

YHTEISÖTALO ESPOO'S AUGUST 2025



MONDAY

Junnuklubi

On Mondays 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 :Tel. 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.

Note! Group will start on August 25.

WEDNESDAY

First Aid Skills practice

On Wednesday, August 20, 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.

August 20th topic: Primary Assessment.

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

Candy – open living room activities for girls and young women aged 10-28

On Thursdays from 2:30 to 5:30 PM

Welcome to our open activities, which follow safer space principles. We offer a snack at every session and relaxed activities that you can participate in if you wish.

The instructors are Maria and Päivi from Espoon Tyttöjen Talo. Welcome to join!

FRIDAY

MLL Family cafe

On Friday, August 22, from 10 AM to 12 PM

All families with children are welcome at the family cafe! Family cafes are a great way to meet other parents in a similar situation and for children of all ages to play together.

Organizer: MLL Keski-Espoo

Samaria picnic

On Friday, August 29, from 11 AM to 1 PM

This event is part of the Espoo Day celebrations. It's the traditional Samaria picnic, offering pleasant companionship with coffee and relaxed activities. This is a substance-free outdoor event. A warm welcome!

Tjeivillan

On Fridays from 2 to 5 PM

Tjeivillan is a safe and inspiring place for those who identify as girls. At Tjeivillan, you can come as you are, with friends or by yourself. There are always trained instructors at Tjeivillan. Group is for everyone aged 10–18 years, who identifies as a girl or feels that Tjeivillan is the right place for them.

Activities are organized in Swedish.

www.bvif.fi/tjeivillan.

Organizer: Barnvårdsföreningen rf



SATURDAY

ASD Activity

On Saturdays from 11 AM to 1 PM

An open dance group for all women over 18, where we'll practice Asian dance together. A maximum of 12 participants will be accepted into the group.

For more information: asddance0@gmail.com

Sudanese family gatherings

On Saturdays from 2:30 to 5:30 PM

Everyone is welcome to discover Sudanese culture!

The programme includes handicrafts for women.

Gymnastics and exercise, drawing, Arabic language and Sudanese culture lessons for children.

More information: bakhitaalj1@gmail.com

Organizer: Sudafinn ry

SUNNUNTAI

Espoon ystävyysseura

On Sundays from 4:30 to 7:30 PM

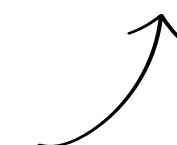
The purpose of Espoon ystävyysseura is to promote the integration of immigrants and their family members to Finnish society and at the same time, preserve the culture and language of Arabic-speaking immigrants.

Additionally, the association advances intercultural collaboration, encounters and interaction.

For more information: Tel.: 045 356 0444

YhteisöTalo's doors will open for groups on August 18!

**Note! YhteisöTalo is closed on
Wednesday, August 27.**



nicehearts.melvio.app



YhteisöTalo Espoo



@yhteisotalo_espoo

More information:

Tel. 044 727 7309

Want a monthly ad in your inbox every month?

Join the mailing list by sending a message to:

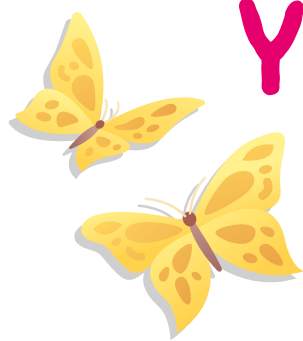
yhteisotalo.espoo@nicehearts.com

Address:

Terveyskuja 2B,

02770 Espoo





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OTHER INFO

Children's clothing recycling

Open from August 18th, Monday to Thursday, 9 AM to 2 PM.

You can pick up children's clothes for free. We are currently full on children's clothing and unable to accept more donations at this time.

For more information: Tel. 044 727 7309

Note! YhteisöTalo is closed on August 27th.

Counseling and Advice for immigrant women

In the service counselling you can get help with various everyday challenges, from filling in forms and documents to family life challenges. You can book an appointment:

Riikka (Finnish) Tel. 044 748 6401,

Jila (Finnish, Dari, Farsi, Turkish)

Tel. 044 067 1419.

Organizer: WahvaNainen / Nicehearts ry

COMING SOON



Music Club

On Tuesdays, starting September 2 until October 7, from 2 to 3:30 PM

Join our fun and relaxed music club!

In the club, we'll sing, play games, dance, and listen to music. We will also explore musical instruments and try to create our own music. No prior experience is needed. The most important thing is a great vibe and doing things together!

The club is for children in grades 3-6.

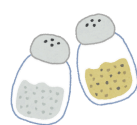
We will accept 8 children.

The application period is from Wednesday, August 13 at 10 AM to Wednesday, August 27 at 11 PM at:

nicehearts.melvio.app

For more information: 044 727 7309

Organizer: YhteisöTalo Espoo / Nicehearts ry



Cooking Club

On Wednesdays, starting September 3 until October 8, from 2 to 3:30 PM

Cooking Club offers children the chance to explore the world of food in a guided and safe environment.

Welcome to cook, learn, and, most importantly, feast!

The club is for children in grades 3-6.

We will accept 8 children.

The application period is from Wednesday, August 13 at 10 AM to Wednesday, August 27 at 11 PM at:

nicehearts.melvio.app

For more information: 044 727 7309

Organizer: YhteisöTalo Espoo / Nicehearts ry

Neighbourhood Mothers' training Register now!

In the training you will get information about Finnish society and services, your own well-being, volunteering & how to make a difference in the society

As a neighbourhood mother you can support other women who have moved to Finland.

Schedules:

On Thursday, September 11 from 9 AM to 1 PM

On Friday, September 12 from 9:30 AM to 1 PM

On Wednesday, September 17 from 9 AM to 3:30 PM

On Thursday, September 18 from 9 AM to 1 PM

On Friday, September 19 from 9:30 AM to 13 PM

Registration: naapuriäidit.fi

More info: Debjani, Tel. 044 748 6400 / naapuriäidit.fi

Organizer: Neighbourhood Mothers' / Nicehearts ry

Reading and Writing Course for Women

Tuesdays and Wednesdays, starting September 9 until December 10, from 9:15 AM to 12:30 PM

Want to learn to read and write in the Latin alphabet?

Sign up online: opintokeskusvisio.fi/ilmoittautumiset-lukutaito-espoo

For more information: Tel. 044 748 6401



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