

Wednesday-II

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



Language training and reading circle "Akzentfrei mit Martin" 15:30 - 17:30

For german A2 level speakers
Registration: blunkk@web.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



Thursday

Counseling for people with (imminent) disabilities 10:00 - 14:00

eutb@bzsl.de
Tel. 0177 57 95 717



"Die Pfefferstreuer" 11:00 - 13:00

Theater for seniors 50+
carloberlin@hotmail.com
Tel. 0176 55 20 05 67



Gardening group 15:00 - 17:00

No registration needed
stadtteilzentrum@pfefferwerk.de



Smartphone and computer counseling 15:30 - 17:30

Every 1st and 2nd thursday
kiezdigital@gmail.com



Creative dancing with kids 4 - 6 years 15:50 - 17:40

info@kindertanz-ramona.de
Tel. 0176 84 85 90 75



Food distribution of BioTisch e.V. Sat, 17:00 - 17:30

For people with low income
Contact: info@biotisch.org



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



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 2nd quarter 2027 April - June 2027

📍 Fehrbelliner Str. 92, 10119 Berlin

☎ 030 443 83 - 713

✉ stadtteilzentrum@pfefferwerk.de

🌐 stz-prenzlauerberg.de

Design: Isabel Mirnika & Emilio Dimateo Lopez
(Media designers in training at Pfefferwerk gGmbH)

Change

New!

Senatsverwaltung
für Arbeit, Soziales, Gleichstellung, Integration,
Vielfalt und Antidiskriminierung

BERLIN



Monday

New!

A1-German course for parents 8:30 - 11:50

Free german course for beginners!
vhs.willkommen@ba-pankow.berlin.de

Also on tuesdays!
Also on wednesdays!

**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

New!

Family* Boardgame group 15:30 - 17:30

For families with 6+ children
Every 2nd and 4th monday
No costs, no registration

**Support group for fear of
loss or committment** 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"** 19:15 - 21:15

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

To keep updated, please check
out our Email Newsletter!



fixed costs



voluntary donation



no costs / free



especially in / for eng

Tuesday

Good morning Yoga! 9:00 - 10:30

Anja Kolmanics
anjancka@posteo.de

**"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

New!

**Mandala drawing at lunch
break** 12:15 - 13:30

No costs, no registration

Memory training for elderly 14:00 - 15:30

Excellent german skills required
menazeman@yahoo.de

New!

**Counseling for people with
migration background** 14:30 - 16:30

In GER, ENG, FR, Persian and Dari
Every 2nd and 4th tuesday
info@vpda-berlin.org

New!

Templiner Play street 15:00 - 18:00

Starting may, every tuesday!
Varying events and activities
mobiles-stz@pfefferwerk.de

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

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, no registration needed
m.scheunemann@posteo.de
Tel: 0179 48 508 49

New!

**Walk & Talk - Get to know
your local community!** 18:00 - 19:00

Meet english speaking locals
Registration: claudi@lifecovery.de

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-I

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

No registration needed
stadtteilzentrum@pfefferwerk.de

New!

**Solidary kitchen at
Teutoburger Platz** 12:30 - 13:30

No registration
No costs, Donations requested

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



Pausing in April. Registration for may:
kontakt@shia-berlin.de



Weekend

ZUMBA for everybody with Lorena Sat, 10:00 - 11:30



No registration needed



Open paint & creative course Sat, 14:00 - 17:00



Every two weeks
matthiasillner@web.de
Tel. 030 30 36 53 06



Food distribution of BioTisch e.V. Sat, 17:00 - 17:30



For people with low income
Contact: info@biotisch.org



Focus hour for your project Sunday 10:00 - 12:00



Every 1st and 3rd sunday
Registration: claudi@lifecovery.de



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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

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

Cancelled
for april :-)

 **Feminist Bookclub (Englisch)**
Every 4th sunday | 16:00 - 19:00
info.berlin@fembook.de

**Support group for depression and stress-related
depression**
Sunday, 15.03., 05.04., 03.05. | 15:00 - 17:00

Events

Prenzlberg on screen - film & dialogue shows:
Charlotte Salomon, life and the maiden
30th April, 19:00

Community breakfast
31st May, cancelled. Instead we invite you to the...
... **Long table for the neighbourhood**
29th May, informations coming

Galery opening
"Different truths"
18th of June, 16:00

Prenzlberg on screen - film & dialogue
25th June, 19:00

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