

DATES 2025/2026

Come by!

- **Every Wednesday** from 9:30 to 11:00
intercultural playgroup
- **Every Wednesday** 9:00 to 10:30
Community Center Friedenskirche:
international mothers' café
- **Daily** open parents' café
- **Swap meet/take-away locker** in the
entrance area
- **1x month: Counselling service** of the
psychological counselling centre
(educational counselling) of the city of
Hilden

CONSULTING

We are here for you! We advise
you on the following topics:

- Inclusion
- Intercultural openness
- Child day care
- Child protection
- Off-peak care
- Health/ Nutrition
- Language development
- Interpreters
- Transition from kindergarten to primary
school
- Education and participation packages
- And other topics related to family and
parenting

Our events are free of charge for all Hilden
families.

Our events are fundamentally inclusive
and intercultural

**If you would like to use our premises as
a Hilden association or organization,
please feel free to contact us.**

Registration and information:

Nordlichter family centre and daycare
centre

Andreas Aguirre & Kevin Drucks

SPE Mühle Kita gGmbH
Furtwänglerstraße 2d; 40724 Hilden

Tel: (02103) 789 24 -72

E-Mail: nordlichter@spe-muehle.de



SPE Mühle Kita gGmbH
Familienzentrum Nordlichter

Novo-Mesto-Platz 3D · 40721 Hilden
T. (02103) 78924-0
post@spe-muehle.de
www.spe-muehle.de



DIVERSITY CONNECTS – GROWING TOGETHER, LEARNING TOGETHER



NORDLICHTER FAMILY CENTRE

OUR OFFERS ARE:

ALWAYS FREE OF CHARGE FOR HILDEN FAMILIES
ALWAYS INCLUSIVE AND INTERCULTURAL

www.spe-muehle.de

Registration and information: 02103
78924-72, nordlichter@spe-muehle

Experience diversity – grow together, learn together

Mission Statement SPE Mill 2025

Dates: September 25 to July 26

06.09.2025 – Archery for parents and children (Northern Lights)

30.09.2025 – Art project for fathers and children (Cooperation: District Integration Office Mettmann, Northern Lights)

08.10.2025 – Parents' evening: Transition from kindergarten to primary school (Northern Lights)

05.11.2025 – Reading aloud project for fathers and children (District Integration Office Mettmann, Northern Lights)

08.11.2025 – Parent-child gymnastics (DRK-Familienbildungswerk, gymnasium Beethovenstraße)

25.11.2025 – Ladies Night (Northern Lights)

08.12.2025 – Parents' Evening – Couch Talks 1: *Strengthening Children* (ev. Familienbildungswerk Ratingen, online)

12.12.2025, from 7:30 p.m. – Family tickets for the DEG ice hockey game (PSD Bank Dome, Düsseldorf)

13.12.2025 – Baking cookies for parents and children (ev. FBS Ratingen, Northern Lights)

13.12.2025 – Parent-Child Gymnastics (DRK-Familienbildungswerk, Turnhalle Beethovenstraße)

10.01.2026 – Parent-child gymnastics (DRK-Familienbildungswerk, Furtwänglerstraße gym)

17.01.2026 – Parent-child workshop: making instruments (DRK-Familienbildungswerk, Northern Lights)

06.02.2026 – Family tickets for the DEG ice hockey game (PSD Bank Dome, Düsseldorf)

07.02.2026 – Drum workshop for parents and children (ev. FBS Ratingen, Northern Lights)

07.02.2026 – Parent-Child Gymnastics (DRK-Familienbildungswerk, Furtwänglerstraße gym)

09.02.2026 – Couch Talks 2: *Developing solutions together* (ev. FBS Ratingen, online)

February 2026 – Ladies Night

27.02.2026 – Adventure & Co. for Fathers and Children (DRK-Familienbildungswerk, Northern Lights)

07.03.2026 – Parent-Child Gymnastics (DRK-Familienbildungswerk, Turnhalle Furtwänglerstraße)

09.03.2026 – Couch Talks 3: *Will & Anger in Children* (ev. FBS Ratingen, online)

11.03.2026 – Crash Course Children's Emergencies (DRK-Familienbildungswerk, Northern Lights)

14.03.2026 – Grandparent Campaign: Handicrafts for Easter (ev. FBS Ratingen, Northern Lights)

24.03.2026 – Teddy Clinic (DRK, Northern Lights)

11.04.2026 – Forest walk with families (meeting point: Bibelskirch stop)

18.04.2026 – Parent-child gymnastics (DRK-Familienbildungswerk, Furtwänglerstraße gym)

22.04.2026 – First aid course for pre-school children (DRK, Northern Lights)

24.04.2026 – Father-child campaign: Stick bread & sausage (DRK-Familienbildungswerk, Northern Lights)

09.05.2025 – Archery for parents (Northern Lights)

09.05.2026 – Parent-child gymnastics (DRK-Familienbildungswerk, Furtwänglerstraße gym)

10.06.2026 – Parents' evening: Recognizing & understanding (highly) sensitive children (ev. FBS Ratingen, Northern Lights)

13.06.2026 – Parent-Child Gymnastics (DRK-Familienbildungswerk, Turnhalle Furtwänglerstraße)

27.06.2026, 10 a.m. – 2 p.m. – Wuppertal Zoo family excursion (meeting point 9 a.m. daycare center or 10 a.m. main entrance)

11.07.2026 – Parent-Child Gymnastics (DRK-Familienbildungswerk, Turnhalle Furtwänglerstraße)

