

MONDAY

Language Cafe
for immigrant women

On Mondays from 10 to 12

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, Tel. 044 748 6401 or riikka.raatikainen@nicehearts.com. Organizer: WahvaNainen / Nicehearts ry

Note! No group on 13.10.

Friendship group

On Mondays from 10 to 11:45

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 Tel. 050 312 5192. Organizer: Espoon mielenterveysyhdistys EMY ry

Note! No group on 13.10.

Junnuklubi

On Mondays from 14 to 16

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

Note! No group on 13.10.

Vahvemmaksi vanhemmaksi
(Becoming a stronger parent)

On Mondays from 17 to 19

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 espoonmokulat@gmail.com or just come and get to know us! Organizer: Espoon monikulttuuriset lapset ja nuoret ry.

Note! No group on 13.10.

TUESDAY

Neighbourhood Mother's cafe

On Tuesday 7.10. / 21.10. from 10 to 12

Looking for new connections, or place to relax in a good company? Welcome to join our cafe which is open to all women & children who have moved to Finland. More info: Analyn, Tel. 044 748 6400 Organizer: Neighbourhood mothers / Nicehearts ry

Young Adults' Art Group
(18-32 years)

On Tuesdays 7.10. / 21.10. from 16:30 to 18:30

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, Tel. 050 312 5193. Warmly welcome! Organizer: Espoon mielenterveysyhdistys EMY ry

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

On Tuesday 7.10. from 18 to 19:30

Peer support group meets monthly at 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. For more information and registration: www.paut.fi/tapahtumat. Warmly welcome to join!

WEDNESDAY

Morning together
at YhteisöTalo

On Wednesdays from 9:30 to 11

Welcome to spend time together on Wednesday mornings. We offer porridge and coffee free of charge. Small-scale digital guidance is provided. Morning together is also a great time to come and learn about the YhteisöTalo Espoo's activities without an appointment. The group is open to everyone, from babies to seniors! The house is accessible. For more information: Tel. 044 727 7309 Organizer: YhteisöTalo Espoo / Nicehearts ry.

Note! No group on 15.10.

Evening for mothers of teens

On Wednesday 8.10. from 17 to 18:30

Are you the mother of a child or teenager aged 10-18? Come join us for a relaxing evening of conversation and painting with other moms. This event is perfect for all mothers of teens — let's spend a nice evening together! Tea, coffee, and fruit will be served. Sign up by contacting Riikka: Text/WhatsApp: 040 821 7894 Email: riikka.koola@ywca.fi You can also register through a WahvaNainen staff member at Nicehearts. Hosted by: Riikka / Kamalat äidit program In collaboration with: WahvaNainen / Nicehearts ry



YhteisöTalo Espoo
Halloween event for families

On Wednesday 29.10. from 17 to 19

An event open to all ages. There will be appropriately spooky entertainment for both young and old. Feel free to dress up in costume. Welcome! More info: 044 727 7309. Organizer: Nicehearts ry / YhteisöTalo Espoo

First Aid Skills practice

On Wednesday 1.10. from 18 to 20

Open to all people aged 16 and above interested in learning first aid skills. No prior knowledge of first aid is required. 1.10. topic: Patient classification in multi-patient situations 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 14:30 to 17:30

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! *Note: No group on 16.10.*

FRIDAY

MLL Family cafe

On Fridays 1.10. / 24.10. 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



FRIDAY

Tjejvillan

On Fridays from 14 to 17

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: Barnvårdsföreningen rf
Note! No group on 17.10.

Mothers and girls evening

On Friday 3.10. / 24.10. / 31.10. from 17:30-20

With my mother it's nice to talk, to play and play games and other nice things. I get to know my mother/daughters better. Strengthening and promoting one's own identity and culture. Taste local food and delicacies. Moving around, dancing and singing Arabic songs. We only accept the first 20 girls (7–18v) and their mothers. If you want to join, please send an email: hawartalat@gmail.com

SATURDAY

Sudanese family gatherings

On Saturdays from 14:30 to 17:30

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



SUNDAY

Bilingual language clubs

Familia ry's Bilingual Language Clubs are aimed at families with children under school age to support children's identity and learning their native language. Come and play, strengthen your children's native language, and meet other families!

Farsi language club

On Sunday 5.10. / 19.10. from 10.30-12

Russian language club

On Sunday 12.10. / 26.10. from 10 to 12

The clubs are intended for families in which the language in question is one of the home languages and the family has children under school age.

Registration:

<https://www.familia.fi/bilingual-kielikerhot>

Further information: belingual@familia.fi

Espoon ystävyysseura

On Sundays from 4:30 to 7:30

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

Open Monday to Thursday From 9 to 14

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

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

Sports Club

On Tuesdays 21.10-25.11. from 14 to 16

Come and learn about athletics, including events such as high jump and javelin throw. The group will play and engage in a variety of games and learn different physical skills. The club is for children in grades 1-6. We will accept 20 children.

No previous athletic background or skills are required.

The group is organized in cooperation with Espoon Tapiot. The group will start with a snack at YhteisöTalo Espoo, from where we will move to the Kannusilta sports hall (Kannusillankatu 4) at 14:30. under the guidance of the YhteisöTalo staff. The group will end at the Kannusilta sportshall at 16:00. If desired, participants can return to YhteisöTalo with the instructors afterwards.

The application period is from 17.9. 9:00 - 15.10. 23:00

at nicehearts.melvio.app

For more information: 044 727 7309

Organizer: YhteisöTalo Espoo / Nicehearts ry

Cooking Club

On Wednesdays 22.10-26.11. from 14:30 to 16

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 1-4. But 5-6 graders can also participate if there are enough places available.

We will accept 10 children.

The application period is from 17.9. 9:00 - 15.10. 23:00

at nicehearts.melvio.app

For more information: 044 727 7309

Organizer: YhteisöTalo Espoo / Nicehearts ry

Please note! You can also inquire about places at the autumn break camp by calling 044 727 7309.

nicehearts.melvio.app



Terveyskuja 2 B, Espoo
p. 044 727 7309

YhteisöTalo Espoo is a meeting place located in the Espoo center, where all activities are completely free of charge.

Would you like to organize open group activities with us? Please contact us by house phone: 044 727 7309.