

YHTEISÖTALO ESPOO'S MAY

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

Note: Last time 27.5.

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

Note: No group 13.5., last time 27.5.

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:

Yhteisöotalo Espoo / Nicehearts ry

Note: Last time 21.5.

Vahvemmaksi 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.

Note: Last time 27.5.

TUESDAY

Neighborhood Mothers Cafe

On Tuesday 7.5. 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

Analyn at 044 748 6400. Organizer:

Neighborhood Mothers / Nicehearts ry.

Young Adults' Art Group (18-32 years)

On Tuesdays 7.5. & 21.5. 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.

Note: Last time 28.5.

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

On Tuesday 7.5. from 6:00 to 7:30 PM

Peer support group meets monthly in Yhteisöotalo 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 Yhteisöotalo

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:

Yhteisöotalo Espoo / Nicehearts ry.

Note: Last time 15.5.

Yhteisöotalo is closed 9.-10.5.

No monthly programme will be published in June.

**Group activities will wrap up by the end of May
and will resume again in mid-August.**

The staff of the Yhteisöotalo will be on holiday in July.

First Aid Skills practice

On Wednesday 15.5. 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.

15.5. theme: coping as a volunteer

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: Last time 23.5.

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 9.5., last time 30.5.

KiVa-Family Cafe "Luumupuu"

On Thursday 23.5. 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.



Yhteisöotalo Espoo

Join the mailing list

by sending a message to

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

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

yhteisotalo.espoo@nicehearts.com

More info:

044 727 7309

Address:

Terveyskuja 2B,

02770 Espoo



YHTEISÖTALO ESPOO'S MAY

IN ENGLISH! 2024
PART 2

THURSDAY

KiVa Emotional skills event

On Thursday 9.5. from 4 to 7 PM

The event will include activities related to emotional skills for children. Snacks, coffee and juice will be served. There will also be partners presenting their activities. Fun for the whole family! Organizer:

Attachment Parenting Families ry,
Espoo local chapter,
paikallistoiminta@kiintymysvanhemmuus.fi
Social media: @kivaluumupuu.

FRIDAY

MLL Family cafe

On Friday 24.5. 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

Tjejvillan

On Fridays from 2 to 5 PM

Tjejvillan is a safe and inspiring place for those who identify as girls. At Tjejvillan, you can come as you are, with friends or by yourself. There are always trained instructors at Tjejvillan. Group is for everyone aged 10–18 years, who identifies as a girl or feels that Tjejvillan is the right place for them. Activities are organized in Swedish. www.bvif.fi/tjejvillan. Organizer:

Barnavårdsföreningen rf

Note: No group 10.5, last time 24.5.

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

Note: Last time 18.5.

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

Note: Last time 25.5.

SUNDAY

Russian Language club

On Sundays 12.5. + 26.5.
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@family.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

Note: Last time 26.5.

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. Note: **In June the recycling point is open by appointment only!**

For more information and to make an appointment: 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

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and will resume again in mid-August.

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Coming up: Outside activities for children born 2011-2016

Mon 17.6. - Wed 19.6. from 10-12 AM

We spend time together outside, playing games, doing crafts and having fun together. Welcome to join us! Registration 3.6.

from 10.00. There are places for the ten fastest. You can sign up for one or more days.

For more information tel. 044 727 7309

Organizer: Yhteisöotalo Espoo / Nicehearts ry



Yhteisöotalo Espoo

@yhteisotalo_espoo

@yhteisotalo_esp

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