



# YHTEISÖTALO ESPOO'S FEBRUARY 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

*Note! No group on 17.2.*

### 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

*Note! No group on 17.2.*

### 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](#)

For more information: 044 727 7309

Organizer: Yhteisöotalo Espoo / Nicehearts ry

*Note! No group on 17.-18.2.*

### Vahvemmaksi vanhemmaksi (Becoming a stronger parent)

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 17.2.*

## TUESDAY

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

On Tuesdays 11.2. / 25.2. 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 3.2. 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](http://www.paut.fi/tapahtumat). Warmly welcome to join!

### Neighbourhood mothers cafe

On Tuesday 4.2. 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

### Morning together at Yhteisöotalo

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:

Yhteisöotalo Espoo / Nicehearts ry.

*Note! No group on 19.2.*

## WEDNESDAY

### Yhteisöotalo Espoo's Valentine's day event

On Wednesday 12.2. from 5 to 7 PM

Welcome to this family event open to all! Valentine's Day activities for all ages. More info: 044 727 7309

Organizer: Yhteisöotalo Espoo / Nicehearts ry

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

On Wednesday 5.2. 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 5.3., 2.4., 7.5.

More info: [paakaupunkiseudunadhd@gmail.com](mailto:paakaupunkiseudunadhd@gmail.com)

Organizer: Pääkaupunkiseudun ADHD-liitto

### KiVa-Family Cafe "Luumupuu"

On Wednesday 26.2.  
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.

### First Aid Skills practice

On Wednesday 5.2. 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 5.2: basic body functions. 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 FEBRUARY 2025 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 20.2.*

### **Multicultural Valentine's day party**

On Thursday 13.2. from 6 to 8 PM

Join us for a vibrant international evening designed "only for women"! Take a moment to step away from the roles of mother, wife, daughter, sister, caregiver or everything else. It's your "me-time." Take a break from your daily responsibilities and enjoy a few relaxing hours with delicious snacks, refreshing drinks, and, most importantly, great company in a warm and welcoming atmosphere.

More info: Debjani p. 044 748 6400

Organizer: SKY ja Naapuriäidit / Nicehearts ry

## FRIDAY

### **Family cafe**

On Friday 7.2. 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

### **Tjeivillan**

On Fridays from 2 to 5 PM

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

Barnavårdsföreningen rf

Note: No group on 21.2.

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

On Fridays 7.2. / 28.2.  
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/daughter 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

### **Sudan family meetings**

On Saturdays from 1 to 4 PM

Everyone is welcome to discover Sudanese culture! The programme includes handicrafts for women. Gymnastics and exercise, drawing, Arabic language and Sudanese culture lessons for children. More information:

[bakhitaalj1@gmail.com](mailto:bakhitaalj1@gmail.com)

Organizer: Sudafinn ry

### **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)



**Group activities are on break  
during the school winter holiday  
week 17.-21.2.**

## SUNDAY

### **Russian Language club**

On Sundays 2.2. / 16.2.  
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 who have children under school age.

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

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

### **Espoon 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**

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

