

MONDAY

Language Cafe
for immigrant women

On Mondays 1.12. / 8.12. 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

Friendship group

On Mondays 1.12./ 8.12. 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

Junnuklubi

On Mondays 1.12./ 8.12. 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



Vahvemaksi vanhemmaksi
(Becoming a stronger parent)

On Mondays 1.12./ 8.12. 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 espoonmokat@gmail.com or just come and get to know us! Organizer: Espoon monikulttuuriset lapset ja nuoret ry.

TUESDAY

Glögi and christmas songs

On Tuesday 9.12. from 10 to 11

Let's sing and enjoy ourselves! Welcome to spend some warm-hearted time together at the YhteisöTalo Espoo. The event is part of the Espoo area's Christmas calendar of events. See the full calendar at www.emy.fi/joulukalenteri #espoonjoulukalenteri For more information: Tel. 044 727 7309 Organizer: YhteisöTalo Espoo / Nicehearts ry.

Neighbourhood Mother's cafe

On Tuesday 2.12. 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 Tuesday 2.12. 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 2.12. 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 3.12. / 10.12. 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.

Darin and Farsi-speaking
group for women

On Wednesdays 3.12. / 10.12. from 13:30 to 15:30

Welcome to the women's wellness group. The group covers a variety of topics, including wellness and exercise. We speak Farsi. For more information, please contact Jila at 044 067 1419 jila.samandarpour@nicehearts.com Organizer: WahvaNainen / Nicehearts ry

First Aid Skills practice

On Wednesday 3.12. 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. 3.12. topic: resuscitation Welcome to join! The sessions are held in Finnish. Organizer: Finnish Red Cross, SPR Keski-Espoo. For more information and registration: ensiapu@sprkeskiespoo.fi



YhteisöTalo Espoo
is closed
15.12.2025-11.1.2026.

THURSDAY

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

On Thursdays 4.12. / 11.12. 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!

FRIDAY

MLL Family cafe

On Friday 5.12. from 10 to 12

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

Tjejevillan

On Fridays 5.12. / 12.12. from 14 to 17

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: Barnvårdsföreningen rf

Mothers and girls evening

On Friday 5.12. 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 6.12. / 13.12. 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!

Russian language club

On Sunday 7.12. from 10 to 12

Farsi language club

On Sunday 14.12. from 10:30-12

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.familiary.fi/bilingual-kielikerhot> Further information: belingual@familiary.fi

Espoon ystävyysseura

On Sundays 7.12. / 14.12. from 16:30 to 19:30

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 or by appointment. Until 12.12.

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

Have a wonderful
end of the year,
everyone,
and see you again
next year!

