



# YHTEISÖTALO ESPOO'S OCTOBER 2024 IN ENGLISH!



## MONDAY

### Friendship group

Mondays from 10 to 11:45 AM

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 / 050 312 5192. Organizer:  
Espoon mielenterveysyhdistys EMY ry

*Note! No group on 14.10.*

### Language Cafe for immigrant women

On Mondays from 12 to 1:30 PM

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 at 044 748 6401 or riikka.raikkonen@nicehearts.com. Organizer:

WahvaNainen / Nicehearts ry

*Note! No group on 14.10.*

### Junnuklubi

On Mondays and Tuesdays  
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](https://nicehearts.melvio.app) For more information: 044 727 7309 Organizer:

YhteisöTalo Espoo / Nicehearts ry

*Note! No group on 14.-15.10.*

### 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](mailto:espoonmokat@gmail.com)

or just come and get to know us!

Organizer: Espoon monikulttuuriset lapset ja nuoret ry.

*Note! No group on 14.10.*

## TUESDAY

### Neighborhood Mothers Cafe

On Tuesday 10.10. / 29.10.  
from 10 AM to 12 PM

Free and open to all women and children. For each session, we have different topics and themes to discuss.

Snacks, tea, and coffee are provided. For more information and registration, contact Debjani at 044 748 6400. Organizer:  
Neighborhood Mothers / Nicehearts ry.

### Young Adults' Art Group (18-32 years)

On Tuesdays 8.10. / 22.10.  
from 4:30 to 6:30 PM

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](mailto:arttu.poyhtari@emy.fi) / 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 1.10. from 6:00 to 7:30 PM

Peer support group meets monthly in 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](http://www.paut.fi/tapahtumat). Warmly welcome to join!

## WEDNESDAY

### Morning together at YhteisöTalo

On Wednesdays from 9.30-11 AM

Welcome to spend time together on Wednesday mornings. We offer porridge and coffee free of charge. Small-scale digital guidance is provided. The group is open to everyone, from babies to seniors! The house is accessible. For more information:

044 727 7309 Organizer:

YhteisöTalo Espoo / Nicehearts ry.

*Note! No group on 16.10.*

### YhteisöTalo Espoo Game club

On Wednesdays from 2:30 to 4 PM  
23.10.-27.11.2024

A social video game is played in a game club as a group on a shared screen!

A game concept developed by Wondershop, designed to develop children's social skills and does not require participants to have their own smartphone or device. The game is still in development, so children will also have the opportunity to contribute to the game content through anonymous feedback and ideas.

The group is aimed at children born between 2012 and 2015.

Application deadline: 7.10.-20.10. at

[nicehearts.melvio.app](https://nicehearts.melvio.app)

For more information contact Anssi on 044 356 6114

### YhteisöTalo Espoo Halloween-event

On Wednesday 30.10. from 5 to 7 PM

An event open to all ages. There's a suitable spooky programme for everybody.

You can wear a costume. Welcome!

More info: 044 727 7309

Organizer: Nicehearts ry / YhteisöTalo Espoo

### First Aid Skills practice

On Wednesday 2.10. 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.

Welcome to join! The sessions are held in Finnish. Organizer: Finnish Red Cross, SPR Keski-Espoo. For more information and registration:

[ensiapu@sprkeskiespoo.fi](mailto:ensiapu@sprkeskiespoo.fi)



**YhteisöTalo Espoo's Espoo Community Centre groups are on break  
during the schoolchildren's autumn holiday week 14.-18.10.2024**







# YHTEISÖTALO ESPOO'S OCTOBER 2024 IN ENGLISH!



## THURSDAY

### Candy

On Thursdays from 3 to 5 PM

Candy is for girls in grades 4-9. In the group, we engage in various fun activities such as crafting, painting, dancing, and discussing different topics. Girls can also suggest activities for the group. We provide a snack at each session. The instructors are Maria and Päivi from Espoon Tyttöjen Talo. Welcome to join!

*Note! No group on 17.10.*

### Bullying Prevention Workshop!

On Thursday 2.10. from 5:30 to 7:30 PM

Empower yourself with effective strategies to prevent and address bullying, help your child build confidence, and connect with a supportive community of parents. Conducted by a professional psychologist and counsellor, this workshop is a good opportunity to support your child's well-being throughout the school year. Don't miss out!

For further information, please call at 0447486400 or email at [debjani.chaudhuri@nicehearts.com](mailto:debjani.chaudhuri@nicehearts.com)

### KiVa-Family Cafe

#### “Luumupuu”

On Thursday 31.10.  
from 5.30 to 7 PM

Activities for the whole family: free play, gymnastics in gym room, emotional skills, information on gentle parenting, and peer support for parents.

Coffee/tea and some snacks are provided. All families are warmly welcome. Organizer:

Attachment Parenting Families ry,  
Espoo local chapter,

[paikallistoiminta@kiintymysvanhemmuus.fi](mailto:paikallistoiminta@kiintymysvanhemmuus.fi)  
Social media: @kivaluumupuu.

## FRIDAY

### MLL Family cafe

On Fridays 11.10. / 25.10.  
from 10 AM to 12 PM

All families with children are welcome!

In the café, you get to meet other parents in similar life situations, and children can find playmates of their age.

Organizer: MLL Keski-Espoo

### Tjejvillan

On Fridays from 2 to 5 PM

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](http://www.bvif.fi/tjejvillan). Organizer:

Barnavårdsföreningen rf

*Note! No group on 18.10.*

### Mothers and girls evening (for 7-18 year olds)

On Fridays 11.10. / 25.10.  
from 5:30 to 8:00 PM

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 and their mothers. If you want to join, please send an email: [hawartalat@gmail.com](mailto:hawartalat@gmail.com)

## SATURDAY

### Kaixin Dancing Group

On Saturdays from 6 to 8:30 PM

An open group for everyone interested in Chinese dance. We are a group of people seeking positive, healthy and happy lives. Maximum of 10 participants. Contact: Liu Chunjie, 0415033618, email: [chunjie.liu22@gmail.com](mailto:chunjie.liu22@gmail.com)

## SUNDAY

### Russian Language club

On Sundays 13.10. / 27.10.  
from 10 AM to 12 PM

Bilingual language clubs are starting again! Russian Language Club on Sundays, continuing every other Sunday until May 26th. The group is organized by Familia ry, to support children's identity and learning their home language. Welcome to join us to play and meet other families. For Russian-speaking families using Russian as one of their home languages and having children under school age.

Registration: [www.familiary.fi](http://www.familiary.fi)

For more information, contact [belingual@familiary.fi](mailto:belingual@familiary.fi).

### Espon 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 Point

Open from Mon to Thu, 9 AM to 2 PM

You can pick up children's clothes for free, or donate gently used,

intact clothes that you no longer need.

For more information and to make an appointment: 044 727 7309

### Counseling and Advice for immigrant Women

Would you like to get support in your everyday life? Do you need someone to talk to about a new life situation? Or help with understanding Kela's decisions? Come talk to Sini or Riikka for assistance and support! Meetings are currently by appointment only: Sini: p. 044 748 6401  
Organizer: WahvaNainen / Nicehearts ry

### Autumn holiday activities for children born in 2014-2017

14.-17.10. from 10 to 12 AM

Each day with a different theme:

Monday: **sports games**

Tuesday **art/craft activities**

Wednesday: **music**

Thursday: **movie**

The child can participate one or more days

Registration at [nicehearts.melvio.app](https://nicehearts.melvio.app)

The day starts with breakfast at 10.00 AM.

More info: 044 727 7309

Organizer: Yhteisötalo Espoo / Nicehearts ry

