor

Sonia Gonzalez Perrez Torrado

#### Contact Person

Klaudia Klamann-Yildiz

Phone: 0231 5347199-40

Mail: [klaudia.klamann@sos-kinderdorf.de](mailto:klaudia.klamann@sos-kinderdorf.de)

#### Location

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Kronprinzenstraße 89  
44135 Dortmund

## Friday

### Family Info Point - (FIP Café)

Join us every Friday morning for the Parents Café, where you can meet other parents in a friendly setting, enjoy a cup of coffee, and share experiences. Your children can play in our play area during this time.

On the second Friday of each month, Diana Drews from the Family Office Downtown will be present to provide advice on family-related matters if needed.

On the fourth Friday of every month, Midwife Mrs. Kati Tiegel offers an open midwife consultation session at the Parents Café (see page 17).

**Offer for: Parents (children are welcome too)**

**This offering is open for everyone and free of charge!**

#### Dates

Every Friday from 10 AM - 12 PM, starting from 12th January

#### Contact Person

Klaudia Klamann-Yildiz

Phone: 0231 5347199-40

Mail: [klaudia.klamann@sos-kinderdorf.de](mailto:klaudia.klamann@sos-kinderdorf.de)

#### Location

ZEBRA

Kronprinzenstraße 89

44135 Dortmund



## Friday

### Open Midwife Consultation

Kati Tiegel is a midwife who is happy to answer all questions related to pregnancy, childbirth, and the postpartum period. For all your fears, worries, and concerns, you will find an open ear, and you can discuss anything that is on your mind. Whether it's issues during pregnancy or adjusting to daily life with a child, Kati Tiegel is here to help with her expertise.

**Offer for: Parents (children are welcome too)**

**This offering is open for everyone and free of charge!**

#### Dates

Every fourth Friday of the month, starting from 26th January:

- 26th January, 10 AM - 12 PM
- 23rd February, 10 AM - 12 PM
- 22nd March, 10 AM - 12 PM
- 26th April, 10 AM - 12 PM
- 24th May, 10 AM - 12 PM
- 28th June, 10 AM - 12 PM

#### Course Instructor

Kati Tiegel

#### Contact Person

Klaudia Klamann-Yildiz

Phone: 0231 5347199-40

Mail: [klaudia.klamann@sos-kinderdorf.de](mailto:klaudia.klamann@sos-kinderdorf.de)

#### Location

ZEBRA

Kronprinzenstraße 89

44135 Dortmund

## Special Events

### Parent Information Sessions

In this series of events, parents receive regularly information on various educational topics. They also have the opportunity to exchange ideas with other parents and make connections.

**Please note:** Due to limited space, registration for each session is required.

**This offer is free of charge!**

- **Thursday, 25th January, 3 PM - 4:30 PM:**  
**„Growing up with digital media“**  
*hosted by Lisa Drechsler, educator at the daycare  
„Kita Krönchen“*  
„Most of us grew up with digital media, and the same is true for your children. Nowadays, we and your children enjoy using the vast variety of digital media available to us. While many media are tools that offer several advantages, there are also risks. Parents and legal guardians often have questions and concerns about this topic. This event is about exchanging ideas and clarifying questions. Additionally, we bring a variety of materials that should provide you and your children with support and information in dealing with digital media.“

More Parent Information Events are currently being planned and will be announced through posters and on our website.

#### Contact Person

Klaudia Klamann-Yildiz

Phone: 0231 5347199-40

Mail: [klaudia.klamann@sos-kinderdorf.de](mailto:klaudia.klamann@sos-kinderdorf.de)

#### Location

ZEBRA

Kronprinzenstraße 89

44135 Dortmund

## **Additional Information**

### **Counselling and Support Services**

#### **Counselling on Intercultural Opening for Parents and Professionals**

If required, we also offer counselling on issues related to intercultural opening. Please arrange an appointment with our contact persons (see below).

This service is free of charge!

Appointments are required.

Contact persons:

Gabi Polle (facility director of SOS-Kinderdorf Dortmund) and Detlef Palme (Department Head for the Kinderdorf-family and for outpatient clearing)

Phone: 0231/5347199-0

Mail: kd-dortmund@sos-kinderdorf.de

#### **Family and Educational Consulting**

In addition to our open consultation (Thursdays, 10:00 AM - 11:00 AM), you also have the opportunity to schedule a counselling appointment with Detlef Palme, a systemic family therapist, for topics related to family and education. We are also happy to assist you in scheduling an appointment with one of our cooperating educational counselling centres.

This service is free of charge!

Appointment scheduling as needed.

Contact persons:

Detlef Palme (Department Head for the Kinderdorf-family and for outpatient clearing) and Klaudia Klamann-Yildiz (ZEBRA-coordinator)

Phone: 0231/5347199-0

Mail: kd-dortmund@sos-kinderdorf.de

## **Additional Information**

### **Counselling and Support Services**

#### **Child Day Care**

Do you have childcare needs beyond the opening hours of the daycare centre or on weekends? Did you not secure a daycare spot for your child? We are happy to provide information on the necessary procedures and assist you in contacting the relevant authorities.

This service is free of charge!

Appointment scheduling as needed.

Contact Person:

Sinah Weiland (Head of Kita Krönchen)

Phone: 0231/5347199-50

Mail: [sinah.weiland@sos-kinderdorf.de](mailto:sinah.weiland@sos-kinderdorf.de)



## Additional Information

### Book exchange shelf for children



**Our family centre provides a book exchange shelf for children.**

„Old,“ already read books should not simply be thrown away, instead we encourage the reuse of books. This way, other children who may not have come across them yet can benefit from them. That's how our book exchange shelf in the family centre works. Children place their „old“ books on our book exchange shelf and, if they wish, they can take another book in return. Children are also welcome to borrow books from the shelf.

This service is free of charge!

Contact Person:

Klaudia Klamann-Yildiz (Koordinatorin ZEBRA)

Phone: 0231/5347199-40

Mail: [klaudia.klamann@sos-kinderdorf.de](mailto:klaudia.klamann@sos-kinderdorf.de)

## **Are you interested in volunteering at the family centre at SOS-Kinderdorf Dortmund?**

**If you enjoy working with others and would like to support our work with children and their families, then you're in the right place at SOS-Kinderdorf Dortmund!**



There are numerous opportunities for volunteering at the family centre. We are always looking for assistance in the open café, various other activities (such as children's dance, yoga, or crafting), as well as during events and celebrations.

We are flexible and can accommodate your availability and preferences. We also welcome your ideas and are excited to collaborate with you.

**You are warmly invited to join us -  
we are looking forward to having you!**

### **Contact Person:**

Klaudia Klamann-Yildiz

Social worker and coordinator of the ZEBRA - centre for encounter, advice and exchange at SOS-Kinderdorf Dortmund.

Phone: 0231 5347199-40

Mail: [klaudia.klamann@sos-kinderdorf.de](mailto:klaudia.klamann@sos-kinderdorf.de)

## How to reach us:

SOS-Kinderdorf Dortmund is located in the Kronprinzenstraße in the Kaiserstraßenviertel in the east of the city centre. The Kinderdorfzentrum is barrier-free and has a ramp as well as an elevator and a toilet for people with disabilities.

### Address:

SOS-Kinderdorf Dortmund  
Kinderdorfzentrum  
Kronprinzenstraße 89 - 93  
44135 Dortmund

### By foot:

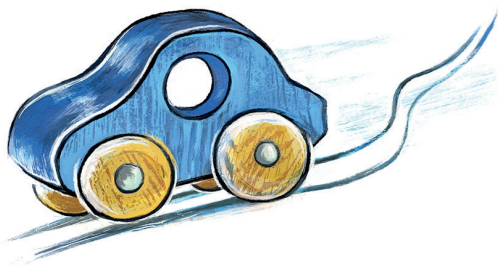
From the main train station you can reach us in about 30 minutes (about two and a half kilometres). The most beautiful and shortest route leads through the pedestrian zone in the city centre via Westen- and Ostenhellweg, Kaiserstraße and Moltkestraße to Kronprinzenstraße.

### By bus and train:

From the main train station you walk to the Kampstraße stop (approx. 400m), then take the U43 for three stops towards Dortmund-Wickede to the Lippestraße stop. From there, it's an additional 400m walk through Goebenstraße to the Children's Village Centre.

### By Car:

For those coming from the north and south, it is best to take the B54 and Heiligen Weg, while those arriving from the east and west should use the B1.





**SOS  
KINDERDORF**

**Dortmund**

## **Contact and Information**

### **SOS-Kinderdorf Dortmund Kinderdorfzentrum**

Kronprinzenstraße 89 - 93  
44135 Dortmund

Phone: 0231 5347 199-0  
Mail: [kd-dortmund@sos-kinderdorf.de](mailto:kd-dortmund@sos-kinderdorf.de)  
Website: [www.sos-kd-dortmund.de](http://www.sos-kd-dortmund.de)

### **Donaction account:**

Dortmunder Volksbank  
IBAN: DE54 4416 0014 6569 8673 00  
BIC: GENODEM1DOR

More information about the SOS-Kinderdorf Dortmund and our offerings can be found through this QR code (unfortunatly, our website only provides information in german language):



For the program of our ZEBRA in digital form and details such as our holiday program, scan this QR code (unfortunatly, our website only provides information in german language):



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