

# Girls' Space's Tuesdays

for 10-28 year-olds

from  
16-18

Girl's Space Tuesdays will feature changing activities from the 21.1.2025.



## Art Afternoons

Art Afternoons will feature different activities around art and craft projects and we will try new techniques together.

- 21.1** Jewelry workshop
- 11.3** Cross stitching
- 22.4** Key charms
- 6.5** Glass painting



## Baking Days

On Baking Days we will bake, decorate and taste different vegan treats.

- 4.2** Focaccia
- 4.3** Laskiaispullat
- 25.3** Snack bars
- 13.5** Summer rolls



## Self care evenings

On Self care Evenings we will focus on different wellbeing topics for discussions and activities.

- 28.1** Sleep
- 11.2** Self-compassion
- 15.4** Dreaming



## Movie Nights

Our Movie Nights will feature movies and tv shows around all kinds of different themes.

- 25.2** Pretty in Pink
- 8.4** Coda

## Events

- 18.3** Care dogs visit
- 25.3** Trip (sign-up required)
- 29.4** May Day celebration
- 20.5** End of season party



- Girls' Space's groups do not require signing up, unless stated otherwise.
- All our groups are free of charge
- Our groups observe safer spaces guidelines
- We reserve the right to limit the amount of participants that are in each group so that groups do not become too crowded and all participants can feel at ease.
- Cancellations will be announced via IG and also our website.



Lummetie 2A /4. krs  
01300 Vantaa  
(Tikkurila)



VANTAANTYTTOJENTILA



VANTAANTYTTOJENTILA



VANTAAN TYTTÖJEN TILA

[WWW.NICEHEARTS.COM/VANTAA](http://WWW.NICEHEARTS.COM/VANTAA)

### For more information:

Laura, p. 044 763 5563 or  
[laura.listomaa@nicehearts.com](mailto:laura.listomaa@nicehearts.com)

# Welcome!

