

EVENTS, CLUBS AND GROUPS



ENGLISH GROUP

Mondays at 11.00–12.30 (22.1.–7.5.)

In this club, we practice spoken English language in various everyday situations. Instructor: Janet Lawrence

Register: Wednesday 10.1. at 10.00–15.00 at Familia's office. You can ask for the free places throughout the season at Familia's office.

SWAHILI-SPEAKING CONVERSATION CLUB

Fridays at 17.30–19.30 (19.1., 16.2., 16.3. and 27.4.)

The Swahili-speaking conversation club meant for adults meets once a month.

In association with Kefiso ry.

More information and registration: Nancy Hursti, nancy.hursti@familia.fi or by phone 040 570 2792.

FLAVORS FROM FINLAND AND AROUND THE WORLD – KITCHEN CLUB

Fridays at 11.30–14.00 (2.2., 2.3., 16.3. and 27.4.)

We'll prepare and taste food and pastries from Finland and other countries. We also learn Finnish words needed in the kitchen.

You can take your child with you. Maximum 7 participants. Material fee 1–2 euros/ time.

Register: by Tuesday before at the Familia office.

MANAGING YOUR EVERYDAY LIFE

Fridays at 10.30–14.00 (19.1., 16.2. and 13.4.)

You'll learn how to take care of your home and children, prepare nutritious Finnish food and other things that will make your life in Finland easier. At the same time, you'll also learn some Finnish language. Maximum 10 participants. No childcare. In association with Finlands svenska Marthaförbund.

Location: The teaching kitchen of the Marthaförbund in Jätkäsaari (Välimerenkatu 14). We will leave together from the Familia office around 10.00.

Register: by Wednesday before at the Familia office.

Familia ry | +358 (0)44 773 8628 | familia.fi | Yrjönkatu 29 A, 4. kerros (Kotola), 00100 Helsinki



Groups organised by Familia's associates (Participating does not require membership in Familia)

RUSSIAN-SPEAKING WELL-BEING SEMINAR

Thursdays at 17.30–20.30 (11.1., 18.1., 1.2., 22.2., 8.3., 22.3., 5.4., 19.4. and 3.5.)

In this Russian speaking club, we discuss on topics related to well-being of women based on introductions.

Registration and more information: Zoja Aalto, 044 594 2920.