



Der Kinderschutzbund
Ortsverband München

FamilienZentrum Laim

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www.familienzentrum-laim.de

www.kinderschutzbund-muenchen.de

**Our offers
December 2019 to
April 2020**



gefördert vom Sozialreferat der LH München

Impressum:

Eine Veröffentlichung des FamilienZentrums Laim
Deutscher KinderschutzBund OV München e.V.
Valpichlerstr.36
80686 München
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S.23: Familienzentrum Laim

Registration for all courses can be done during our office hours.
Please pay your course fees within a week after registration in cash or bank transfer, if not your place can be given to another person.
Refunding is only possible if another person can be found to take your place.

Bank Details:

Postbank München,
IBAN: DE05 70010080 0595812805
BIC: PBNKDEFFXXX
Account holder: DKSB München

** By paying an annual fee of 65,- € you support our work and you get a reduction of 10% on a lot of courses, the “ Parent course” and “First aid course” are free of charge as well.



Das Projekt FamilienZentrum Laim wird gefördert

zu ca. 50% vom Sozialreferat der LH München



Bayerisches Staatsministerium für
Familie, Arbeit und Soziales

und zu ca. 7% aus Mitteln des Bayerischen Sozialministeriums.

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Parents and toddlers groups

Without registration

Baby and toddler groups are a great place to meet mums (and dads) with children your child's age and your child can make new friends too.

In every group one mother is available as a contact person. Parents are free to actively shape the group according to their ideas and interests.

Baby group Thursday, 12.00 - app. 14.00 o'clock 0 to 8 months

Petra Köberlin

Toddler group Tuesday, 9.30 - app. 11.30 o'clock from 9 months

Dorothee Chlumsky

Toddler group Thursday, 10.00 - app. 12.00 o'clock from 6 months

Daniela Hoenselaar

The following dates are for children aged 1 to 3 but older children and babies are welcome too!

Monday,	15.00 - app. 17.00 o'clock	Sonja Lechner, Simone Schürmann
Tuesday,	15.30 - app. 17.30 o'clock	Julia Kökeny
Wednesday,	15.00 – app. 17.30 o'clock	Julia Kökeny, Stephanie Walter
Friday,	10.15 - app. 12.15 o'clock	Sonja Lechner, Katharina Weilhart

Contribution: the group meetings are free of charge, but we gladly accept donations!

Registration:

Is not needed, parents are welcome to stop by whenever they like!

Please inform yourself on our website
www.familienzentrum-laim.de
About possible changes of date or time.

Around birth

Prenatal classes

- Woman and couples who expect their 2., 3.,...child
- You don't need the same information as for the first child, but you would like to take some time for the new pregnancy and the upcoming birth.

The course includes:

- Exercises for the body, breathing and relaxation
- Talking about birth experiences
- Information about new insights in midwifery
- Preparation for upcoming birth
- Birth order of siblings, rivalry, jealousy

Please bring comfortable clothes and a blanket.

Saturday, 18.1. or 21.3.2020 10.00 – 17.00 o'clock

Fee: 58,- € / couples 87,- €

Course instructor: Erika Behrusi, Midwife/ Doula

„I didn't expect that“

Finding closure after a Caesarean

Was your birth experience against all hopes, expectations and anticipation a disappointing experience? If you take the time for closure, this will help you in case of a new pregnancy in order to be prepared for a new birth experience.

With the help of imaginary journeys, bodywork, creative expression of the birth experience and by sharing experiences we try to find closure.

Please bring comfortable clothes and a blanket

Sunday, 19.1. or 22.3.2020, 10.00 – 17.00 o'clock

Fee: 58,- €

Course instructor: Erika Behrusi, Midwife/ Doula

Midwife consultation

A midwife assists you in this time of change in body and soul – during the pregnancy, when giving birth and in the postnatal period. Every woman can contact our midwife without prescription. The insurance covers your costs.

Ulrike Weiß, Midwife, Tel. 16 95 16

Courses for Parents and babies

PEKiP

(Prager Parent-Child Programme) is for parents with their babies starting at the age of 8 weeks. We observe the development of the children, try to give them play and movement incentives and talk about current questions in the group.

Wednesday, 29.1. – 27.5.2020, 10.45 – 12.15 o'clock (not on the 26.2., 8.+ 15.4.)

For children born in October / November 2019

Fee: 128,- € for 15x

Wednesday, 4.3. – 27.5.2020, 9.00 – 10.30 o'clock (not on the 8.+ 15.4.)

Follow-up course for children born in August / September 2019

Fee: 94,- € for 11x

Course instructor: Christine Holzkämper

Parent-Child group for special babies with PEKiP-elements

In a group of up to eight parents with their babies aged from 12 weeks to 8 months, we get to know each other, play and exchange experiences. I would like to invite families with a baby with delayed development, Trisomy, premature infants (before week 30), genetic defects....simply with a very special child. I have a degree in social work, I have experience as a PEKiP instructor and I work for Social Services in a children`s clinic.

Wednesday, 6.11.2019 – 19.2.2020, 13.00 – 14.30 o'clock (not on the 25.12., 1.1.)

Fee: 120,- € for 14x

Wednesday 22.4. – 5.8.2020, 13.00 – 14.30 o'clock (not on the 3.+ 10.6.)

Fee: 120,- € for 14x

Course instructor: Christine Holzkämper

Together through the first year – Singing, handicrafts and movement

We have different offers for the first year. We create our own toys and learn sign language for babies. Rhymes and movement games top off our offers. An active exchange and making first contacts are our main objectives.

Mondays, 13.1. – 16.3.20,

9.30 – 10.45 o'clock for 4 – 7 months
11.00 – 12.15 o'clock for 8 – 12 months

Fee: 80.-€ for 10x

Course instructor: Sonja Lechner, Manuela Penn

Harmonious Baby massage

For Babies starting at the age of 4 weeks to 7 months

*„Berührt, gestreichelt und massiert werden,
das ist Nahrung für das Kind.*

*Nahrung, die genauso wichtig ist wie Mineralien, Vitamine und Proteine;
Nahrung, die Liebe ist.“*

*Frédéric Leboyer,
French gynecologist and obstetrician*

Physical contact and conscious care supports the natural development of the child. The parent-child relationship intensifies through the close contact.

Tuesday, 14.1. – 11.2.20, 13.30 – 14.30 o'clock

Tuesday, 3.3. – 31.3.20, 13.30 – 14.30 o'clock

Fee: 55,- € for 5x

Course instructor: Petra Köberlin

Please bring a thick towel to lie on!

Music for Children

Singing for babies and toddlers

Ongoing course

For children from app. 8 to 18 months

Music is a natural part of life for toddlers; they enjoy the sound of their parents singing to them. In this course you can (re)discover the joy of singing and movement with already known and new kids songs and finger rhymes.

Friday, 9.30 – 10.10 o'clock (not in the school holidays)

Fee: 40,- € for 8 times, single lesson for 6,- € / h possible

Course instructor: Gabi Weiß

Gymboree Play & Music

Ongoing course

Family course for parents with children from 6 months to 5 years.

Children learn English in a playful way through music and movement games and they will improve their language and social skills. They play with suitable instruments and learn how to recognize melodies.

Wednesday, 16.00 – 16.45 o'clock (not in the school holidays)

Fee: 135,- € (resp. 121,50,- € **) for 10 times,
valid for 12 weeks
trial lesson possible (13,50 €)

Course instructor: Louise Glas

Musikgarten for children from 1½ to 2½ years with one parent

Discovering music in a playful way

Tuesday, 14.1. – 31.3.20, (not on the 25.2.)

15.45 – 16.20 o'clock and 16.30 – 17.05 o'clock

Fee: 68,- € (resp. 61,- € **) for 11x

Course instructor: Brigitte Rost

Musikwichtel

For children from 2 to 3 with one parent

Singing, Dancing and discovering musical instruments (Orff instruments like drums, rhythm sticks, bells) and most important the joy of music!

Friday, 10.1. – 27.3.20, 15.30 – 16.15 o'clock (not on the 7.2., 28.2.)

Fee: 80,- € (resp. 72,- € **) for 10x

Course instructor: Christiane Meybier

Musikgarten und Klanggeschichten

for children from 2 ½ to 4 years with one parent

Singing, Dancing and discovering musical instruments in a playful way.

Preparation for “musikalische Früherziehung

Thursday, 23.1. – 2.4.20, (not on the 27.2.)

15.15 – 16.00 o`clock, 16.15 – 17.00 o`clock and 17.15 – 18.00
o`clock

Fee: 80,- € (resp. 72,- € **) for 10x

Course instructor: Anne Weis

Kunst für Kinder

„I can see something but you don´t.“

Art course for children from 3 to 8 years with or without parents.

Through art children learn to discover and appreciate the beauty of the world. They experience the language of colors, forms and representations and enter a dialogue. In this course children discover art with all their senses in a musical and playful way. This inspires them to do their own art work.

Saturday, 7.3., 21.3. and 25.4.2020, 10.30 – 11.30 o`clock

You can register for single lessons or reduced for all:

Fee: 8,- € per lesson or 21,- € for all 3

Course instructor: Jevgenija Dymel

Woodwork and handicraft work

Here come the Olchies

Recycling course for children from 4 to 8 years

„Oi oi oi des duftet olchimäßig“ ...We create animals, little bags and music instruments out of Tetrapack.

Monday, 13.1. – 3.2.20, 14.45 – 16.45 o`clock

Fee: 36,- € (resp. 36,40 €**) for 4x

Course instructor: Gerald Hablizerl

Please bring something to eat and an old shirt!

Animals

Woodwork course for children from 4 to 8 years

You learn how to create animals out of wood.: eine Maus - eine Laus - ein Kanguruuu - und was für ein Tier bist duuu?

Monday, 10.2. – 2.3.20, 14.45 – 16.45 o`clock

Fee: 36,- € (resp. 32,40 €**) for 4x

Course instructor: Gerald Hablizerl

Please bring something to eat and an old shirt!

Pumuckl schreinert drauflos

Woodwork course for children from 4 to 8 years

Children learn how to use saw and hammer in a playful way. We built a bridge, a gap, a fast mouse and a house out of wood and paint everything with water colours.

Monday, 9. – 30.3.20, 14.45 – 16.45 o`clock

Fee: 36,- € (resp. 32,40 €**) for 4x

Course instructor: Gerald Hablizerl

Please bring something to eat and an old shirt!

Movement and fun for the whole family

Playing together with children from 6 months to 6 years

According to the Family-Soft-School-Concept

Parents and children can try together different games and movements. We train courage, dexterity, thoughtfulness and empathy and above all we have a lot of fun together.

Sunday, 26.1., 16.2. and 15.3.20, 9.30 – 11.00 o'clock

You can register for single lessons or reduced for all:

Fee: 12,- € per lesson and family or 32,- € for 3 lessons

Course instructor: Ekaterina Erlacher

Excercise day **for children starting at 1 year**

Children with their parents are welcome to attend

on Fr, 7.2.20, 15.00 - 17.00 o`clock

Several courses invite you to **climb**, **hop** and **jump** on 2 floors.

Participation without registration and free of charge.

Parents are responsible for the supervision of their children

Would you like to help us?

With an annual fee of 65,- €

you get a reduction of 10 % on our course offers.

In addition you can attend the courses

„Starke Eltern - Starke Kinder“ and „First aid for your child“

Free of charge.

Ask our team!

Or you can help us with your donation

You can support children and families with a small income

in order to benefit from our offers

and as necessary to get additional help.

Of course, you receive a receipt of payment for your donation.

We gladly accept your **donations** for our **donation shop**.
(Clothes, toys, and books for children.)



Movement and Relaxation

Yoga also for beginners

In this course we start with easy to do beginners poses. If these poses are done every time with a clear mind and an open consciousness, then these exercises are not only for the body but also to strengthen your inner self and are useful for daily life.

Alternating tension and relaxation helps the mental regeneration.

Tuesday, 14.1 – 31.3.20, 19.30 – 21.00 o`clock (not on the 28.1., 25.2., 3.3.)

Fee: 90,- € for 10x

Course instructor: Hansjörg Bögle

Please bring a non-slip mat for your Yoga lesson.

Yoga to relax for the week-end

We use activating, strengthening but also slow and relaxing exercises to recover our balance and inner harmony, which we often lose in our daily life. The power of breathing helps to loosen tensions and blockages.

Easy Yoga-Asanas help us to strengthen our psychosomatic balance.

Friday, 17.1. – 6.3.209, 17.00 – 18.30 o`clock (not on the 14.+ 28.2.)

Fee: 66,- € for 6x

Course instructor: Anne Leitenbacher

Please bring a non-slip mat for your Yoga lesson.

Smovey - and Fascia training

ongoing course

We train in a fun way with lively music strength, endurance, flexibility, balance and coordination. In addition we strengthen the fascia system with the help of fascia balls and stretching.

This workout is suitable for every age and can be adapted to every level of fitness. We finish our workout with a very pleasant unit of relaxation

Friday, 19.00 – 20.00 o'clock

(in the school holidays according to arrangement)

Fee: 42,50 € for 5 times,

80,- € for 10 times

Single lessons for 9,- € / h.

You can join at any time.

Course instructor: Gabi Weiß



Qigong for the spine

With the help of easy to learn exercises you can release the pain in your shoulders and neck, head and back pain as well as tensions and blockages. You can built up muscles and strengthen joints. You feel relieved by exercising and reach a better mobility.

The gently flowing moves can be integrated easily in your daily routine and are suitable for people of every age and constitution.

Thursday, 23.1. – 2.4.20, 18.30 – 19.30 o'clock (not on the 27.2.)

Fee: 110,- € for 10x, trial lesson 10,- €

Course instructor: Evelyn Heim

Courses for parents

First aid for children with childcare

How do I behave if my child hurts itself? Initial treatment with the help of theoretical and hands-on examples.

Saturday, 1.2. or 28.3.20, 9.00 – 12.00 o'clock

Fee: 9,50 € ** + child care: 5,- €

Course instructor: Ann-Christin Utecht, Doctor

„Parent course – Starke Eltern - Starke Kinder“ with childcare

More joy with your children –

How to be relaxed and confident in your everyday family life.

The course

- Strengthens the confidence of mothers, fathers and children.
- Helps to relieve your everyday family life and to improve living together.
- Shows ways to overcome conflicts.
- Gives space to think and share experiences with other mothers and fathers.
- Opens chances and creates space for you and to regain new strength.
- Informs about general educational themes and children's rights.

Tuesday, 28.1. – 10.3.20, 19.00 - 21.00 o'clock (not on the 25.2.)

Fee: 35,- € ** for 6x + follow-up, couple 55,- € **

Kinderbetreuung 4.-€ / Kind und Vormittag

Course instructor: Christiane Rolny, Dipl.-Psych.

Couple and family counselling

- You get support while looking for changes and solutions in phases of conflict in the couple / family.
- Counselling during a possible separation.
- Tips for a better communication within the family.
- Information about the transition in day care nursery, kindergarten and school.
- Expert advice for questions about education or parent-child-conflicts.
- Information about other means of assistance.

Appointments upon arrangement

Fee: first consultation free of charge, second consultation 10,- €

Christiane Rolny, Dipl.-Psychologin

Legal counselling

In employment, tenancy and social law:

Anna und Christian Kronbichler, lawyer

Fee: 25,- € + VAT for initial consultation

German lesson

In the FamilienZentrum Laim there are ongoing German courses with childcare. In trial lessons you can find out for yourself, if the course is suitable for you. The lessons take place in small groups. We assist participants to reach their personal goals, i.e. German language test, work, contacts in kindergarten and school.

But you cannot gain language certificates. As we work in small groups, the course can be adapted to the individual needs of the participants. Every woman should be assisted according to her level and skills. During the lessons we also talk about questions and information about daily life with your family in Germany.

Joining the course is possible at any time!

Monday, 9.30 – 11.00 o'clock (not on the 23.+ 30.12., 6.1., 24.2.)
Course instructor: Dorothee Chlumsky

Tuesday, 9.30 – 11.00 o'clock (not on the 24.+ 31.12., 25.2.)
Course instructor: Sophie Blonck

Wednesday, 9.30 – 11.00 o'clock (not on the 25.12., 1.1., 26.2.)
Course instructor: Juliane Braun

Thursday, 9.30 – 11.00 o'clock (not on the 26.12., 2.1., 27.2.)
Course instructor: Dorothee Chlumsky

Fee: 90,- € without child / 120,- € with childcare for 15 double lessons.

A ticket valid for 15 lessons can be used for all three courses above and is valid for six months.

The courses are free of charge for refugees.

There are more courses on offer in the **GU Landsbergerstraße 412.**

„Miteinander: Weitergehen - Sprechen - sich Kennenlernen“



This project is part of the federal programme

„Starke Netzwerke für geflüchtete Familien“

With our partner Sozialdienst für Flüchtlinge der Inneren Mission we realize offers for parents and children in the accommodation for refugees in the Landsbergerstraße and invite them in the FamilienZentrum.

Immigrated families who have recently come to our neighborhood can address one of our parents counsellors with their questions about the German language, kindergarten, school and life in Germany in general. We accompany and invite them to our offers – German lessons, Play groups and Homework supervision –as well as other offers in the vicinity. We work together with our partner Frühe Hilfen of the KinderschutzBund Munich.

Our **play group for preschool children** takes place on **Tuesday** and **Thursday** from **9:00-12:00 o´clock** in the Pfarrjugendheim St. Philippus, Westendstr. 249.

Children (starting at the age of five) who can´t speak German yet and who don´t go to the kindergarten, can participate.

Course instructor: Dorothee Chlumsky

The project „Miteinander: Weitergehen - Sprechen - sich Kennenlernen“ is funded in the context of the federal programme „Starke Netzwerke Elternbegleitung für geflüchtete Familien“ durch das Bundesministerium für Familie, Senioren, Frauen und Jugend.

Gefördert vom



Bundesministerium
für Familie, Senioren, Frauen
und Jugend

Homework supervision

It is important for us that the pupils do their homework meticulously and regularly in order to guarantee a learning success. We also try to boost their self-confidence through comprehensive support and during free time activities.

We work in small groups to be able to respond to the learner's needs.

Our team consists of educational staff and dedicated volunteers. Our educational staff also helps you to deal with questions about school by working together with the pupil's teachers.

Monday – Thursday, 15.00 – 17.00 o'clock

Fee: 45,- € per months

Registration: Please register in our office!

Contact person: Dorothee Chlumsky

Individual tutoring for primary school children

Together with the pupils and their parents we create the conditions for a successful career at school.

Appointments: upon arrangement

Fee: 20,- € per hour

Registration: Please register in our office!

Play group

In our playgroups children have their first experiences without their parents. The phase of familiarization is done individually and in accordance with the parents.

Children learn how to find their way around on their own and in the group, they built confidence in the child carer and find new friends. In order to develop strong relations they should ideally stay at least one year in their group.

In our team educational experts work together with experienced mothers.

Monday and Tuesday **9.00 - 13.00 o'clock for children starting at 2 years**

Wednesday and Thursday **9.00 - 12.00 o'clock for children starting at 1½ years**

Fee: Monthly 35,- € per morning + 65,- € registration fee

Registration: on the waiting list for children born starting January 2019:

On Wednesday, the 5.2.2020 at 11.30 o'clock you can inscribe yourself on the waiting list.

Contact person: Elli Hiefinger

Donation shop

Exchange of kids clothes, toys & more

Families who need baby or kids clothes or toys are invited to stop by and look through the donations.

Contact person: Angelika Mayer

Our donation shop opens

Every Thursday from 15.00 – 16.00 o'clock (not on the 26.12, 2.1., 27.2.)

Flea market on the Hogenbergplatz

on Sa, 25. April 2020, 14.00 – 17.00 o'clock
in case of bad weather two weeks later (9.5.)

With coffee, cake and sausages
Fee for a table 4.-€, please bring your own
Children tables free
No registration needed

Opening and office hours

Opening hours:

Mo - Wed	9.30 - 11.30 - 16.00 - 18.00 o'clock
Thurs	9.30 - 13.00 o'clock
Fr	9.30 - 12.00 o'clock

Office hours:

Mo - Fr	9.30 - 11.30 o'clock
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