

Thursday

 **Good morning Yoga!** 9:00 - 10:30
 Anja Kolmanics
 anjancka@posteo.de 

 **Counseling for people with (imminent) disabilities** 10:00 - 14:00
 eutb@bzsl.de
 Tel. 0177 57 95 717 

 **“Die Pfefferstreuer” Theater for seniors 50+** 11:00 - 13:00
 carloberlin@hotmail.com
 Tel. 0176 55 20 05 67 

 **Smartphone and computer for everybody - Self-Help-Meeting** 15:30 - 17:30
 Every 1st and 2nd thursday
 stadtteilzentrum@pfefferwerk.de 

 **Creative dancing with kids 4 - 6 years** 15:50 - 17:40
 info@kindertanz-ramona.de
 Tel. 0176 84 85 90 75 

 **Folklore group Panama** 19:00 - 21:00
 julian.perez.u@web.de
 Tel. 01520 782 27 86 

 **Open pottery group „The meerkats“** 19:00 - 22:30
 katrin.gestewitz@pfefferwerk.de
 Tel. 030 / 443 83 713 

Friday

 **Berlin tenants association - Counseling** 09:00 - 11:00
 For members only
 Tel. 030 216 80 01 

 **Babies group (from 0 - 9 months)** 10:30 - 12:00
 No registration necessary
 stadtteilzentrum@pfefferwerk.de 

 **Family law counseling** 11:00 - 12:00
 No registration necessary
 In straight calendar weeks
 Important: Please come on time! 

 **Counseling for single parents** 12:00 - 14:00
 jessica.albrecht@shia-berlin.de
 Tel. 0176 43 47 30 19 

 **Friday time - for body and soul** 13:00 - 16:00
 Movement session with
 following tea-ceremony 

Saturday

 **ZUMBA for everybody with Lorena** 10:00 - 11:30
 No registration needed 

 **Open paint & creative course** 14:00 - 17:00
 Every two weeks
 matthiasillner@web.de
 Tel. 030 30 36 53 06 

 **Indoor playground** 14:00 - 17:00
 Starting November 2025
 Suitable until age of 5
 No registration needed 

Access and barriers

Our building has an elevator, accessible rooms and ramps and a low-barrier toilet.
 No guidance system for blind people, but high-contrast lettering and symbols.



Weekly Lineup



Groups, Courses, Counseling 1st quarter 2026 January - March

 Fehrbelliner Str. 92, 10119 Berlin

 030 443 83 - 713

 stadtteilzentrum@pfefferwerk.de

 stz-prenzlauerberg.de

Monday

**Tenants counseling
Prenzlauer Berg** 11:00 - 14:00

No membership needed
No registration needed



**Classic ballet for children
4 - 12 years** 15:00 - 18:00

Registration needed
tanz.karambole@yahoo.de



**Support group for fear of
loss or commitment** 18:00 - 20:00

For 18 to 30 years, registration needed
unsicherabergebunden@gmail.com



**Berlin tenants association -
Counseling** 19:00 - 20:00

For members only
Tel. 030 216 80 01



**Neighbourhood Chorus
"fish in the water"** 19:30 - 21:30

johannebraun@gmx.net
Tel.: 030 444 76 28



Tuesday

Social counseling - Red Cross 09:00 - 15:00

Registration needed
asd@drk-wedpre.de
Tel. 030 60 03 00 55 20



**"Clay Gals" - Pottery group
for women** 10:00 - 13:00

jfilimonow@gmail.com
Tel. 0176 80 61 71 45



**Tums, Bums & Thighs Workout
(with child)** 10:00 - 10:45

Registration requested yet not needed
www.bellyventure.de



**Full-Body-Workout
for men and women** 12:00 - 12:45

Registration requested yet not needed
www.bellyventure.de



Memory training for elderly 14:00 - 15:30

Excellent german skills required
menazeman@yahoo.de



**Little Music Makers
1 - 4 years** 15:00 - 18:00

berlin@littlemusicmakers.de
Tel. 030 29 03 09 59



**Language Café
for german learning** 16:00 - 18:00

No registration needed
stadtteilzentrum@pfefferwerk.de



Pottery meeting 16:00 - 19:00

From 14 years, registration needed
m.scheunemann@posteo.de
Tel: 0179 48 508 49



Taiji - Open group 18:15 - 19:15

Maike Techen
maike.techen@gmx.de



**Instant Composition -
Creative Dance improvisation** 20:15 - 21:45

Rossella Canciello
rossellyna@hotmail.com



Wednesday

**Toddlers group
from 9 months on** 10:30 - 12:00

No registration needed
stadtteilzentrum@pfefferwerk.de



**Trauma sensitive Yoga
for women** 12:30 - 13:30

Bine Herzog
herzbine@gmx.de



**Dance acrobatics for children
4-6 and 7-12 years** 15:30 - 17:30

Lorenz Huber
post@tanzapartment.de



Board game group 17:30 - 20:30

Every 2nd and 4th wednesday
jenswalkenhorst05@gmail.com



Open pottery group 18:00 - 21:00

Katrin Gestewitz
katrin.gestewitz@pfefferwerk.de



Indi Pop Chor 19:00 - 21:30

lena@singdichgluecklich.de
www.singdichgluecklich.de/indiepopupchoir



To keep updated (in german), please check out...

▶ Our Email-Newsletter

▶ Instagram / FB @stz_prenzlauerberg



fixed costs



voluntary donation



no costs / free



especially in / for eng

Monthly Groups & Events

- ▶ **"Stumbling stones" Stolperstein-Gruppe**
Every 3th monday | 16:00 - 19:30
stolpersteine-prenzlauerberg@gmx.de
- ▶ **Training group for non-violent communication**
Every 4th monday | 19:00 - 21:00
- ▶ **Counseling for Bürgergeld-Recipients**
Every 1st wednesday | 10:00 - 12:00
Registration at Jobcenter: 030 555 534-4280
- ▶ **Patching meeting - Repairing textiles together!**
Every 2nd thursday | 18:00 - 20:00
Registration: flicktreffen@textilhandwerk.org
- ▶ **Systemic Counseling for relatives of diseased or invalid persons**
Every 3rd thursday | 17:00 - 21:00
Registration: coaching@christianhohlfeld.de
- ▶ **Mindfulness-Based Stress Reduction (English)**
Every last friday | 12:00 - 14:30
Registration: camille_franc@hotmail.fr
- ▶ **Soundbath - Sound journey to inner calm**
Every last friday | 19:45 - 20:30
Miriam | hello@sourcesound.de
- ▶ **Art Social Club (English)**
Every last saturday | 19:00 - 21:30
Registration: artsocialclub.berlin@gmail.com
- ▶ **Clothes swap event**
Every 2nd sunday | 12:30 - 15:30
- ▶ **Feminist Bookclub (English)**
Every 4th sunday | 16:00 - 19:00
info.berlin@fembook.de
- ▶ **Support group for depression and stress-related depression**
Every 1st sunday | 15:00 - 17:00

New!



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Events

Community Breakfast

25th of January | 10:00 - 13:00

Spring flew market

7th of February | 9:00 - 12:30

counter registration:

Flohmarkt-stz@gmx.de

Prenzlberg on screen

- movie & dialogue shows:

“Einfach Machen! She-Punks
von 1977 bis heute”

26th of March | 19:00

Community Breakfast

29th of March | 10:00 - 13:00

Electric cargo bike “Ruth”

You can borrow the electric cargo bike “Ruth” from our district center. It is perfect for trips with children or small loads. You can book it free of charge on the flotte Berlin website. Pickup, instruction, and return are handled by our team:



- ▶ Mo - Do:
9:30 - 17:30 Uhr,
Fr: 9:30 - 15:30

Infos und Buchung
<https://flotte-berlin.de>

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