



Moin! Wellcome! خوش آمد! Bienvenue! ترحيب

Offers for families

The Familienbildungsstätte Husum offers educational and meeting opportunities for families. The intention is to strengthen families in their life situation and to support the talk between the parents. Information about offers and courses:

- Birth preparation course (3-4 months before birth)
- Reconstruction gymnastics course (8-10 weeks after birth) to strengthen muscles after birth
- Parent-child groups:

In these courses, parents meet regularly with their children to play, sing and talk together.

They develop the bond between parents and children and provide a space for the parents to exchange ideas and experiences

- DELFI© (father or mother with baby from the 8th week)
- Baby massage (father or mother with baby from the 6th week)
- Miniclub (father or mother with baby from 1 year)
- Open offers and cafés:

Where parents can meet other parents in a relaxed atmosphere, exchange experiences and make new contacts.

- Speechcafé (Tues, 15-17h)
- International Breakfast (Wed, 8:30-10h)
- Café for families (Wed, 15-17h)
- International Open House for Women (Thu, 9-11h)
- Breakfast for women (Fri, 9-11h)

Fees can also be paid with the "Bildungskarte".

All offers take place at Woldsenstraße 47 in Husum.

For more information, call 04841-2153 or take a look at fbs-husum.de/programm.

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