

SOS-Kinderdorf Berlin

This program is written in plain language

January to June 2019

Contents:

We arranged the courses by colours,
so that you can find them more easily:

A Coffee Shop and Information

B Counselling

C Exercise, Sports + Games

D Creativity

E Education

F Events

Dear readers,

This program is written in **plain language**.

Plain language helps a lot of people.

For example:

- people with learning disabilities,
- people who can't read that well,
- people who don't speak German that well.

For more information please visit: www.sos-berlin.de

There you can find the whole text also in English, Turkish and Arabic.

Please give us feedback on our program at:

Programm@sos-kinderdorf.de

Information:

Each program has a number.

You need the number for your registration.

We then specify:

- Course name
- Course teacher
- Course content

- Fee (if there is no fee the course is free of charge)

- Course date (if there is no date the course runs all year round)
- Day of the week
- Start and end time
- How often the course takes place (if not otherwise specified the course does not end)

- Room Name
- Floor
- Address (if not otherwise specified, the course will take place in Waldstr. 23 / 24)

- Registration (if not otherwise specified, please just come along)

Sometimes there are 2 columns showing course numbers with a and b:

Each course costs 84 €.

Each course only costs 70 € if you have a berlinpass or student card.

Sometimes a course runs several times. In this example the course runs 2 times.

Both courses run on Wednesdays.

The course starts at 9:30 am for babies and toddlers.

The course starts at 11:15 am for young children up to an age of 3 years.

This symbol tells you: This is a course for children.

Standing order:

Sometimes the fees are highlighted in blue colour.

This means the course is charged monthly.

You need a standing order.

A standing order is something you can set up with your bank. The monthly course fee is paid out of your bank account every month.

Please write on the bank form:

SOS-Kinderdorf Berlin

IBAN: DE53 1005 0000 0240 0266 67

Fee

Course number

Alternatively, you can also come to the Family Enrichment Center (“Büro der Familien-Bildung”) in the second floor.

Waldstraße 23/24.

We are happy to help.

Please note:

Liability:

You need to take care of yourself during the course.

Data protection:

SOS-Kinderdorf takes data protection seriously.

We don't pass your address on to others.

Our computers are protected.

Absence:

If you fall ill, we will reimburse you.

Please bring along a doctor's note.

Cancellation:

If you don't want to attend a course any longer
please communicate this to us in writing.

Please let us know by the middle of the month.

You will then finish the course 2 weeks later.

A: Our Coffee Shop:

Welcome!

A1: Coffee Shop for Everyone

We offer food and drinks.

- Breakfast: 9 – 10:30 am
- Lunch: 12 am – 1:30 pm
- Coffee break: 2:30 – 6 pm

It's not expensive.

Children must be accompanied by an adult.

Days: Mondays, Tuesdays, Wednesdays, Thursdays, Fridays

Room Name: Coffee Shop

Floor: Ground floor

A2: Family Coffee Shop

Parents come with their children.

Adults can talk to each other and play with their children.

In the Parent Child Room children up to 5 years can:

- Play
- Move around
- Draw

Days: Mondays, Tuesdays, Wednesdays, Thursdays

Time: 3 - 6 pm

Room Name: Coffee Shop

Floor: Ground floor

A3: Culture Facilitators at the Family Coffee Shop

We speak Arabic, Turkish and Farsi.

The below employees help you to understand what the courses are all about.

Mariam

Hiba

Bothaina

Selda

Fida

Mohammed Kargar

Please ask who is available when.

Days: Mondays, Tuesdays, Wednesdays, Thursdays

Time: 3 to 6 pm

Room Name: Family Coffee Shop

Floor: Ground floor

Please register: 030 330993-31

A4: Stay and Play

with Jennifer Thielmann

This is a course for children.

Parents come with their babies and toddlers (up to 3 years of age).

Parents sit on the carpet on the floor.

They can ask questions and get tips.

Children crawl and toddle along.

They play together.

There are toys.

Days: Mondays, Tuesdays

Time: 4 - 6 pm

Room Name: Coffee Shop

Floor: Ground floor

A5: Neighbourhood Coffee Shop

with Mariam Abou-Sahyoun

Come along.

We are looking forward to seeing you.

Feel free to bring healthy snacks.

We eat together.

Day: Fridays

Time: 3 - 6 pm

Room Name: Coffee Shop

Floor: Ground floor

A6: Birthday Parties

for Children up to 12 Years of Age

A birthday is a special day for each child.

SOS-Kinderdorf is a great place to celebrate a birthday.

Your child can invite 15 - 25 children.

Parents bring along food and games.

Please speak with Kamer Eser about dates and costs.

Day: Fridays

Time: 3 – 6 pm

Day: Saturdays

Time: 2 – 6 pm

Room Name: Parent Child Room or Restaurant

Please register: 030 330993-19

A7: Volunteering and Providing Information

with Beate Löwe

We very much welcome volunteers.

We inform you about our offers.

Volunteering is fun and delight.

Once a month we speak with everybody who would like to volunteer.

Day: Tuesdays

Time: 5:30 – 6:30 pm

Room Name: Homework Room

Floor: 1st floor

Please register: 030 330993-31

B Counselling

For further information and registration details please refer to www.sos-berlin.de

B1: Cross-Cultural Education and Family Counselling (EFC)

in Arabic, Aramaic, German, English, Kurdish and Turkish

This program is for:

- families
- parents
- teenagers and children

If you have a problem please talk to us.

Together we find a solution.

Astrid Walter, Anisa Saed-Yonan and Merve Yilmaz (photo: From right to left).

Duration: 45 minutes

Floor: 2nd floor

Please register: 030 330993-0

B2: Drop-in Counselling

We meet in the Family Coffee Shop
where the atmosphere is open and relaxed.

We talk about our families.

A counsellor is also present.

Everyone is welcome to join.

Day: Thursdays

Time: 4 – 5 pm

Room Name: Family Coffee Shop

Floor: Ground floor

B3: Youth Counselling Center sos.mitte

We offer counselling for young people from 14 to 27 years of age.

You can ask questions about:

- school
- apprenticeship and profession
- family

Duration: Up to 90 minutes

Floor: Ground floor

Address: Rathenower Straße 17

Please register: 030 457 98 04-0

**B4: Social Counselling and Signpost Counselling
with Bothaina Alsabawi and Selda Sanli**

Wednesdays in Turkish, Thursdays in Arabic.

Are you new in Berlin?

We help you with your paperwork.

We show you where to find:

- more offers
- more help

Days: Wednesdays, Thursdays

Time: 4 – 6 pm

Room Name: Family Coffee Shop

Floor: Ground floor

**B5: Developmental Psychological Counselling
with Jennifer Thielman**

You just had a baby?

A lot has now changed for you.

Maybe you ask yourself:

- why does my baby cry?
- when does my baby need rest?

We help you to find answers.

Day: Mondays

Time: 12 am – 1 pm

Floor: 1st floor

Please register: 030 330993-32

B6: Midwife Consultation

with Isabel Pawelke

Please let us know before the course if you need an Arabic translator by calling us on: 030 330 993-32

Pregnant women are more than welcome to join.

Parents and babies too.

Isabel Pawelke is very knowledgeable.

She can tell you more about:

- pregnancy
- child birth
- mother and baby wellbeing
- life with your baby

Day: Mondays

Time: 12 – 1 pm

Room Name: Library

Floor: 1st floor

B7: Drop-in Child Birth Social Counselling for Families

with Jennifer Thielman

We put you in touch with someone who can help.

Pregnant women are more than welcome to join.

Parents and babies too.

We can tell you more about:

- Parenteral allowance
- Child allowance
- Childcare voucher
- Acknowledgement of paternity
- Custody

Day: Tuesdays

Time: 4:30 – 6 pm

Room Name: Family Coffee Shop

Floor: Ground floor

**B8: To Get Ready for Childbirth Right from the Very Beginning
with Jennifer Thielmann**

This is a course for expectant parents.

You are very welcome to come even if you don't speak German that well.

We can tell you more about:

- Pregnancy and childbirth
- Life with your baby
- Mother and baby wellbeing

Please pay 1,50 € when you come.

We run three different groups at different times.

B8a: Start and end dates: Runs from 9th of January to 3rd of February 2019

B8b: Start and end dates: Runs from 27th of February to 3rd of April 2019

B8c: Start and end dates: Runs from 24th of April to 5th of June 2019

Every course:

- Day: Wednesdays
- Time: 10 – 11:30 am
- Takes place six times
- Room Name: Seminar Room
- Floor: 2nd floor

Please register: 030 330993-32

B9: Strengthening and Assisting Parents

with Astrid Walter

This course is for parents with children younger than 13 years of age.

Parents learn how to strengthen their relationship with their child, meaning:

- how to understand their child
- how to be close to their child
- How to help their child

This is how life becomes easier.

Costs 10 €

Start: 14th of March 2019, 21st of March 2019 and 28th of March 2019

Day: Wednesdays

Time: 4 to 6 pm

Takes place three times

Room Name: Seminar Room

Floor: 2nd floor

Please register: 030 330993-24

C: Exercise, Sports + Games

For further information and registration details please refer to www.sos-berlin.de

C1: Postnatal Workout with Elke Zimmermann

You just had a baby?

Exercise with us.

Exercising is healthy and helps you to get fit.

You can bring your baby.

We run four different groups at different times.

C1a: Start and end dates: Runs from 12th of February to 26th of March 2019

Day: Tuesdays

Time: 11 am – 12:15 pm

C1b: Start and end dates: Runs from 12th of February to 26th of March 2019

Day: Tuesdays

Time: 12:30 pm – 1:45 pm

C1c: Start and end dates: Runs from 7th of May to 18th June 2019

Day: Tuesdays

Time: Time: 11 am – 12:15 pm

C1d: Start and end dates: Runs from 7th of May to 18th June 2019

Day: Tuesdays

Time: 12:30 pm – 1:45 pm

Every course

- Costs 30 €
- Takes place seven times
- Room Name: Seminar Room
- Floor: 2nd floor

Please register: 030 330993-19

C2: Fit with Child

with Nursel Koc

Mums exercise
with their babies.

The exercises are good for the:

- heart
- muscles

This is how we become strong and flexible.

This is also good for children.

We run two different groups on different days.

C2a: Day: Mondays

Time: 9:45 am – 10:45 am

C2b: Day: Fridays

Time: 9:45 – 10:45 am

Every course:

- Costs 10 € per month. You need a standing order.
- Room Name: Parent Child Room
- Floor: 1st floor

Please register: 030 330993-19

C3: Massaging for Babies Older than 8 Weeks of Age with Jennifer Thielmann

Babies love it if others touch them.

Massages help to

- relax, chill out, develop strength
- create closeness and trust
- be in good health

Please bring along:

- Massage oil and a towel
- a disposable sheet for one-time use

We run five different groups at different times.

C3a: Start and end dates: Runs from 10th of January to 31st of January 2019

C3b: Start and end dates: Runs from 14th of February to 7th of March 2019

C3c: Start and end dates: Runs from 14th of March to 4th of April 2019

C3d: Start and end dates: Runs from 25th of April to 16th of May 2019

C3e: Start and end dates: Runs from 23rd of May to 20th of June 2019

Every course:

- Costs 20 € (15 € if you have a berlinpass or student card)
- Day: Thursdays
- Time: 12:15 to 13:15 pm
- Room Name: Ball Pit Room
- Floor: 1st floor

Please register: 030 330993-19

C4: Active Kids – Psychomotor Skills

with Frauke Diehl and Fotoun

This is a course for children.

Children can:

- run around
- jump
- climb
- play with other children
- chill out
- relax
- try new things

We run two different groups: One for younger and one for slightly older children

C4a: Age: 4 to 5

Start and end dates: Runs from 10th of January to 26th of April 2019

Day: Thursdays

Time: 4 – 5 pm

C4b: Age: 6 to 8

Start and end dates: Runs from 10th of January to 26th of April 2019

Day: Thursdays

Time: 5 - 6 pm

Every course:

- Costs 2 € per visit
- Takes place fifteen times
- Room Name: Multi-Purpose Room Nursery
- Floor: Ground floor

Please register: frauke.diehl@sos-kinderdorf.de

C5: Movement and Acrobatics

with Erica Rist

This is a course for children between 6 and 8 years of age.

We make movements

that are just super fun.

We also learn circus movements.

We also learn dancing steps.

And all with music.

Great!

Day: Mondays

Time: 3:15 – 4:15 pm

Room Name: Exercise Room

Floor: Basement floor

C6: Karate for Children

with Sensei Ryan Boesche

This is a course for children

We learn karate.

This is a course for boys and girls.

Karate is a martial art and lots of fun.

We learn how to respect other people.

We run two different groups: One for younger and one for slightly older children.

C6a: Age: 5 to 7

Day: Wednesdays

Time: 4:15 – 5 pm

C6b: Age: 8 to 11

Day: Wednesdays

Time: 5 – 6:15 pm

Fee: 8 € per month. You need a standing order.

Room Name: Multi-Purpose Room Nursery

Floor: Ground floor

Please register: 030 330993-19

C7: Creative Dancing for Children

with Erica Rist

This is a course for children.

Children learn dancing steps.

It is very easy. Like a game.

For children older than 3 and younger than 6 years of age.

Please bring along:

- Comfortable clothes
- Non-slip socks or slippers

We run two different groups: One at 3 pm and the other one at 4:15 pm.

C7a: Day: Tuesdays

Time: 3 – 4:15 pm

Room Name: Parent Child Room

Floor: 1st floor

C7b: Day: Tuesdays

Time: 4:15 – 5:30 pm

Room Name: Seminar Room

Floor: 2nd floor

Fee: 8 € per month. You need a standing order.

Please register: 030 330993-19

C8: Relaxation

with Felicitas Böhm

You lay down on the massage bed.

Felicitas Böhm uses oil for the massage of your:

- head
- neck
- back

This relaxes and increases flexibility.

Open from 11:30 am to 3:30 pm.

Fee: 20 € for 20 minutes

Days: Tuesdays, Thursdays

Room Name: Library

Floor: 1st floor

Please register: 030 330993-19

C9: Pilates

with Susanne Bartsch

Pilates is a special workout

With focus on:

- belly
- back
- pelvic floor muscles

We exercise slowly with a steady flow.

We pay attention to our breathing.

We run two different groups: One at 5:45 pm and the other one at 7:15 pm

C9a: Day: Mondays

Time: 5:45 – 7:05 pm

C9b: Day: Mondays

Time: 7:15 – 8:35 pm

Fee: 15 €1 per month. You need a standing order.

Room Name: Multi-Purpose Room Nursery

Floor: Ground floor

Please register: 030 330993-19

C10: Tai Chi Chuan

with Ulrich Ryssel

Tai Chi is a sequence of slow movements
taught by Ulrich Ryssel.

There are always the same movements.

Exercising makes you calm and confident.

Fee: 15 € per month. You need a standing order.

Day: Tuesdays

Time: 5:30 – 7:30 pm

Room Name: Multi-Purpose Room Nursery

Floor: Ground floor

Please register: 030 330993-19

C11: Yoga (TriYogaflow)

with Ines Kirstein

TriYogaflow is a flow of movements.

We listen to our breathing.

The movement follows our breath.

We are totally relaxed.

This makes us calm and we are in harmony with the world.

We run two different groups.

C11a: Day: Tuesdays

Time: 6:30 to 7:45 pm

Room Name: Seminar Room

Floor: 2nd floor

C11b: Day: Wednesdays

Time: 10 – 11:15 am

Room Name: Ball Pit Room

Floor: 1st floor

Fee: 15 € per month. You need a standing order.

Please register: 030 330993-19

C12: Dads and Child Group

with Dipita Schäfer

All dads and their children are welcome.

We play games together.

We move.

Children can run around.

Dads can chat with each other.

This is fun for everyone.

Day: Saturdays

Time: 10 am – 12 pm

Room Name: Multi-Purpose Room Nursery

Floor: Ground floor

C13: Weekend Picnic

with Anne Cornelius and Zhoor Bikandi

Hiba El-Kathib can translate into Arabic for you.

Parents and their children are welcome.

For children younger than 4 years of age.

This is what we do together:

- play
- climb
- sing
- dance
- picnic

Day: Saturdays

Time: 3:30 – 5:30 pm

Room Name: Multi-Purpose Room Nursery

Floor: Ground floor

C14: Keeping Fit Throughout the Day

with Dagmar Becker

We exercise with music.

This is:

- fun
- good for the body
- good for the heart
- good for the muscles

Afterwards you are very relaxed.

This feels good.

Fee: 10 € per month. You need a standing order.

Day: Fridays

Time: 9 – 10 am

Room Name: Multi-Purpose Room Nursery

Floor: Ground floor

Please register: 030 330993-19

C15: Exercise for Seniors

with Beate Löwe

We gently exercise while:

- sitting
- standing
- walking

This is good for the heart.

We also exercise with music.

This is fun.

Fee: 2 € per visit.

Days: Mondays, Wednesdays

Time: 11 am – 12:30 pm

Room Name: Exercise Room

Floor: Basement floor

Please register: 030 330993-33

D: Creativity

For further information and registration details please refer to www.sos-berlin.de

D1: Crafts and Arts, Ball Pit and Climbing Wall with Volunteers

This is a course for children from 3 to 12 years of age.

They draw and do crafts on the ground floor.

We have:

- paper and cardboard
- pens and colours

Younger children play on the first floor:

- in the ball pit
- on the climbing wall

Days: Mondays, Tuesdays, Wednesdays, Thursdays

Time: 4 – 6 pm

Room Name: Family Coffee Shop

Floor: Ground floor

Room Name: Ball Pit Room

Floor: First floor

**D2: Cooking Together is Fun
with Mariam Abou-Sahyoun**

Join us and cook with us.

We meet at the Family Coffee.

Mariam Abou-Sahyoun got everything ready for cooking and has:

- a recipe
- groceries
- bowls and pans
- knives and chopping boards

At the end we all eat together.

Day: Thursdays

Time: 3 – 5 pm

Room Name: Family Coffee Shop

Floor: Ground floor

**D3: Children's Cooking Class
with Juan and Qusai**

This is a course for primary school children.

We meet at the Family Coffee Shop.

Juan and Qusai got everything ready for cooking and have:

- healthy food recipes
- groceries
- bowls and pans
- knives and chopping boards

At the end we all eat together.

Day: Fridays

Time: 4 – 6 pm

Room Name: Family Coffee Shop

Floor: Ground floor

D4: Arts and Crafts Certificate

This is a course for children and teenagers older than 12 years of age.

They have an idea of what they want to draw or what handicraft work they want to do.

The workshop supervisor helps.

At the end participants get a certificate.

It says on the certificate that they have achieved a lot.

Fee: 8 € per month. You need a standing order.

Day: Wednesdays

Time: 2:30 – 4 pm

Room Name: Art Workshop

Floor: Ground floor

Please register: 030 330993-19

D5: Art Workshop “Colourful Spider”

with Sabine Teubner-MBaye

This is a course for children.

We paint small and enormously big pictures.

We find things and build something out of it.

We make up stories.

We make books.

We are creative.

We run two different groups at different times.

D5a: Age: 6 to 9 years

Day: Thursdays

Time: 2:30 – 4 pm

D5b: Age: 4 to 12 years

Day: Thursdays

Time: 4 – 6 pm

Fee: 8 € per month. You need a standing order.

Room Name: Art Workshop

Floor: Ground floor

Please register: 030 330993-19

D6: Art Project: Leave | Return | Come Back

with Sabine Teubner-MBaye

This is a course for children older than 5 years of age.

We express our dreams by

- drawing
- building
- dressing up
- acting

Day: Wednesdays

Time: 4 – 6 pm

Room Name: Art workshop

Floor: Ground floor

D7: Woodwork

with Sarah Mohs

This is a course for children older than 5 years of age.

We build something out of wood by

- drilling
- sawing
- hammering

Day: Tuesdays

Time: 4 – 6 pm

Room Name: Homework Room

Floor: 1st floor

**D8: Choir – Singing Together
with Tabea Gebauer**

For everyone who
likes singing.

We believe: Everyone can sing.

We sing:

- Pop music
- Jazz
- Gospel
- and sometimes also relaxing music

Fee: 20 € per month. You need a standing order.

Day: Tuesdays

Time: 7 - 9 pm

Room Name: Music Room

Floor: Ground floor

Please register: 030 330993-19

**D9: Piano Lessons
with Ziad Hakim**

This is a course for children older than 5 years of age.

Children learn how to play piano.

You talk to the piano teacher and come to an agreement:

- when the lesson starts
- how long the lesson takes

Fee: 8 € per month. You need a standing order.

Day: Wednesdays

Duration: 30 - 45 minutes

Room Name: Music Room

Floor: Ground floor

Please register: 030 330993-19

D10: Flute Lessons

with Valentina Bellanova

This is a course for children older than 4 years of age.

Children learn how to play the flute.

You talk to the flute teacher and come to an agreement:

- when the lesson starts
- how long the lesson takes

You can also borrow a flute.

This costs 20 €.

Fee: 8 € per month. You need a standing order.

Day: Mondays

Duration: 30 - 45 minutes

Room Name: Music Room

Floor: Ground floor

Please register: 030 330993-19

D11: Guitar Lessons

with Daniel Kurz

This is a course for children older than 9 years of age.

Children learn how to play guitar.

You talk to the guitar teacher and come to an agreement:

- when the lesson starts
- how long the lesson takes

You can also borrow a guitar.

This costs €20.

Fee: 8 € per month. You need a standing order.

Days: Mondays, Tuesdays, Wednesdays

Duration: 30 - 45 minutes

Location: Waldstr. 37, opposite of SOS-Kinderdorf Berlin

Floor: Ground floor

Please register: 030 330993-19

D12: Baby-Parent Music Courses

with Tabea Gebauer

We make music, sing and dance together.

Babies from 11 to 18 months of age come at 10 am.

Babies from 6 to 11 months of age come at 11 am.

We run four different groups.

D12a: Babies between 11 and 18 months of age

Start and end dates: Runs from 4th of February to 8th of April 2019

Day: Mondays

Time: 10 – 10:45 am

D12b: Babies between 6 and 11 months of age

Start and end dates: Runs from 4th of February to 8th of April 2019

Day: Mondays

Time: 11 – 11:45 am

D12c: Babies between 11 and 18 months of age

Start and end dates: Runs from 29th of April to 24th of June 2019

Day: Mondays

Time: 10 – 10:45 am

D12d: Babies between 6 and 11 months of age

Start and end dates: Runs from 29th of April to 24th of June 2019

Day: Mondays

Time: 11 – 11:45 am

Courses D12a and D12b:

- take place 10 times
- cost 60 € or 50 € with berlinpass or student card

Courses D12c and D12d:

- take place 8 times
- cost 48 € or 40 € with berlinpass or student card

Every course:

- Room Name: Ball Pit room
- Floor: 1st floor

Please register: 030 330993-19

**D13: Street Games in Front of
SOS-Kinderdorf in Waldstraße**

This activity is for children.

We are outside on the street in the traffic-calmed zone.

We:

- play
- draw
- talk

All children are welcome.

We have young volunteers looking after the children.

If it rains we play inside.

Start and end dates: Runs from 2nd of May to 30th of September 2019

Days: Mondays, Tuesdays, Wednesdays, Thursdays, Fridays

Time: 3:30 – 6 pm

Location: Outside

Floor: Ground floor if inside

**D14: Handicraft Group for Adults
with Eveline Brauner**

We meet twice a month:

- Every first Tuesday of a month
- and every third Tuesday of a month

We all bring along what we want to work on.

We knit or crochet or do other handiwork.

At the same time we talk and relax.

Day: Tuesdays

Time: 3 – 5 pm

Room Name: Glass Seminar Room

Floor: 1st floor

**D15: Drop-In Sewing Workshop
with Georgia Fabik**

Would you like to learn sewing?

At the beginning you sew easy things.

Once you are more experienced
we will help you to bring your ideas to life.

Please bring along:

- your own material
- your own supplies
- your own patterns

We run two different groups:

D15a: Day: Tuesdays

Time: 10 am – 1 pm

Fees: 3 € per visit

D15b: Day: Tuesdays

Time: 1:30 – 3 pm

Fee: 1,50 € per visit

Room Name: Homework Room

Floor: 1st floor

E: Education

For further information and registration details please refer to www.sos-berlin.de

E1: Psychomotor Skills for Parents and their Young Children with Frauke Diehl

Together with their children parents explore

- doing movements
- their surroundings
- playing together

Touching, looking and feeling is fun and delight.

We run two different groups.

E1a: Age: Babies up to crawling stage

Day: Wednesdays

Time: 9:30 – 11 am

E1b: Age: Toddlers up to 3 years

Day: Wednesdays

Time: 11:15 am – 12:45 pm

Every course:

- Costs 84 € or 70 € with berlinpass or student card
- Start and end dates: Runs from 9th of January to 10th of April 2019
- Takes place twelve times
- Room Name: Parent Child Room
- Floor: 1st floor

Please register: 030 330993-19

E2: "Good Start into Family Life"

Baby Group with Jennifer Thielmann

This is a group for parents with babies up to crawling stage.

All parents are welcome

and

- have a good time together
- talk about babies
- get practical tips

Babies meet other babies.

Fee: 1,50 € per visit

Day: Mondays

Time: 1 – 2:30 pm

Room Name: Parent Child Room

Floor: 1st floor

E3: Parent Child Groups

with Jennifer Thielmann

Senab Hamade can translate into Arabic for you.

Parents are welcome with children who can crawl and walk.

The children:

- play
- discover
- have fun and joy

We also make short videos and watch them together.

At the end we sing together.

Fee: 1,50 € per visit

Days: Tuesdays, Thursdays

Time: 10 am – 12 pm

Room Name: Parent Child Room

Floor: 1st floor

E4: Parent-Baby Course

with Jennifer Thielmann and Dagmar Becker

We give parents good ideas how to:

- play with their baby
- move around with their baby
- sing with their baby
- learn with their baby

Families get to know each other.

We talk about the day-to-day life with children.

Start and end dates: Runs from 11th of February to 1st of April 2019

Please note that the course does not take place on 18th of March 2019

Day: Mondays

Time: 10 – 11:30 am.

Takes place 8 times

Room Name: Seminar Room

Floor: 2nd floor

Please register: 030 330993-32

E5: Family and Neighbourhood FuN

with Esin Sikcan and Dagmar Becker

8 families meet at Family Coffee Shop.

They get to know other families.

They talk and play with each other.

They get ideas of what to do together with their children in the afternoon.

Please talk to us should you wish to participate.

Start and end dates: Runs from 18th of February to 8th of April 2019

Day: Mondays

Time: 4:30 - 7 pm

Takes place 8 times.

Room Name: Family Coffee Shop

Floor: Ground floor

Please register: 030 330993-19

E6: Discover Strength – Experience Strength

This is a course for children from 6 - 11 years of age.

Children learn in this course:

- what is good for them
- what is good for others
- how to show other children what they want

This skill makes them strong in life.

We run three different groups.

E6a: Day: Tuesdays

Time: 2:30 – 4 pm

E6b: Day: Wednesdays

Time: 2 – 3:30 pm

E6c: Day: Wednesdays

Time: 4:30 – 5:30 pm

Every course:

- Room Name: Exercise Room
- Floor: Basement floor

Please register: 030 330993-26

E7: A-B-Coffee Shop with Michaela Stoltmann and Mariam Abou Sahyoun

Get-together for everyone who wants to improve their skills of

- reading
- writing and
- basic math

Learning is fun.

We are happy to answer all your questions.

Day: Tuesdays

Time: 4 – 6 pm

Room Name: Family Coffee Shop

E8: German Course 1 for Parents

With Heike Spittler and Lion Paechnatz

We learn German:

- German A1.1
- Textbook “Schritte plus Neu 1”
- From lesson 7 onwards

We run two different groups.

E8a:

- Start and end dates: Runs from 7th of January to 5th of April 2019

E8b:

- Start and end dates: Runs from 29th of April to 14th of June 2019

Every course:

Costs: 20 €

Days: Mondays, Thursdays

Time: 9:30 am – 12:45 pm

Day: Fridays

Time: 9 am – 12:15 pm

Room Names:

- Glass Seminar Room, 1st floor (Mondays, Fridays)
- Seminar Room, 2nd floor (Thursdays)

Please register:

- **with the course leader on the first day or**
- **with VHS-Mitte, phone number: 030 9018-47451**

**E9: German Course 2 for Parents
with Ilka Heun and Heike Spittler**

We learn German.

- German A2.2
- Textbook “Schritte plus Neu 4”
- From lesson 11 onwards

We run two different groups.

E9a:

- Start and end dates: Runs from 8th of January to 4th of April 2019

E9b:

- Start and end dates: Runs from 30th of April to 13th of June 2019

Every course:

Costs: 20 €

Days: Tuesdays, Wednesdays, Thursdays

Time: 9:30 am – 12:45 pm

Room Name: Glass Seminar Room

Floor: 1st floor

Please register:

- **with the course leader on the first day or**
- **with VHS-Mitte, phone number: 030 9018-47451**

**E10: German Lessons for Refugee Parents – Childcare Provided
with Hristina Hannemann**

We run two different groups.

E10a:

- Start and end dates: Runs from 4th of March to 12th of June 2019
- We learn German: A2.2 Module 4

E10b:

- Start and end dates: Runs from 19th of June to 2nd of October 2019
- We learn German: A2.2 Module 4

Every course:

- Days: Mondays, Wednesdays
- Time: 12 – 3:15 pm
- Room Name: Seminar Room in Guest House, entrance left next to the gate entry.
- Floor: 1st floor

Please register: VHS Mitte

Antonstraße 37, 13347 Berlin,

Phone number: 030 9018 -37474

E11: Mother Child Learning Group for German

For mothers and their young children from 3 months - 3 years of age.

We play and at the same time we learn German.

Parents also learn something about children and their:

- development
- food
- health

We run two different groups.

E11a:

- Start and end dates: Runs from 8th of January to 2nd of April 2019

E11b:

- Start and end dates: Runs from 30th of April to 11th of June 2019

Every course:

Day: Tuesdays

Time: 1 – 3 pm

Room Name: Parent Child Room

Floor: 1st floor

Please register: You can talk to the course leader at the course.

**E12: German Lessons for refugee parents
with Sylvia Schöne and Sebastian Cwiklinski**

We run two different groups.

E12a Start and end dates: Runs from 14th of February to 11th of April 2019

We learn German: A1.2 Module 2

E12b Start and end dates: Runs from 25th of April to 21st of June 2019

We learn German: A2.1 Module 3

Every course:

- Days: Mondays, Thursdays, Fridays
- Time: 1:15 – 4:30 pm
- Room Name: Glass Seminar Room
- Floor: 1st floor

Please register: VHS Mitte

Antonstraße 37, 13347 Berlin,

Phone number: 030 9018-47451

**E13: German Conversation: "Mummy Gossip"
with Jennifer Thielmann and Senab Hamade**

For mothers and their toddlers under 4 years of age.

We learn German and have fun.

We speak German with each other.

The children play.

At the same time the children learn German.

Day: Tuesdays

Time: 3:30 – 4:30 pm

Room Name: Parent Child Room

Floor: 1st floor

E14: Learning German for Refugees
with Mohammed Kargar and Fida Abou Kharoub

Everyone is welcome who:

- wants to learn German
- wants to talk German
- wants to help

Nice people meet each other.

Day: Thursdays

Time: 3:30 – 4:30 pm

Room Name: Glass Seminar Room

Floor: 1st floor

E15: Memory Training for Adults
with Jutta Lohberg and Andreas Haage

We do word plays.

We play crossword puzzles.

We solve puzzle mysteries.

This is fun.

Thinking is easier if you practice it this way.

Everyone is welcome.

Day: Fridays

Time: 1:45 – 2:45 pm

Room Name: Glass Seminar Room

Floor: 1st floor

F Events

For further information and registration details please refer to www.sos-berlin.de

F1: Sunday Brunch

The whole family is welcome.

We offer:

- food and drinks
- games (12 - 2 pm)
- fun
- activities

You pay for what you eat or drink.

You can stay as long as you want.

Dates: 27th of January 2019/ 24th of February 2019/ 31st of March 2019/ 28th of April 2019/ 26th of May 2019/ 30th of June 2019

Day: Sunday

Time: 10 am - 4 pm

Room Name: Family Coffee Shop

Floor: Ground floor

F2: Sunday Flea Market

You can come and sell used items.

Everyone who wants to sell something pays 5 €.

Everyone who wants to sell something and

- brings a table along
- and offers a homemade cake or salad for free
- pays €3.50.

Date: 24th of March 2019 / 16th of June 2019

Day: Sunday

Time: 2 - 5 pm

Room Name: Family Coffee Shop, Terrace

Floor: Ground floor

Please call Beate Löwe if you have questions: 030 330 993-31

F3: Baby Bazaar

The Baby Bazaar takes place every 2nd and 4th Tuesday of every month.

We put clothes for babies on tables.

The clothes are used, but still good.

You can pick clothes you like.

In return you give us a small donation.

Day: Tuesdays

Time: 4 – 6 pm

Room Name: Family Coffee Shop

Floor: Ground floor

F4: If you want to sing, sing out...

with Michael Rannenberg and Christina Sakowsk

Seniors and others who like to sing meet on:

- Sunday, 3rd of February 2019
- Sunday, 7th of April 2019
- Sunday, 2nd of June 2019

We have people playing piano, banjo and guitar.

We sing along.

Day: Sunday

Time: 2:30 – 4:30 pm

Room Name: Restaurant

Floor: Ground floor

F5: Day of Music on 14th March 2019

Everybody is welcome and can make music.

The “Klingende Museum” (“Musical Museum”) offers to:

- try out musical instruments
- write songs
- sing
- beat a drum
- listen to small concerts

(together with GEMA)

Day: Saturday

Time: 10 am – 3 pm

Location: Botschaft der Kinder

Lehrter Str. 66

10557 Berlin

Floor: Ground floor

F6: Fast-Breaking (Iftar) on 24th of May 2019

We eat together.

We talk to each other and have a good time.

You can only join if

you register before:

- Please tell Mariam Abou-Sahyoun in Family Coffee Shop
- or call Dagmar Becker

Day: Friday

Time: 8 to 11 pm

Room Name: Family Coffee Shop

Floor: Ground floor

Please register: 030 330993-50

F7: Health Day on 12th June 2019

Children, parents and seniors are welcome.

We offer:

- activities and relaxation
- healthy food
- many health topics
- games for all ages

This does not cost anything.

Day: Wednesday

Time: 9 am – 6 pm

Location: Ground floor and 1st floor

F8: Forum "Literature & Culture" for Adults

with Eveline Brauner

We meet and talk.

Everyone is welcome to listen and to speak their minds.

We talk about:

- family
- customs
- language
- literature

In summer we are sometimes meeting outside.

Day: Fridays

Time: 3 – 4:30 pm

Room Name: Glass Seminar Room

Floor: 1st floor

F9: Seniors Day and Excursions

with Michael Rannenber, Christina Sakowsk

All seniors are welcome.

We meet every 2nd and 4th Tuesday of every month.

You can buy coffee and cake in the restaurant.

We also offer excursions.

You can find further information on a piece of paper on the notice board in the window next to the entrance of Waldstraße 23 / 24.

Day: Tuesdays

Time: 3 to 5 pm

Room Name: Seminar Room

Floor: 1st floor

F10: School holiday excursions**with Mariam Abou-Sahyoun**

This is an activity for children.

During school holidays we offer:

excursions:

- into nature
- to visit a museum
- to go to a swimming pool
- to go bowling

Parents and children can get further information in the Family Coffee Shop.

Room Name: Family Coffee Shop

Floor: Ground floor

F11: Intercultural Garden**with Jennifer Linn Schreiter**

The Intercultural Garden is open from April until October.

Everyone is welcome.

Grow your own vegetables and fruits.

You can learn a lot of new things.

Address: Gatower Str. 199, 13595 Berlin

Bus stop "Zur Haveldüne", Bus 134, X34

We run two different groups.

Day: Fridays

Time: 2 - 6 pm

Day: Saturdays

Time: 12 - 4 pm

For group registration please email: jennifer-linn.schreiter@sos-kinderdorf.de

Addresses

SOS-Kinderdorf Berlin

Children and Family support

Waldstraße 23/24.

10551 Berlin

Phone 030 330993-0

Fax 030 330993-99

kd-berlin@sos-kinderdorf.de

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Bfk-berlin@sos-kinderdorf.de

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12629 Berlin

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Fax 030 568910-10

fz-berlin@sos-kinderdorf.de

**Should you wish to support the work
of the SOS-Kinderdorf Berlin please donate:**

SOS-Kinderdorf Berlin

Berliner Sparkasse

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