



# YHTEISÖTALO ESPOO'S MARCH 2025

IN ENGLISH!



## MONDAY

### Friendship group

On 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

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

### 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: Yhteisö Espoo / Nicehearts ry

### Vahvemmaksi 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.

## TUESDAY

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

On Tuesdays 11.3. / 25.3. 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 3.3. from 6:00 to 7:30 PM

Peer support group meets monthly at Yhteisö 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!

### Neighbourhood mothers cafe

On Tuesday 4.3. from 10 to 12 PM

Looking for new connections, or place to relax in a good company? Welcome to join our cafe which is open to all women & children who have moved to Finland. More info: Debjani p. 044 748 6400 Organizer: Neighbourhood mothers / Nicehearts ry

### Financial skills training for women

On Tuesday 18.3. from 10 to 12 PM

Neighbourhood mothers and WahvaNainen organise together with the Takuusäätiö a financial skills training. The training will give you the knowledge and skills to manage your finances. For more information, contact: Debjani p. 044 748 6400, Riikka p. 044 748 6401 Organizer: Nicehearts ry / Takuusäätiö



## WEDNESDAY

### Morning together at Yhteisö Espoo

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: Yhteisö Espoo / Nicehearts ry. **Note! No group on 12.3.**

### Yhteisö Espoo Soundi-sankarit 1

Wednesday afternoons 26.3.-16.4.

New hobby group for children starts! A creative and playful music club to play and record short pieces of music. The songs will be published on the social media of Yhteisö Espoo. Children do not need to have a previous musical background. There are two groups every week: **for children born in 2014-2015 at 2-3 PM** and **for children born in 2012-2013 at 3-4 PM**. The application period for the group is from 7 March at 10.00 to 18 March at 12.00 at: [nicehearts.melvio.app](https://nicehearts.melvio.app) For more information: 044 727 7309 Organizer: Yhteisö Espoo / Nicehearts ry

### Peer support group for parents of children with ADHD

On Wednesday 5.3. from 5 to 7 PM

The group is free of charge and does not require membership of the association. No need to register. Welcome to share ideas in a group where you don't have to explain from the start. Mind ventilation, understanding & exchange of tips. A moment of respite from everyday life. The group is facilitated by volunteers Virve and Anu. Other group sessions in spring 2.4., 7.5. More info: [paakaupunkiseudunadhd@gmail.com](mailto:paakaupunkiseudunadhd@gmail.com) Organizer: Pääkaupunkiseudun ADHD-liitto

### First Aid Skills practice

On Wednesday 5.3. 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. Theme for 5.3.: seizures. 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)





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## WEDNESDAY

### Music evening for families with children (under school age)

On Wednesday 26.3. from 6 to 7 PM

Welcome to the children's music evening, where we will sing popular children's songs in both Finnish and English. The event is organised by Honey Monsters Day Care Centre in collaboration with Avonia Music School. In addition to Avonia's music teacher, the nursery staff will be present at the event, so you will also have the opportunity to get to know the activities of the nursery, which uses the language immersion (Finnish/English). Come and sing and spend the evening with us!

More information: [www.honeymonsters.fi](http://www.honeymonsters.fi)

Organised by Honey Monsters ry  
and Avonia Music School Music

## 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!

## FRIDAY

### Family cafe

On Friday 7.3. / 21.3. from 10 AM to 12 PM

All families with children are welcome at the family cafés! Family cafés are a great way to meet other parents in a similar situation and for children of all ages to play together. The group is run by volunteers. More info:

[martta.vesa@gmail.com](mailto:martta.vesa@gmail.com)

## Tjejevillan

On Fridays from 2 to 5 PM

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

Barnavårdsföreningen rf

## SATURDAY

### ASD Activity

On Saturdays from 10 AM to 12 PM

A dance group open to all women over 18 years of age, dancing Asian dance together. Max 12 participants. More information: [asddance0@gmail.com](mailto:asddance0@gmail.com)

### Chinese Language Corner

On Saturday 1.3. from 5:30 to 6:30 PM

Join us for a great opportunity to practice speaking Chinese! Everyone is warmly welcome to enjoy a friendly and supportive environment as well as to improve your Chinese skills. Please inform us in advance if you will attend. Contact :

Chunjie Liu, 0415033618, Email:

[chunjie.liu22@gmail.com](mailto:chunjie.liu22@gmail.com)

### Kaixin Dancing Group

On Saturdays from 5:30 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 2.3. / 16.3. / 30.3.  
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 Familary, 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 who have children under school age.

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

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

### Espoon ystävyysseura

On Sundays from 4:30 to 7:30 PM

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

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 p. 044 748 6401,

Jila (Finnish, Dari, Farsi, Turkish) p. 044 067 1419.

Organizer: WahvaNainen / Nicehearts ry

