

**MONDAY****Winter holiday camp
for children**

On Monday to Thursday
16.-19.2. from 10 to 13

The camp is intended for children born between 2015 and 2018, but if all places are not filled, children born between 2013 and 2014 may also be selected for the camp.

Applications for the camp must be submitted by
23:00 on 3 February.

<https://link.webropol.com/s/talvilomaleiri2026>



More info: p. 044 727 7309

Organizer: YhteisöTalo Espoo / Nicehearts ry

Art workshop

On Monday 2.2. from 10 to 12

Expression (of emotions) through colors is a three-session art workshop for migrant women (2.2./12.3./9.4.). In the workshop, emotions are expressed and released through colors. Art supports well-being and helps give a voice to feelings that are hard to express. No prior art experience is needed. Warmly welcome!

More info: Anlyn (p. 044 748 6400)

and Riikka (p. 044 748 6401)

Organizer: WahvaNainen ja Naapuriäidit /
Nicehearts ry

**Language cafe for
immigrant women**

On Mondays from 10 to 12

In the language cafe, you can strengthen your Finnish language skills through activities and discussions.

For more information tel. 044 748 6401
/ riikka.raatikainen@nicehearts.com

Organizer: WahvaNainen / Nicehearts ry

Note! No group on 2.2. / 16.2.

EMY Yoga

On Mondays from 12.15 to 13.30

Welcome to yoga at YhteisöTalo or via Discord at Virtuaaliemy! Titta guides calm yoga with a rehabilitative approach, where you can also challenge yourself gently. Bring comfortable clothes and a yoga mat. If you come on site, register via: vello.fi/emyry to Virpi tel. 050 310 7981. (If you haven't used Virtuaaliemy before, log in to Discord a few days before the group so you have time to get access.)

Organizer: Espoon mielenterveysyhdistys EMY ry

Note! No group on 16.2.

Junnuklubi

On Mondays from 14 to 16

Open and free of charge activities for 1st to 6th graders. Junnuklubi provides snack for the children and the opportunity to do homework.

Registration: nicehearts.melvio.app



For more information: tel. 044 727 7309
Organizer: YhteisöTalo Espoo / Nicehearts ry

Note! No group on 16.2.

Valoa vanhemmuuteen

On Mondays from 17 to 19

Valoa vanhemmuuteen is a peer support group for parents of children in need of support.

The group shares experiences, discusses the joy of everyday life, and provides information about developmental disorders. All children in the family are welcome to join, and hot food is served at the meetings.

A warm, safe moment to stop together.

Organizer:

Espoon monikulttuuriset lapset ja nuoret ry.

Note! No group on 16.2.

TUESDAY**Peer group for relatives of children
and young people on the autism
spectrum**

On Tuesday 3.2. from 18 to 19.30

Peer-to-peer discussion between parents and loved ones of people with autism spectrum disorders. No diagnosis requirements. Adults only, no organized childcare. Peer leaders Mari and Tiina lead the group.

Registration:

www.paut.fi/tapahtumat.

Warmly welcome!

**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 great tie to come and learn about 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 18.2.

**Darin and Farsi-speaking
group for women**

On Wednesdays 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.samandarpoor@nicehearts.com

Organizer: WahvaNainen / Nicehearts ry

Note! No group on 18.2.

First Aid Skills practice

On Wednesday 4.2. 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.

4.2. theme: Resuscitation and Unconsciousness

Welcome!

Organizer: SPR Keski-Espoo

For more information and registration:

ensiapu@sprkeskiespoo.fi



YhteisöTalo Espoo

Would you like a monthly ad in your email every month?



Join the mailing list by sending a message to: yhteisotalo.espoo@nicehearts.com



Terveyskuja 2 B, Espoo
p. 044 727 7309

THURSDAY

Arvosta osaamista-hankkeen
osaamisryhmät
(Appreciate Competence project-
competency groups)

On Thursdays 5.2. / 12.2. from 9.30 to 13.00

For women who do not have Finnish or EU citizenship. In the group you will learn to express what you know in Finnish. You will also learn other job search skills. The group speaks easy Finnish. The group meets twice. You must register for the group.

More information and registration:

<https://link.webropol.com/s/osaamisryhma>

Everyday financial skills

On Thursday 26.2. klo 10-12

Representatives from Pääkaupunkiseudun kuluttajat ry will explain how to manage your finances. You will learn what happens if you do not pay a bill or a debt. You will also get information about debt problems and where to get help. Open event for all migrant women and for free. Welcome!

More info: Anlyn (p. 044 748 6400)

and Riikka (p. 044 748 6401)

Organizer: WahvaNainen ja Naapuriäidit / Nicehearts ry

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 19.2.

FRIDAY

MLL Family cafe

On Fridays 13.2. / 27.2. 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

Tjeivillan

On Fridays from 14 to 17

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

Note! No group on 20.2

Mothers and girls evening

On Friday 13.2. From 18 to 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

OTHERS

Children's clothing recycling

Open Monday to Thursday from 9 to 14

You can pick up children's clothing for free or donate, undamaged clothing to those in need.

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



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.



Terveyskuja 2 B, Espoo
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