

Parent's Café

Our center will have a small café where families can meet and exchange ideas and experiences. We will offer fresh vegetarian meals, delicious cakes and other treats.

Shop

The center will have a small shop where we sell all the training and course materials. Moreover we will be selling original, natural products, related to the Family Center and made or produced locally.

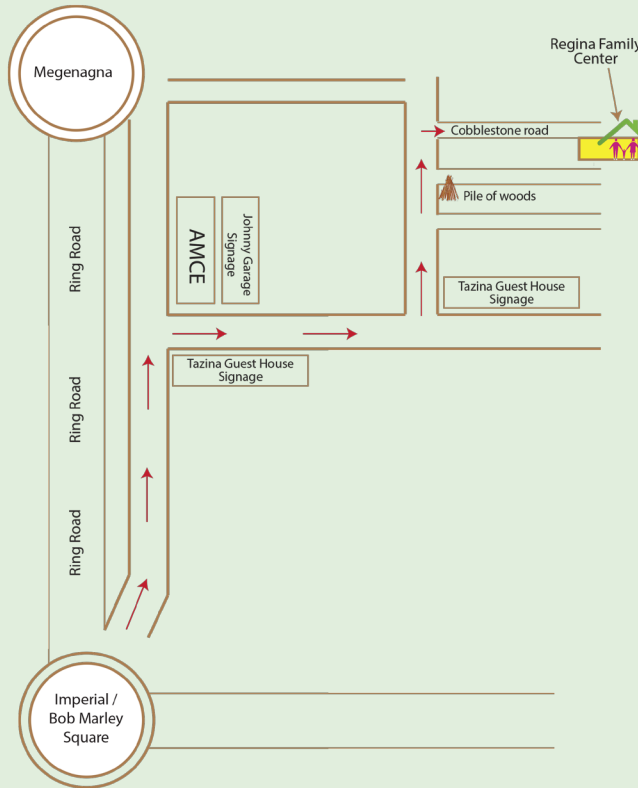
For more information please visit our website
www.reginafamilycenter.com

or visit and like us on Facebook:
www.facebook.com/reginafamilycenterAA

If you would like to visit our centre please feel free to do so! Please contact us to make sure we are around as our centre is not active full day around!

Phone: +251 (0) 912 64 64 51 / 910 34 82 49 / 0921 46 16 41

Email: reginafamilycenter@gmail.com



THE REGINA FAMILY CENTER

Route

We are around Megegnagna, behind IVECO/AMCE compound, coming from Bole on the ring road towards Megegnagna, turning right before AMCE following the Tazina Guesthouse sign. Turn the first left and then the 3rd road on the right. Follow that cobblestone road until you see our sign and a yellow wall.



THE REGINA FAMILY CENTER

Natural, warm and holistic.



THE REGINA FAMILY CENTER

The Regina Family Center is a private limited company, founded by a group of mothers inspired by the work of Regina, a German midwife in Addis Ababa, Ethiopia.

Even though, we all come from different professional backgrounds, we have one common goal and way of seeing the world. We are dedicated to provide health care for families in Ethiopia and increase their knowledge about natural and safe birth, breastfeeding and raising happy and healthy children.

Regina Family Center offers a family atmosphere where children and parents feel at home and enjoy a free, creative environment as much as the beautiful greenery and playground in the middle of busy Addis Ababa.



Today, we are happy announce that our doors are open and that we are offering the following services and activities:

Daycare

At the moment our core activity is the daycare for children from 12 months up to 4 years. We provide the first, unique *Waldorf-inspired daycare blended with Ethiopian culture. In its warm and relaxing setting, the daycare offers children ways to explore and meet with their inborn gifts through making crafts, discovering and protecting nature, and eventually to find their rightful places in the world. We focus on the dignity of children by providing them an environment of love and security, giving them space to develop their creativity and individuality. Registration will start June 1, 2015. Check our website for more information about daycare times and costs.

Family Gym

At the moment we offer:

- Pregnancy and postnatal exercise classes
- Gymnastics for women over 40

Later on we will be offering:

- Yoga with babies
- Musical gym classes for mothers with toddlers and for fathers with toddlers Check our gym plan on our website for more information.

*Waldorf (Steiner) education is a humanistic approach to pedagogy based on the educational philosophy of the Austrian philosopher Rudolf Steiner, the founder of anthroposophy.

Weekend activities

Saturdays and Sundays, we host children's birthday parties for all ages, family reunions and other family oriented parties. We will additionally host special activities for children, such as baking or cooking courses, creative painting/art, music, dance etc. Please check the offers and dates on our website or contact us directly for more information.

In the near future, we will expand the activities of our family center and will provide the following services:

Health consultation

Midwife service, pre & postnatal check-ups, check-ups for children from 0-5 years, breastfeeding and nutritional consultation, and personal counseling.

Trainings & Courses

To nurture the knowledge of health care providers, parents and any others interested in family health, natural birth, breastfeeding and children's education, the Center will provide:

- First aid training for adults and children,
- Home remedy and homeopathic courses
- Antenatal classes
- Midwife and nurse courses in postnatal care, breastfeeding advice and nutrition for mothers
- Nanny trainings, etc.

