

## Eltern und Kinder zusammen



### **We offers a wide range of courses for Ukrainians with children at the family education center Ev. - Luth. Familienbildung in church district Hamburg-east**

Through donations of Hamburg Donation Parliament you have the opportunity to attend many of our courses for families free of charge. We offer courses around pregnancy and childbirth, like birth preparation courses, yoga for pregnant women, Postnatal gymnastic and baby massage.

For parents with their babies we offer courses to play, explore and share experiences, such as DELFI®-course, Baby Discovery Room, Parent-child-sport.

For toddler we offer creativity courses like Splotch workshop, Musikgarten® where singing and making musik is fun and easy games and dance with music.

As well we offer courses around the topic nutrition for babies and small children.

During school holidays we offer courses for schoolchildren such as cooking and sewing with a lot of fun with their peers.

Most recent information are available on our website [www.fbs-harburg.de](http://www.fbs-harburg.de)

Each Thursday from 4 to 5.30 pm you can meet each other and get to know family education center at our open meeting space for Ukrainians. We want to give you opportunity to come in, meet other families or find out about our courses. Volunteer nativ speakers can help you with registration and are happy to accompany to courses.

**We are looking forward to seeing you, you are very welcome!**



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