



COMMUNITY HOUSE LAPPEENRANTA AUTUMNPROGRAMME 2026 UNTIL 19.12.

All of our activities are free of charge.

**We will announce any possible changes
on our social media channels.**



Instagram:
yhteisotalo_lappeenranta



Facebook:
yhteisotalolappeenranta



Lappeenranta



**Community
House LPR**



Girl's Space



**Other
organizer**



**Neighbourhood
Mothers**



Parenting ABC

**On Mondays 14.9., 28.9., 12.10. & 26.10.
from 10 to 12**

The workshops provide tools for the everyday challenges you face as a parent. The aim is to support the child's positive development by strengthening the relationship between the child and the parent in daily life.

More info and registration:
marjaana.peronmaa@mll.fi

Organizer: MLL Southeast Finland
District

Grandmothers for Peace

**on Mondays 7.9., 5.10., 2.11., & 7.12.
from 17 to 19**

All who care about peace and the preservation of life on Earth are welcome to join us, regardless of age, gender, or ethnic background.

More info: rauhanisoaidit@gmail.com

Peer group activity

Adult's Finnish Language Group

**on Mondays from 15 to 16.30
(Starting 7.9.)**

In the group, everyday Finnish is practiced through speaking, playing, writing and reading. The group is suitable for Finnish language learners of all levels.

More info: leena.tervonen@gmail.com

Organizer: Let's read together network

Father's Advocating for Children - Peer Support Group

**on Mondays 10.8., 14.9., 12.10., 9.11. & 14.12.
from 19.15 to 21.15**

The discussions are led by a trained volunteer, and everyone affected by parental alienation or custody-related conflicts is warmly welcome to join.

Registrations: ilmot@isatlastenasialla.fi

Organizer: Isät lasten asialla ry

MLL Family Cafe

on Mondays from 17 to 18.30

The family café is free and open to all families with children. It provides an opportunity for families to spend quality time together, connect with others, and enjoy fun and engaging activities.

More info: eveliina.siitonen@mll.fi

Organizer: MLL association of LPR

Diggaan!

**On Mondays 10.8.-7.9.
From 13 to 15**

The group is meant for 16-29 -year-old youth who need support with well-being, managing everyday life, or finding their own paths. Snacks are available..

More info : jenni.jukkala-
kylliainen@lab.fi

Organizer: LAB-ammattikorkeakoulu

Afternoon Coffee Corner
on Tuesdays from 16 to 17-30
(Starting 1.9.)

An open group for everyone. We offer coffee, tea and snacks. Occasionally, themed activities are offered as well.

More info: Marika 044 4918648

Organizer: Community House
LPR/Nicehearts ry

Young Mothers
on Tuesdays from 10 to 11.30

A relaxed and cozy meeting place for expecting parents and mothers under 30 with their children. Coffee, tea, and snacks are available, along with fun activities together.

More info: Riikka p. 044 771 4721

Organizer: Girl's Space/Nicehearts ry &
MLL association of LPR

MLL Baby Cafe
on Tuesdays from 13 to 15

The Baby Cafe is a meeting place for expecting parents and families with babies, where you can make new friends.

More info: eveliina.siitonen@mll.fi

Organizer: MLL association of LPR

**International House
Living Room**

on Tuesdays 15.9., 20.10., 17.11. & 15.12.
from 18 to 20

Come join us to share thoughts and meet new people over a cup of coffee.

More info: kosborne560@gmail.com

Organizer: International House Etelä-
Karjala ja LABeko 2

Syysstartti

On Tuesdays 11.8. & 19.8. from 16 to 17.30
On Thursdays 27.8. from 9.30 to 11

Welcome to start the autumn together. The group is open to everyone and offers themed activities in a friendly atmosphere.

More info: Marika p. 044 491 8648

Organizer: Community House LPR/
Nicehearts ry

MIELI Piste

Every other Tuesday, 4:00-5.30 PM
(starting 8.9.)

You are welcome to visit the MIELI Piste and talk about anything on your mind. Free, appointment needed, anonymous if you wish.

More info: ville.jalo@mieliek.fi

Organizer: Mieli ry

**Korento - Peer support group for
people with gynecological
conditions**

Tuesdays 1.9., 13.10., 10.11., 8.12.

For people affected by gynecological conditions
Open to everyone.

More info: 044 3380801

Organizer: Korento ry

Recovery and Mindfulness
Tuesdays, 5:00-6.30PM

In this group, you'll explore a variety of mindfulness exercises.

The group is intended for people affected by breast cancer. Open to everyone.

More info: coacherliisa@gmail.com

Organizer: Isabel Contreras

Morning Coffee Corner

on Wednesdays and Thursdays from
9.30 to 11
(Starting 2.9.)

An open group for everyone. We offer
coffee, tea, porridge, and
conversation.

Marika p. 044 491 8648

Organizer: Community House
LPR/Nicehearts ry

Story Theatre

On Wednesdays from 17 to 20.
(Starting 26.8.
9.9. No meeting)

The group is open to anyone interested in
story theatre. The sessions are conducted
in English and Russian

More info:

valentine.mukundwa@nicehearts.com

Activities coordinated by Neighbourhood
Mothers/Nicehearts ry

LGBTQ+ Youth Evening

on Wednesdays from 18 to 20

Evening for LGBTQ+ youth and young
adults. Free hangout and activities based
on participants' wishes.

More info: Anniina p. 044 768 6006

Organizer: Girl's Space /Nicehearts ry &
LPR Pride

Neighbourhood Mothers

Every other Wednesday from 15 to 17
(Starting 26.8.)

Open group for all women. We explore
different hobbies and spend time
together in a relaxed, supportive
atmosphere. Children are welcome.

More info:

valentine.mukundwa@nicehearts.com

Organizer: Naapuriäidit/Nicehearts ry

Girls' Space Open Living Room for 10-12 year-olds

on Thursdays from 15 to 16.30

A cozy, relaxed space for girls. Fun things
to do and the best company.

More info: Riikka p. 044 771 4721

Organizer: Girl's Space/Nicehearts ry

Game Group

on Thursdays from 17 to 21

On our group we play miniature games
and Magic The Gathering card games.

More info: lprfigukilta@gmail.com

Organizer: Etelä-Karjalan
miniatyyrikilta Lappeenranta

Spouse network

Once a month
16.9., 14.10., 11.11., 9.12.
3:30-5:30 PM

Peer support network for international people who have moved to Lappeenranta because of their partners' work or studies.

Lisätietoja: Elina.Tulikoura@lut.fi

Järjestäjä: Lpr kaupunki ja LUT

Girls' Space Open Living Room for 13-20 year-olds on Thursdays from 17 to 18.30

A relaxed, cozy, and safe space for girls and young women, taking gender diversity and self-identification into account. Relaxed time and activities based on participants' wishes.

More info: Riikka p. 044 771 4721

Organizer: Girl's Space/Nicehearts ry

Sri Lankan dance group on Fridays from 17 to 19 (No meeting 27.11.)

This group is open to everyone and focuses on Sri Lankan dances.

More info: Amila p. 041 576 4118

Peer group activity

Kohtaa mut -Cafe on Friday 7.8., 11.9., 9.10., & 6.11. From 17 to 19.

The activities are aimed at young people and adults with developmental disabilities or similar support needs for other reasons.

More info:
susanna.rintamaki@tukiliitto.com

Organizer: Kehitysvammaisten
tukiliitto ry

New Roots

Every other Friday from 16 to 18
(No meeting 4.9.)

The group is intended for immigrant women.

More info:
valentine.mukundwa@nicehearts.com

Activities coordinated by Neighbourhood Mothers/Nicehearts ry

Friyay!

**On Fridays 28.8., 25.9., 23.10. & 27.11.
from 17 to 19**

Youth's own Friday evening once a month. Varying programme based on participants' wishes. The group is for ages +16.

More info: Marika p. 044 491 8648

Järjestäjä: Yhteisötaalo LPR/
Nicehearts ry

Women's Yoga

**on Saturdays from 10 to 11
(Starting 22.8.)**

Welcome to promoting your overall well-being.

More info:

valentine.mukundwa@nicehearts.com

Activities coordinated by Neighbourhood Mothers/Nicehearts ry

Ukrainian-language Family Group for kids in primary school and their parents

on Saturdays from 14.30 to 16

In the group, we read, write, play, and sing in Ukrainian.

More info: ukrainalaiset.lpr@gmail.com

Organizer: Lappeenrannan seudun
ukrainalaiset ry

Childbirth Discussion

**on Saturday 5.9., 3.10., 7.11., & 5.12.
From 14.30 to 16.30**

Conversations about childbirth and related themes.

More info: kaisa.viskaril@gmail.com

Organizer: Kaisa Viskari, Doula
Ronja Tuunainen, Doula
Iira Holopainen, äitiys- ja
vauvavyöhyketerapeutti

Foundation Family Group

**On Saturdays 3.10., 17.10., 14.11. & 28.11.
From 10 to 13**

In this group, parents and children will have their own age-appropriate group sessions, focusing on everyday resources, emotions, interaction, and well-being. Each group session includes a warm meal and childcare availability.

More information and registration:
<https://ehyt.fi/tapahtuma/perustana-perhe-ryhma-lappeenranta/>

Organizer: FinFami Karjala ry, MLL
Kaakkois-Suomen piiri ja EHYT ry

Living room for families with special needs children

Every other Friday from 10 to 14

Does your family include an especially dear child? Welcome to join the living room for families with special needs children!

You can come along or together with the children. The meetings are aimed at families with younger special needs children, but older ones are welcome to join as well.

More info: elpolpr@gmail.com

Peer support group activity

Parenting cafe - Lehmuspui

On Saturdays 12.9., 10.10., 14.11. & 12.12.
from 14.30 to 16.30

Family cafe open to everyone.
Light snacks and drinks available.

More info: info@kiintymysvanhemmuus.fi

Organizer: Kiintymysvanhemmuus ry

Lappeenranta FGC

On the first Saturday of every month.
5-9 PM.
(Starting 5.9.)

A gaming night for anyone interested in fighting games. Try out a variety of games, regardless of your skill level. You're welcome to bring your own monitor and console.

More info: Bergjoonatan@gmail.com

Other events:

Autumn cleanup day
22.9. 4-6 PM

Let's get the Community Yard ready for autumn together! Relaxed company and light refreshments provided.

Halloween party
28.10. 3:30-5:30 PM

Celebrate Halloween with us! Light refreshment provided. Registration required:
044 4918648

New years warm-up
30.12. 4-6 PM

Let's welcome the New Year together together. Enjoy a relaxed evening with good company and light refreshments.

Meeting place evening
11.9. 5-8:30 PM

A relaxed group with socializing, karaoke, cooking and rock painting. The group is intended for people aged 16 and over.

Peace comic workshop
7.9., 14.9. and 28.9. 5-7 PM

In this workshop, participants learn the basics of creating comics, explore comic art and get to create their own comic strip. No previous experience is needed. Suitable for all ages.