



YHTEISÖTALO ESPOO'S JANUARY 2025 IN ENGLISH!



MONDAY

Friendship group

On Mondays from 10 to 11:45 AM
Starting at 13.1.

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

Language Cafe for immigrant women

On Mondays from 12 to 1:30 PM
Starting at 13.1.

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.raatikainen@nicehearts.com. Organizer: WahvaNainen / Nicehearts ry

Junnuklubi

On Mondays and Tuesdays
from 2 to 4 PM, Starting at 13.1.

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: 044 727 7309 Organizer: Yhteisöotalo Espoo / Nicehearts ry

Vahvemmaksi vanhemmaksi (Becoming a stronger parent)

On Monday 27.1. 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 or just come and get to know us!
Organizer: Espoon monikulttuuriset lapset ja nuoret ry.

TUESDAY

Young Adults' Art Group (18-32 years)

On Tuesdays 14.1. / 28.1. 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 / 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 14.1. from 6:00 to 7:30 PM

Peer support group meets monthly in Yhteisöotalo 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 Yhteisöotalo

On Wednesdays from 9.30-11 AM
Starting at 22.1.

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: Yhteisöotalo Espoo / Nicehearts ry.

First Aid Skills practice

On Wednesday 8.1. 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

THURSDAY

Candy

On Thursdays from 3 to 5 PM
Starting at 16.1.

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!

Changes to the programme are possible.





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FRIDAY

Tjeivillan

On Fridays from 2 to 5 PM
Starting at 10.1.

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

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

On Friday 17.1.
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

SATURDAY

Kaixin Dancing Group

On Saturdays from 6 to 8:30 PM
Starting at 11.1.

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



SUNDAY

Russian Language club

On Sunday 19.1. 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 Family 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

For more information, contact belingual@familiary.fi.

Espoon ystävyysseura

On Sundays from 4:30 to 7:30
Starting at 12.1.

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

Winter holiday camp 2025

Tue-Fri 18.-21.2. from 9-13.
Application period 13.-26.1.

The camp is for children born between 2014 and 2017, but if not all places are filled the camp can also be open to 2012-2013 births.

Applications for the camp are accepted
13.1. at 10.00 - 26.1. at 20.00
at nicehearts.melvio.app

When registering, please fill in your personal details first and then the child/children.

16 children will be selected for the camp and the rest will be in the queue. Selections will be announced in week 5. If your child is selected for the camp, registration is binding.

We will have daily outdoor activities during the camp. The camp day starts with breakfast and ends with a hot meal.

The camp is completely free of charge.

Please contact us by phone, if your child has special needs: Jannica tel. 050 462 1771.

For more information about the camp, please call the winter phone line on 044 727 7309.

Organizer: YhteisöTalo Espoo / Nicehearts ry

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! book an appointment p. 044 748 6401 Organizer: WahvaNainen / Nicehearts ry

