

YHTEISÖTALO ESPOO'S APRIL

IN ENGLISH! 2024
PART 1

MONDAY

Friendship group

Mondays from 10 to 11:45 AM

The group is for lonely people who live in Espoo aged 29-65 not yet involved in other activities. Connect, share, and enjoy time together. Sessions are held in Finnish. Inquiries and registrations:

Saara / 050 312 5192. Organizer:
Espoon mielenterveysyhdistys EMY ry

Language Cafe for immigrant women

On Mondays from 12 to 1:30 PM

Come and strengthen your Finnish language skills through activities and easy discussions.

You don't need to have any Finnish skills to participate! No registration required. For more information, contact Riikka at 044 748 6401 or riikka.raikkonen@nicehearts.com. Organizer:

WahvaNainen / Nicehearts ry

Junnuklubi

On Mondays and Tuesdays
from 2 to 4 PM

Open and free of charge activities for primary school children. Junnuklubi provides a snack for the children and opportunity to do homework.

Registration at: nicehearts.melvio.app For more information: 044 727 7309 Organizer:
YhteisöTalo Espoo / Nicehearts ry

Vahvemaksi vanhemmaksi (Becoming a stronger parent)

On Mondays from 5 to 7 PM

The goal of the group is to strengthen the parenting skills of parents, especially those who have moved to Finland, support interaction between children and parents, and introduce families to each other. In the group, we share information, play, do crafts, and cook together. We offer a light dinner. The group is held in easy Finnish. Register at espoonmokat@gmail.com

or just come and get to know us!

Organizer: Espoon monikulttuuriset lapset ja nuoret ry.

TUESDAY

Neighborhood Mothers Cafe

On Tuesdays 9.4. + 26.4.
from 10 AM to 12 PM

Free and open to all women and children. For each session, we have different topics and themes to discuss.

Snacks, tea, and coffee are provided. For more information and registration, contact Anlyn at 044 748 6400. Organizer:
Neighborhood Mothers / Nicehearts ry.

Young Adults' Art Group (18-32 years)

On Tuesdays 9.4. + 23.4. from 4:30 to 6:30 PM

Come join us for some art-making! You can draw based on the day's theme or freely, or just come to spend time in an amazing company! For more information, contact Arttu: arttu.poyhtari@emy.fi / 050 312 5193. Warmly welcome! Organizer:
Espoon mielenterveysyhdistys EMY ry

Mother-Daughter Group

On Tuesdays from 5 to 7 PM

Voimanasia Mother-Daughter Group is for girls aged 10-16 and their mothers with immigrant backgrounds. The purpose of the group is to strengthen the bond between daughters and mothers and enhance their well-being. The group includes visits, physical activities, and discussions on topics such as girls and women's rights. Childcare is provided during the group sessions and participants receive snacks and travel tickets. A camp is held at the end of the group sessions. Group facilitator: Reea Hinkkanen / reea.hinkkanen@plan-international.org / Tel. 050 565 0895.

Organizer: Plan International Finland.

Finnish speaking Peer Support Group for Parents of Children and Youth on the Autism Spectrum

On Tuesday 2.4. from 6:00 to 7:30 PM

Peer support group meets monthly in YhteisöTalo Espoo living room and is organized by PAUT ry. The discussions in the group primarily focus on the perspective of non-intellectually disabled children and youth. The group is facilitated by PAUT volunteers, Mari and Tiina. No pre-registration required. Warmly welcome to join!

WEDNESDAY

Morning together at YhteisöTalo

On Wednesdays from 9.30-11 AM

Welcome to spend time together on Wednesday mornings. We offer porridge and coffee free of charge. Small-scale digital guidance is provided. The group is open to everyone, from babies to seniors!

The house is accessible. For more information:

044 727 7309 Organizer:

YhteisöTalo Espoo / Nicehearts ry.

May Day Event at YhteisöTalo Espoo

On Wednesday 24.4. from 5 PM to 7 PM

Come and spend time together with your family and friends at our May Day Event!

The program includes costume party and other May Day fun. Weather permitting, we will also be outdoors.

For more information: 044 727 7309 Organizer:

YhteisöTalo Espoo / Nicehearts ry

First Aid Skills practice

On Wednesdays 3.4. + 17.4.
from 6 to 8 PM

Open to all people aged 16 and above interested in learning first aid skills.

No prior knowledge of first aid is required.

3.4. Theme: Unconsciousness and resuscitation

17.4. Theme: Joint exercise of first aid teams in the HUP area

Welcome to join! The sessions are held in Finnish.

Organizer: Finnish Red Cross, SPR Keski-Espoo. For

more information and registration:

ensiapu@sprkeskiespoo.fi

THURSDAY

Well-being group for women

On Thursdays from 10 to 11:30 AM

Well-being group for immigrant women. In the group we discuss topics related to well-being and health.

Participants can also measure their blood pressure and weight in the group. Also, you can learn Finnish

in the group. Snacks are provided. For more

information: 044 240 7526 / toimisto@iftinseura.fi

Organizer: Iftin-seura ry / Health for Women Project

Note: No group 22.2. (Winter holiday week)

Candy

On Thursdays from 3 to 5 PM

Candy is for girls in grades 4-9. In the group, we engage in various fun activities such as crafting,

painting, dancing, and discussing different

topics. Girls can also suggest activities for the

group. We provide a snack at each session. The

instructors are Maria and Päivi from Espoon

Tyttöjen Talo. Welcome to join!

Note: No group 7.3.

KiVa-Family Cafe "Luumupuu"

On Thursday 25.4. from 5.30 to 7 PM

Activities for the whole family: free play, gymnastics in gym room, emotional skills, information on gentle parenting, and peer support for parents.

Coffee/tea and some snacks are provided. All

families are warmly welcome. Organizer:

Attachment Parenting Families ry,

Espoo local chapter,

paikallistoiminta@kiintymysvanhemmuus.fi

Social media: @kivaluumupuu.



YhteisöTalo Espoo

Join the mailing list

by sending a message to

[@yhteisotalo_espoo](https://www.instagram.com/yhteisotalo_espoo)

[@yhteisotalo_esp](https://www.snapchat.com/add/yhteisotalo_espoo)

yhteisotalo.espoo@nicehearts.com

More info:

044 727 7309

Address:

Terveyskuja 2B,
02770 Espoo



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FRIDAY

MLL Family cafe

On Fridays 12.4. + 26.4. from 10 AM to 12 PM

All families with children are welcome to Family Cafés! In the café, you get to meet other parents in similar life situations, and children can find playmates of their age.

Organizer: MLL Keski-Espoo

Tjejevillan

On Fridays from 2 to 5 PM

Tjejevillan is a safe and inspiring place for those who identify as girls. At Tjejevillan, you can come as you are, with friends or by yourself. There are always trained instructors at Tjejevillan.

Group is for everyone aged 10–18 years, who identifies as a girl or feels that Tjejevillan is the right place for them. Activities are organized in Swedish. www.bvif.fi/tjejevillan. Organizer:

Barnavårdsföreningen rf

SATURDAY

Dance Group for Kids

On Saturdays from 11:30 AM to 1 PM

We are learning the basics of ballet, balance, and rhythm. We learn and perform popular Latvian children's dances. Instruction in Latvian and English. Registration and more information:

santaburkland@gmail.com

Kaixin Dancing Group

On Saturdays from 6 to 8:30 PM

An open group for everyone interested in Chinese dance. We are a group of people seeking positive, healthy and happy lives. Maximum of 10 participants. Contact: Liu Chunjie, 0415033618, email: chunjie.liu22@gmail.com

SUNDAY

Russian Language club

On Sundays 14.4. + 28.4.
from 10 AM to 12 PM

Bilingual language clubs are starting again! Russian Language Club on Sundays, continuing every other Sunday until May 26th. The group is organized by Familia ry, to support children's identity and learning their home language. Welcome to join us to play and meet other families. For Russian-speaking families using Russian as one of their home languages and having children under school age. For more information, contact belingual@familia.fi.

Espoon ystävyysseura

On Sundays from 4:30 to 7:30 PM

The purpose of Espoon ystävyysseura is to promote the integration of immigrants and their family members to Finnish society and at the same time, preserve the culture and language of Arabic-speaking immigrants. Additionally, the association advances intercultural collaboration, encounters and interaction. For more information: 045 356 0444

OTHER INFO

Children's Clothing Recycling Point

Open from Mon to Thu, 9 AM to 2 PM

You can pick up children's clothes for free, or donate gently used, intact clothes that you no longer need. For more information:

044 727 7309

Counseling and Advice for immigrant Women

Would you like to get support in your everyday life? Do you need someone to talk to about a new life situation? Or help with understanding Kela's decisions? Come talk to Sini or Riikka for assistance and support! Meetings are currently by appointment only: Sini: 044 067 1419 (Finnish and English) Riikka: 044 748 6401 (Finnish)
Organizer: WahvaNainen / Nicehearts ry

Help from a Neighborhood Mother

Do you or your friends need support from a volunteer Neighborhood Mother? With a Neighborhood Mother, you can have discussions in various languages and receive peer support. Call or send a message to

Analyn at 044 748 6400



YhteisöTalo Espoo



@yhteisotalo_espoo



@yhteisotalo_esp

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yhteisotalo.espoo@nicehearts.com

More info:

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Address:

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02770 Espoo

