

**MONDAY****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! 9.3. The event below will replace the Language Café.

Oral health for everyday life

On Monday 9.3. from 10 to 12

Welcome to learn about oral health with Eve-Maria from the Terveystuki program. She will also explain how you can become a volunteer oral health change agent and help families promote oral health in their everyday lives.

More info: Anlyn (p. 044 748 6400) and Riikka (p. 044 748 6401)

Organizer: WahvaNainen ja Naapuriäidit / Nicehearts ry

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

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.

You can register for the club in advance at www.webropol.com/s/Junnuklubikevat2026

For more information: Tel. 044 727 7309

Organizer: Yhteisötalo Espoo / Nicehearts ry

**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.

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

On Tuesday 3.3. 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!

Chinese Culture Evening

On Tuesdays 10.3. / 17.3. / 24.3. / 31.3. From 18 to 20

Everyone is welcome to come and speak and practice Chinese with us. The group plays Chinese card games and chess, and learns about Chinese dance.

The goal of the group is to help Chinese immigrants and their families adapt to life in Finland.

The group is open to everyone, but children must participate with their parents.

For more information: chunjie.liu22@gmail.com.

**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

Darin and Farsi-speaking group for women

On Wednesday 25.3. 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

First Aid Skills practice

On Wednesday 18.3. 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.

18.3. theme: Initial assessment and detailed condition assessment.

Welcome!

Organizer: SPR Keski-Espoo

For more information and registration: ensiapu@sprkeskiespoo.fi

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****Art workshop**

On Thursday 12.3. 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

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 5.3.

Asian dance

On Thursdays from 18 to 20

A dance group open to all women over 18 years old, where people dance Asian dance together.

Max 12 participants.

For more information: asddance0@gmail.com

FRIDAY**MLL Family cafe**

On Fridays 13.3. / 27.3. 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 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 Fridays 6.3. / 27.3. 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 or by appointment

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.



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